



Rock Island County
321 W 2nd Ave. Milan, IL
(309) 756-9978
Mon-Fri 8am - 4 pm
(closed 12 -12:30 pm)

Henry/Stark Counties
358 Front St. Galva, IL
(309) 932-3447
Mon, Wed, Fri 8 am - 4 pm
(closed 12 -12:30 pm)

Mercer County
910 13th St. Viola, IL
(309) 871-5032
Tues, Wed, Thur. 8 am - 4 pm
(closed 12 -12:30 pm)

Visit our website: extension.illinois.edu/hmrs

Eat the rainbow for better health

Kristin Bogdonas, IL Extension nutrition and wellness educator



Eating a diet full of colorful fruits and vegetables is important for long-term health. The phytonutrients in plants can help prevent various diseases so it's recommended to eat fruits and vegetables from all of the colorful subgroups. Colored pigments in plants are produced to protect them from pathogens, predators, and climate conditions. They attract pollinators which ensures their reproduction. They also contribute to the plants' sensory characteristics, color, and nutritional value. The chlorophyll (green pigment) in plants absorbs light so plants can make energy (food). This process of photosynthesis also produces oxygen for the planet.

Consuming a diet rich in fruits and vegetables ensures a steady supply of fiber, vitamins, minerals, and a variety of phytochemicals that can help prevent chronic conditions and contribute to a long, healthy life. Remember to fill your plate with a rainbow of colors for a variety of health benefits! Here's what each color contributes.

Red/Blue/Purple (anthocyanins)

Increased attention has focused on the health benefits of consuming anthocyanin-rich foods and beverages. Anthocyanins help to reduce the pro-inflammatory levels in the body and also help facilitate muscle recovery after intense exercise. They protect against diabetes, obesity, have neuroprotective effects, aid in weight management, and improve vision.



- Fruits- acai, apples, elderberries, chokeberries, blueberries, raspberries, cherries, red and purple grapes, black currants, pomegranates
- Vegetables- red cabbage, purple potatoes, black carrots, eggplant, eggplant, red onions, black beans
- Edible flowers- red hibiscus, red clover, blue cornflower, blue rosemary, purple mint, purple sage, lavender

Green (chlorophyll)

Green foods are abundant in nutrients associated with heart health including, vitamin K, magnesium, potassium, dietary nitrates, and folates. A meta-analysis found that consuming green vegetables every day could reduce cardiovascular disease risk by 15.8%. Chlorophyll has shown anti-oxidant activity and can help treat inflammation and related diseases.



- Leafy greens- spinach, cress, chervil, lettuce, arugula, celery, Swiss chard
- High in nutrients that protect heart health and reduce blood pressure; particularly dietary nitrates.
- Cruciferous vegetables- broccoli, Brussels sprouts, kale, cabbage, bok choy
- Associated with reduced cardiovascular (CVD) mortality and atherosclerosis (hardening of the arteries) due to its antioxidant and anti-inflammatory properties.

White (anthoxanthins)

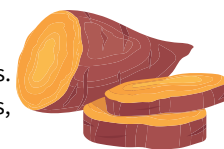
Good sources of anthoxanthins include bananas, mushrooms, cauliflower, garlic, ginger, jicama, onions, parsnips, potatoes, and turnips. White vegetables are also rich in potassium and magnesium, both of which are under-consumed by Americans. White potatoes are nutrient-dense and particularly rich is potassium which can help protect against hypertension and perhaps improve bone health. Magnesium has many functions in the body and plays a major role in disease prevention overall. Magnesium deficiency is associated with inflammation which can contribute to hypertension, osteoporosis, and type 2 diabetes. One medium baked potato provides 48 mg of magnesium or 12% of the Daily Value.



Garlic contains a molecule called allicin. It's an antioxidant with antimicrobial and anticancer properties. It has been shown to have protective effects for the cardiovascular system by helping to lower blood pressure and cholesterol. It's also been studied for its ability to protect nerve cells against damage which means it can help protect against neurodegenerative diseases.

