



The College of Agricultural, Consumer and Environmental Sciences

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Mercer County

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Rock Island County

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Visit our website: extension.illinois.edu/hmrs



Summer Self-Care: 5 Tips for a Refreshing Season

Kristin Bogdonas, nutrition & wellness educator

Summer is a wonderful time to prioritize self-care. With warm weather and longer days, you have more opportunities to relax and engage in activities that bring you joy. Here are five essential self-care practices to make the most of this season.

1. Enjoy the Outdoors

- **Outdoor Activities:** Take advantage of the pleasant weather by participating in outdoor activities. Whether it's hiking, swimming, biking, or a leisurely walk in the park, spending time outdoors can boost your mood and overall well-being.
- **Vitamin D Synthesis:** Sun exposure allows your body to produce vitamin D, which is essential for bone health and immune function. Aim for 5 to 30 minutes of sun exposure most days a week without sunscreen. However, be cautious about prolonged exposure due to the risk of skin cancer.

2. Protect Your Skin

- **Sunscreen:** If you plan to be outside for an extended period, apply sunscreen with at least SPF 30. Protect your skin from harmful UV rays to prevent sunburn and reduce the risk of skin damage.
- **Sun-Protective Gear:** Consider wearing sun-protective clothing, hats, and sunglasses during outdoor adventures. These accessories shield your skin from UV radiation.
- **Aloe Vera:** If you get too much sun, aloe vera is a natural remedy. It moisturizes the skin, reduces inflammation, and helps heal minor cuts and burns.

3. Incorporate Daily Brain Breaks

- **Mini Mental Vacations:** You don't need a week-long vacation to recharge your mind. Create a cozy outdoor space at home where you can read, journal, or listen to music. These mini mental breaks allow you to unwind and reflect without leaving town.

4. Maintain a Healthy Diet

- **Seasonal Fruits and Vegetables:** Summer offers an abundance of fresh, flavorful produce. Visit farmers' markets to find in-season fruits and vegetables. Supporting local farmers benefits both you and your community.
- **Light Meals:** Opt for light, nutritious meals that energize you without making you feel sluggish in the heat. Smoothies, salads, and sandwiches are excellent choices.

5. Stay Hydrated

- **Water Intake:** Drink plenty of water throughout the day, especially in hot weather. Proper hydration supports overall health and keeps you feeling your best.
- **Hydrating Foods:** Incorporate hydrating foods like watermelon, cucumbers, and berries into your diet. These foods contribute to your daily fluid intake.

These five self-care practices will enhance your well-being during the summer season. Whether you create an outdoor oasis or upgrade your skincare routine, prioritize yourself and enjoy the sunny days!

Visit us at the
QUAD CITIES FARMERS MARKET
SCHWIEBERT PARK, ROCK ISLAND
SAT JULY 13, 9 AM - NOON

Come see Illinois Extension SNAP-Ed staff at the farmer's market anytime between 9 am- 12pm Find out how easy it is to use your Illinois Link card to participate in the Link Match Program! We'll have recipe samples, complimentary tote bags, healthy eating information and more!



Plant Part Salad: A Flavorful Adventure!



Take advantage of summer's fresh produce and make this Plant Part Salad, a delightful medley that celebrates the entire plant. From leaves to roots, flowers to stems, and even seeds, this salad is a vibrant explosion of flavors and textures.

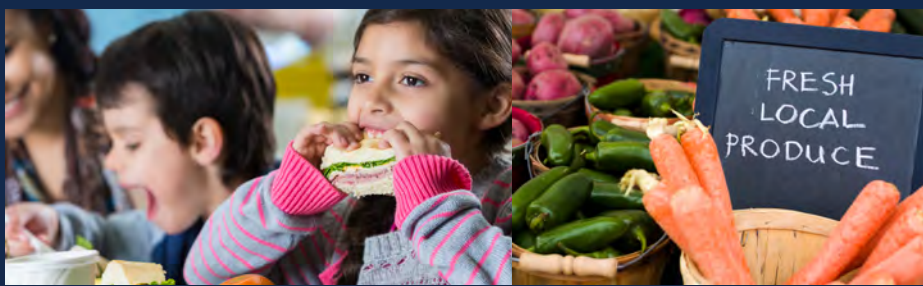
Ingredients:

- Leaves (6 cups): Spinach, lettuce, chard – pick your favorite greens! They're packed with vitamins and antioxidants.
- Roots (1 cup): Beets, carrots, radishes – these add earthy sweetness and a satisfying crunch.
- Flowers (2 cups): Broccoli and cauliflower florets – not just for garnish! They're tender and full of nutrients.
- Stems (1 cup): Celery and broccoli stems – don't toss them! Slice thinly for a refreshing crunch.
- Fruit (2 cups): Apple, tomato, cucumber – juicy, colorful, and bursting with vitamins.
- Seeds (¼ cup): Sunflower seeds, peas, beans – a protein-packed boost.
- Dressing:
 - Mix 2 to 4 tablespoons of fruit juice or vinegar (try orange juice, lemon juice, or apple cider vinegar) with 2 to 4 tablespoons of vegetable oil.
 - Add minced garlic (or substitute garlic powder), oregano or basil (if you like), prepared mustard (for a kick), salt (if desired), and a pinch of black pepper.

Directions:

1. Chop and Toss: Combine all the plant parts in a large bowl. Feel free to get creative – mix and match colors and shapes!
2. Drizzle the Dressing: Give it a gentle toss to coat everything evenly.
3. Serve: Plate it up and enjoy the rainbow of flavors.

See recipe at go.illinois.edu/PlantPartSalad



Get Fresh Food and Community Meal at Palomares Produce Pop-Ups, Sundays 4-5:30 PM, Rock Island, IL

The Palomares Social Justice Center in Rock Island is making a positive impact by providing fresh produce to local families and fostering community ties. Their weekly Produce Pop-Ups aim to distribute 3,000 pounds of fresh produce this summer.

The produce for these events is sourced from the Floreciente Community Garden, local growing organizations, and generous backyard growers. In addition to the meal and produce, educational information about the produce will be available, including recipes, how-to cards, and other healthy eating resources. These resources, provided by Illinois Extension's SNAP-Ed program, aim to help community members make the most of the fresh produce and incorporate it into their daily diets.

Come for the meal, the produce, or both!

When: Every Sunday from 4-5:30 pm (or until produce runs out)

Where: St. John's Lutheran Church, 4501 7th Ave, Rock Island, IL

What: Access to fresh, locally grown produce

- A nutritious communal meal
- No cost for individuals and families (no ID needed)
- Educational resources on healthy eating from IL Extension

For more information, contact Sam Wright at palomares.sjc.ri@gmail.com or call (309) 786-6202.



Summer Gardening Tips

Beat the Heat!



As the sun blazes and temperatures soar, our gardens need a little extra TLC. Here's how to keep your plants thriving during the scorching July days:

1. **Test Before You Water:** It's easy to overwater, so check the soil first. Stick your finger a few inches down – if it's dry, your plants are thirsty. If it's still moist, hold off on watering.
2. **Morning Magic:** Water in the morning. The soil will soak it up, and evaporation is minimal. Aim for the base of the plants, not the leaves.
3. **Garden Smart:** Tackle yard work early or late when the sun isn't blazing. Weeding? Take it row by row, and don't overdo it. Set a timer – 20 minutes of weeding, then a shady break.
4. **Stay Hydrated:** Just like your plants, you need water too! Sip before, during, and after gardening. Don't wait until you're parched.
5. **Know the Signs:** Heat exhaustion or heat stroke? Seek medical help if you feel dizzy, nauseous, or unusually fatigued.



Watering techniques:

- **Slow and Low:** Water with gentle pressure. Let it soak in gradually to avoid runoff. Deep watering encourages strong root growth.
- **Weekly Rule:** Aim for an inch of water per week. When the mercury climbs above 90°F (32°C), double it to two inches.
- **Mulch Magic:** Mulch around plant bases – it keeps soil moisture in and weeds out. But don't pile it on the stems; they need to breathe!

Remember, happy plants = happy gardener! Stay cool out there!

SUMMER TREE CARE FORESTRY WEBINAR SERIES JULY 31- AUG 28

Illinois 4.8 million acres of forest land, and trees play a crucial role in our environment. Illinois Extension's Summer 2024 Forestry Stewardship Series is a convenient way for forestry professionals, landowners, managers, and the public to explore a variety of topics. Whether you want to learn more about restoring woodlands, or understanding the impact of agricultural pesticides, to exploring the legal protections for natural areas, and solutions for managing invasive plants and white-tailed deer, these free sessions.