Orange/Yellow/Leafy Greens (carotenoids)

The primary benefits of carotenoids are due to their anti-oxidant potential. They help to reduce the formation of free radicals and protect our cells from damage. In addition, beta-carotene is converted to vitamin A in the body which is essential for eye health. Lutein and zeaxanthin have been shown to help prevent age-related macular degeneration and cataract events in older adults. Beta-carotene rich foods include: sweet potatoes, carrots, dark leafy greens (spinach, kale), butternut squash.



To learn more about this topic, visit go.illinois.edu/HealthyLifestyles

Illinois Extension

SPRING SERIES OF HOME HORTICULTURE

Mondays April 11, 18 & 25, 6 - 8 pm, Holiday Inn, Rock Island, IL

University of Illinois Extension Master Gardeners have put together a great series for home gardeners to explore a variety of interesting topics. Regional experts will share tips on growing and using herbs; growing healthy trees and shrubs; new plant varieties; amazing facts about woodpeckers; carbon storage and soil health; xeriscaping - gardening with minimal water. The series will take place on Mondays: April 11, 18 and 25 from 6 to 8 pm at the Holiday Inn, Rock Island. Each night includes two presenters. The cost is \$10/night, or \$25 for all three nights. Snacks will be provided. Face masks will be required.

Monday, April 11, 6 - 8 PM

Growing Herbs & Ways to add them to Everyday Meals

University of Illinois Extension educators Emily Swihart, horticulture, and Kristin Bogdonas, nutrition and wellness

An herb is defined as “a plant or plant part valued for its medicinal, savory or aromatic qualities”. They are used to flavor food, provide fragrance, for medicinal properties and hobbies such as crafting and landscaping. Emily will talk about some of our most beloved herbs and how to cultivate them. She'll also explore a few fringe plants that the adventuresome gardener may want to consider. Kristin will share culinary uses of herbs and provide tips and tricks for incorporating them into our everyday meals.



Favorite Trees & Shrubs that Thrive

Emily Swihart, Illinois Extension Horticulture Educator

Trees and shrubs are often the backbone of a landscape. With so many sizes, shapes, colors, and characteristics to offer, it's no wonder that we rely on them for so many functions in our landscape. Emily will share some of her favorite species and offer planting and care recommendations so the trees and shrubs in your landscape can thrive.

Monday, April 18, 6 - 8 PM

From Greenhouse, to Garden Center, to You in 2022

Jeff Johnson from Sunnyfield Greenhouse and Garden Center

Find out about some of the new plant varieties that will be available for your 2022 gardens! Get descriptions and cultural information on many new annuals and perennials available this coming year. Sunnyfield in Galva, Ill are professional growers with over 2000 varieties of annuals, perennials, vegetables and nursery stock.



Wild About Woodpeckers

Amy Loving, Director of Education at Nahant Marsh

This group of birds have amazing adaptations for excessive hammering, extracting food and more. Learn about the various species of woodpeckers in Illinois, and how to attract them to your backyard.

Monday, April 25, 6 - 8 PM

Soils, Carbon and Climate

Duane Friend, Illinois Extension Energy and Environment Educator



Carbon storage is a hot topic. Some soils contain huge amounts of carbon, mostly in the form of organic matter. Soils also have the ability to store additional amounts of carbon quickly, but can just as easily lose it. Extension Educator Duane Friend discusses why Midwest soils contain large amounts of organic matter, changes that have occurred over the last 150 years, and ways that carbon, in the form of organic matter, can be increased in these soils.

Make Every Drop Count – Xeriscaping

Chris Enroth, Illinois Extension Horticulture Educator

Tired of dragging the hose around and hauling buckets of water to parched plants? Then learn how you can incorporate xeriscaping into your home garden. Whether you desire a minimalist landscape approach or crave a lush garden; listen as Chris details design strategies and proper plant selection to minimize your water usage and make every drop count.

Register at this link:

go.illinois.edu/SpringSeries22

or call University of IL Extension at (309) 756-9978 or scan this QR code:



SCAN ME

Have gardening questions?