You can sign up for individual sessions or explore the entire series at go.illinois.edu/ForestryStewardship.

Sessions are on Wednesdays, 2 - 3 PM (CST)

July 31: "Individual Plant Treatments to Control Woody Invasives" – Learn about techniques like herbicide applications, cut stump treatments, basal bark treatments, and injections for managing invasive woody plants. Presented by Chris Evans, University of Illinois.

August 7: "The Consequences of Agricultural Chemical Trespass into Illinois Ecosystems" – Understand the impact of synthetic pesticides on non-target plants and how they cross into unintended areas. T.J. Benson from the Illinois Natural History Survey will share results from a study on pesticide exposure and its negative effects on trees.

August 14: "Woodland Restoration from Forests to Front Yards" – Explore steps to restore forest ecosystems, from regional forests to urban areas. Justin Vozzo, also from the University of Illinois, will discuss management techniques.

August 21: "Natural Area Conservation in Illinois" – Discover Illinois' role in natural areas conservation, legal protections, and the importance of biodiversity. Kevin Rohling, University of Illinois, will lead this session.

August 28: "Resources to Address Deer Impacts" – Learn about managing deer impacts in natural areas.



Companion Planting: Bountiful and Beautiful Together: Four Seasons Gardening Webinar July 23, 1:30 p.m.

Discover plant partnerships that offer strategies to break up heavy soils, combat weeds and disease, lure pests away, attract specific beneficial insects, and improve pollination. Companion planting is a way to combine thriving vegetable gardens with the beauty of flowers and herbs.

REGISTER at go.illinois.edu/CompanionPlanting

I MADE THAT!

Olympics-Inspired Educational Activities & Interactive Resource Booklet for youth!



Our 4-H and Nutrition Educators have put together fun nutrition and activity kits for youth to enjoy this July. This issue is designed to inspire healthy hydration and physical activity in celebration of the 2024 Summer Olympics.

Join in on the fun! Each kit includes:

- "I Made That!" booklet
- Olympic-themed activities
- Healthy and hydrating recipes
- Choice of Popsicle Mold, 4-H Frisbee, or Beach Ball.

Register to reserve your FREE kit while supplies last.

Sign up at go.illinois.edu/IMadeThatJuly24

Kits will be available to pick up at one of our Extension offices in Viola, Milan, or Galva, IL.



Build your knowledge with FREE webinars on finances, diet, aging, tick-bite protection.

July 9 at 2 p.m.

Financial Emergency Preparedness for Older Adults

Disasters and other emergencies can disrupt your finances and your sense of normal. Learn ways to organize and manage your finances, develop valuable resource lists, and ways to reduce anxiety and stress.

Register at go.illinois.edu/2024HCELessons

July 10 at 11 a.m.

Keys to Financial Security

Gain tools to improve financial well-being. Do you feel your financial plan needs a refresh? Financial planning can be short-term, long-term, or ideally both. Discover smart steps to focus on your financial security and work toward improving your financial well-being.

Register at go.illinois.edu/MoneyBasics24

July 10 at Noon

Simple Substitutions: Aging Well with the Mediterranean Diet

Some studies consistently show that those who follow the Mediterranean diet age better, have less cardiovascular disease, and live longer. Explore simple substitutions you can make in your everyday diet to take advantage of the benefits of this eating style.

Register at go.illinois.edu/MedDiet

July 24 at Noon

Balancing the Mind and Body: Yoga and Healthy Aging

Discover how yoga can promote healthy aging for older adults by improving physical functioning, brain health, psychological functioning, and social connection. Yoga does not require anything but the intention to practice and can be easily personalized to suit your goals.

Register at go.illinois.edu/YogaAging

July 31 at Noon

Tick Bites and Tick-Borne Diseases: The Interplay of Human Knowledge and Behavior

Discover how to safeguard against tick bites and disease transmission. Get an overview of how human behavior can impact our risk of tick bites and tick-borne diseases. Learn about ticks and tick-borne diseases, lessons from two human behavior studies conducted in Illinois, and get tips on protecting ourselves and animals against ticks.