Fill out an Ask the Master Gardener form online to get your gardening questions answered @

go.illinois.edu/AsktheMasterGardener

Or call the IL Extension Master Gardeners



HORT HOTLINE
217-300-0240



Starting a Garden: Supplemental Lighting for Indoor Seed Starting

Christopher Enroth, U of I Extension horticulture educator



Many gardeners have begun, or will soon begin starting seeds indoors for the upcoming growing season. We are so excited to get our tomatoes and peppers off to a quick start. We carefully plant the seeds, gently water, and tuck them in under a plastic cover to keep the humidity up. When the day comes, the gardener fills with joy. Seedlings have begun to emerge! The cover quickly is removed, but now what? It's too early to plant outside; the plants would get hit by a frost and perish. Now that the plant is stuck inside we need light, and lots of it.

Supplemental light options for seed starting

Starting seed indoors can be fraught with many perils for the plants. The one I most encounter is inadequate light. Some crops like lettuce can get by sitting on a bright windowsill. Still even in the case of lettuce and other greens, adding supplemental light would be beneficial.

Without enough light, plants are leggy

Unfortunately, we just can't match the light intensity of the sun, whether we put the plants under a grow light or in a bright window. And when we finally can transplant outside, we have leggy, floppy plants. Yes, "leggy" is a technical term in horticulture that describes elongated internodes (the section of stem between the leaves), due to the absence or low intensity of light. OK, so the actual technical term is etiolation, "leggy" just sounds better.

What is a home gardener to do when it comes to providing light to their seedlings?

Light science

A quick lesson in the physics of light, aka photons. The sun beams photons at the Earth, which have varying wavelengths. These wavelengths are best observed in a rainbow; where on one side you can see red and orange light (longer wavelengths) and at the opposite are blue and violet (shorter wavelengths). Plants absorb mostly the red and blue ends of the spectrum, but not much green light, reflecting it instead, hence why plants are green.

Provide both red and blue light.

Some light bulbs are cool-colored (blue) while others are considered warm-colored (red). Use both warm and cool colored bulbs to offer a broader spectrum of light. A gardener could also opt for bulbs or tubes specially designed to give off a broad range of light. These are called grow lights. Grow lights cost a bit more but may be worth it if you are a competitive gardener.

Fluorescent lights

For my indoor seedlings, I turn to a simple fluorescent shop light. I prefer to use T5 fluorescent tubes as these are relatively affordable, while delivering ample light more efficiently than the older fluorescent bulbs (T12 and T8). Fluorescent tubes also produce very little heat. Therefore, I can lower the light fixture so the tubes are only a few inches from the tops of the plants. Tube light output diminishes with use. Most hardcore gardeners replace their tubes every year. I also use an automatic timer to provide the plants with 16 hours of supplemental light per day, with 18 hours being the maximum for seedlings.

Light Emitting Diodes (LEDs)

Light Emitting Diodes (LEDs) are highly efficient at converting electrical energy into light energy. Commercial greenhouse growers are learning the ins and outs of growing with LEDs resulting in uniform, compact and sturdy seedlings. The commercial success for growers has increased the manufacturing of LEDs, which is driving down the price of these fixtures, making them more affordable for homeowners. I hope to replace my T5s with LEDs in the coming years.



Pollinators like a "messy" garden. The best rule of thumb for spring cleanup is to wait to clear or cut back plant material until temperatures are consistently above 50°F overnight. This gives insects time to emerge from dried plant stems, mulch, and old foliage.

Forcing Blooms

Spring is on the way! If you can't wait, bring the blossoms inside by forcing blooms on tree and shrub branches:

1. Clip off branches with buds that are close to flowering
2. Wrap branches in wet towels to keep buds soft
3. Keep branches in water, in a cool place until they bloom

For more information on How to Force Blooms visit: go.illinois.edu/ForceBlooms



FOUR SEASONS GARDENING | 2022 Spring Webinar Series

Four Seasons Gardening Webinars

Illinois Extension horticulture educators offer a variety of seasonal workshops. Here's what's coming up in April:

Jumping Worms: A New Invader in Illinois | April 26 at 1:30PM CDT

Jumping worms are a recent discovery in Illinois, being first found in 2015. Since then, this invasive species has been discovered in many counties across the state, impacting gardens, lawns, and natural areas. Chris Evans, Extension forestry and research specialist, will cover ecology, distribution and impact of jumping worms in Illinois as well as discuss management options and spread.