Register at go.illinois.edu/TickBitesWebinar

CHANGE THE WORLD THROUGH
GARDENING! STARTS SEPT 10, 2024



Become an Illinois Master Gardener

Learn more and register at
go.illinois.edu/Hybrid2024



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



2024 HYBRID MASTER GARDENER TRAINING

This fall, take your love of gardening to the next level by becoming an Illinois Extension Master Gardener.

After completing your training, you can volunteer as a Master Gardener at University of Illinois Extension to serve Henry, Mercer, Rock Island and Stark counties.

Choose from a variety of volunteer opportunities that interest you such as presenting programs to garden clubs, civic groups, or schools; answering calls or emails for our horticulture helpline; establishing demonstration gardens that serve as educational tools; educating citizens on how to set up a community garden, designing an educational display garden or manning the information booth at the QCCA Flower and Garden Show. **You'll also enjoy fellowship with other Master Gardeners, monthly meetings, continuing education classes and conferences, holiday parties, and more!**

The hybrid course meets online at your pace AND on Tuesday mornings, Sept 10 - Dec 3, 2024.

Study online at your own pace then attend weekly live webinar sessions on Tuesday mornings.

We will also have 3 IN PERSON Sessions Oct 1, Oct 22 and Dec 3 at the IL Extension office in Milan, IL.

DATES/TOPICS: Sep 10- Welcome and Introduction to Master Gardener Training

Sep 17- Botany | Sep 24- Soils | Oct 1- IN PERSON Vegetables | Oct 8- Annuals and Perennials | Oct 15 Trees and Shrubs | Oct 22- IN PERSON Insects | Oct 29- Diseases: Nov 5- Skipped for Election Day | Nov 12- Lawns
Nov 19- Skipped for Annual Conference | Nov 26- IPM | Dec 3-IN PERSON 9-Noon Fruits

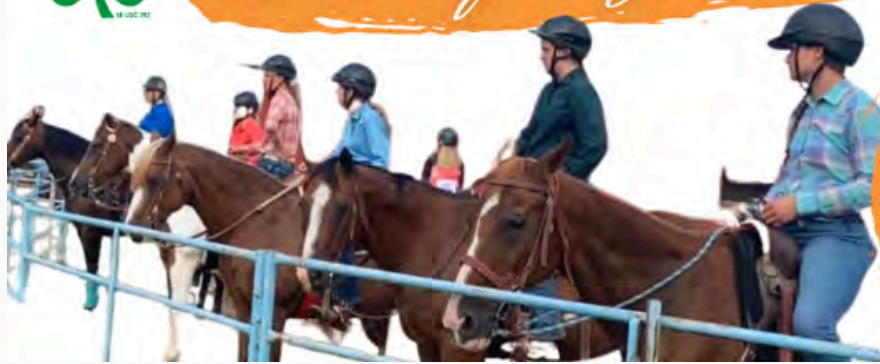
The cost for the training is \$225. (One scholarship is available to cover tuition - see details at registration link)

Learn more and register at go.illinois.edu/MGHybrid2024

For more information contact Tracy Jo Mulliken at (309) 756-9978 or email: tmully@illinois.edu



Learn by doing!



It's 4-H fair season! That means youth around Illinois are busy presenting projects on everything from robotics to public speaking, with one of the most popular topics being livestock. 4-H members spend months preparing pigs, cattle, goats, sheep, rabbits, horses, and poultry to show them in front of the judges. They learn what it takes to raise an animal and take care of daily chores such as grooming, feeding, and training. Good luck to all of our 4-H members who are putting their showmanship skills to the test at their county shows and fairs!

Here's where you can see them in action

4-H Shows at the Mercer County Fair, Aledo, IL

Monday, July 8

8:30-11 a.m., General Projects Judging, Merchant's Building
General Projects will be on display in Exhibit Hall from Tues - Sat, 10 a.m. - 8 p.m.

Tuesday, July 9

8 a.m. Poultry Show, Swine Barn
10 a.m. Rabbit Show, Show Ring
4 p.m. Sheep Show, Sheep Barn

Wednesday, July 10

9 a.m. Beef Show, Show Ring

Thursday, July 11

9 a.m. Goat Show, East Barn
9 a.m. Swine Show, Swine Barn
4 p.m. Jr. & Sr. Master Showmanship Contest, Show Ring



Friday July 12

9 a.m. Dairy Show
6 p.m. Mercer County Youth Livestock Auction



Saturday, July 13

9 a.m. Dog Obedience & Showmanship, Pavilion east of the Secretary's office

Sunday July 21

9 a.m. Horse Show, 4KPlus Arena, Viola, IL

4-H Shows at the Rock Island County Fair, East Moline, IL

Saturday, July 13

9 a.m. - Noon, General Projects Judging
Projects will be on view in the Copeland Building during the fair. Stop in for Whitey's ice cream malts and water for sale to benefit 4-H!

4 p.m. Dog Obedience & Showmanship

Monday, July 15

6 pm, Dog Fun Show



Tuesday, July 16

10 a.m. Horse Fun Show
10 a.m. Dairy Show
2 p.m. Poultry Show

Wednesday, July 17

9 a.m. Horse & Pony Show
3 p.m. Sheep Show



Thursday, July 18

8 a.m. Swine Show.
9 a.m. Bucket Calf | Breeding Beef | Steer Show
9 a.m. Horse & Pony Show
12:30 p.m. Master Showmanship Contest
3 p.m. Ag Championship Games (open to all 4-H members)

Friday, July 19

10 a.m. Goat Show
2 p.m. Rabbit Show
6 p.m. Livestock Auction for 4-H members

4-H Shows at the Stark County Fair, Wyoming, IL

Friday, July 26

9 a.m. PeeWee Swine Showmanship, Jr. Fair Swine Show, with 4-H Swine Show to Follow

1 p.m. PeeWee Poultry Showmanship, Poultry Show

1:30 p.m. PeeWee Rabbit Showmanship, Rabbits & Rodents Show **Costume Class to Follow**

Saturday, July 27

8 a.m. General Projects Check In, 4-H Judging first, then Jr. Fair

1 p.m. PeeWee Goat/Sheep Showmanship Jr. Fair/4-H Goat & Sheep Show

Sunday, July 28

10 a.m. PeeWee Cattle Showmanship

10 a.m. Bucket Calf & Dairy Show

11 a.m. Beef Show



Monday, July 29

9 a.m. Horse & Pony Show

5:30 p.m. General Project Check-out

6:30 p.m. 4-H Awards Ceremony, Jr. Fair Awards Ceremony

7 p.m. Stark County Sale of Champions

BREAKROOM BUZZ

July 2024

Calories in Fair Foods that Might Leave You Fuming

LEMON SHAKE-UP 12 OZ.

150



COTTON CANDY

171



CHOCOLATE-COVERED BANANA

240



CORN DOG

250



FRIED CANDY BAR

420-450



ELEPHANT EAR

550



FRENCH FRIES

560-620



FUNNEL CAKE

760



TURKEY LEG

1136



Protect Your Finances While Traveling

Before leaving, check your health insurance policy for coverage limitations when away from home.

Before traveling:

- Know which medical care services your health insurance policy covers when traveling.
- Write down the phone number or website to contact to receive preapproval for medical procedures.
- Decide whether to purchase extra medical insurance coverage, including evacuation insurance.

Find more information at extension.illinois.edu/finances/saving-travel



Do you have zucchini? Try this recipe! go.illinois.edu/Zucchini-Recipes

July is National Pickle Month! To learn how to make your pickles go to go.illinois.edu/pickling-foods



It's County Fair Season

How can you navigate the fair food frenzy? Have a snack before you go.

Bring water to drink, then share a shake-up. Limit your daily choices to two.

Make your selections, then sit down to enjoy them.

Walk around to enjoy the exhibits, but don't think you can walk off all the extra calories. It takes 10,000 steps to burn 300-400 calories.

Bug Safety

It is that time of year to protect yourself from those annoying bugs like ticks, mosquitos, wasps, and other insects.

Here are a few suggestions to keep in mind:

- Apply insect repellent only to exposed skin or clothing as the product label directs.
- Wear long-sleeved shirts and pants and closed-toe shoes when hiking.
- Check everyone for ticks after you've spent time in grassy or woody areas.
- Avoid using perfume or other scents that may attract insects.

facebook.com/Family.Finances.Food

instagram.com/family.finances.food

twitter.com/famfinancefood

youtube.com/user/UIExtension



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