Register at go.illinois.edu/FourSeasonsSpring22



Home Buying vs Renting Get Savvy Financial Webinars April 13, Noon via Zoom

Choosing to buy or rent a home is a major financial decision. Learn important terminology, weigh pros and cons of buying versus renting, and identify hidden costs so you can decide which kind of "home sweet home" is right for you.

Register at go.illinois.edu/GetSavvyWebinars

Mindfulness & Money, Lesson for Living April 21, 2 pm via Zoom

Mindfulness can play an important role in our everyday decision-making. It centers on focused attention, remaining open, and practicing acceptance. In this lesson, we will discuss the relationship between mindfulness and money behaviors. We also will explore practical strategies that can help build positive money habits that have long-term benefits for your health and wellness.



Register at go.illinois.edu/2022HCELessons

Spring Forestry Spring Webinar Series

Wednesdays at 2 PM

Illinois experts share the latest research on hot topics in forestry during these free webinars.



REGISTER for any of these at

go.illinois.edu/ForestryWebinars2022

April 6 - Ticks of Illinois: biology, bite prevention, and management

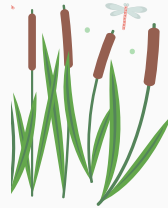
This presentation will cover the ticks of human health concern in Illinois, disease agents found in ticks by University of Illinois' INHS Medical Entomology Lab, best practices for tick bite prevention, and suggestions on land management to reduce tick encounters. *Holly Tuten, Vector Ecologist, Illinois Natural History Survey*

April 13 - Ecology & identification of common Illinois woodland ferns

Ferns are an integral part of Illinois ecosystems. Learn about ferns found in Illinois woodlands, including their ecology, life history, and how to identify some of the common woodland ferns.

Chris Evans, Extension Forester, University of Illinois

April 20 - Wetland ecology and restoration



Wetlands provide wildlife habitat as well as numerous benefits to society such as flood control and recreation. Learn about the different types of wetlands in Illinois and efforts to restore these vital habitats to our landscape.

Jeff Matthews, Associate Professor, U of Illinois

April 27 - The effects of forest management on the relative abundance and nesting success of forest-breeding birds

This presentation will highlight the results of breeding bird surveys being done in conjunction with forest management (e.g., prescribed fire, thinning, and harvest) at forests in the southern half of Illinois being managed to promote oak retention and regeneration.

Jeff Hoover, Avian Ecologist, Illinois Natural History Survey



Sign-Up for the EAT.MOVE.SAVE. Healthy Text Program!

Choose ONE of three ways to sign up to get 1-2 text messages per week! *Text message and data rates may apply. Text STOP to unsubscribe at any time.*

Use a smartphone camera to scan and sign-up with an online form.



OR

If you live in Rock Island or Mercer County:
Text "rockisland7" to (833) 369-2916

If you live in Henry or Stark Counties
Text "henry7" to (833) 369-2916



4-H Workshops & Events

Here are some delicious ways you can support 4-H!



The Mercer County 4-H Federation is hosting a **Drive-Thru Spaghetti Dinner** **Sunday, April 10 from 11 am to 1 pm** **at the Aledo Fire Department**

Menu: Spaghetti, Garlic Bread and Dessert
By Donation

Drive-up or Call ahead to
309-373-3636 or 309-371-6158

Proceeds benefit SHOP WITH A HERO programs of the Aledo Police Dept., Mercer County Sheriff's Office, and the Aledo Fire Dept.

Join us at the annual **4-H Pork Chop Dinner & Pie Auction Fundraiser** **Tuesday, April 26, 4 - 7 pm** **Milan American Legion**
Dine in, Drive Thru, Carry out

Come out and support Rock Island County 4-H & Extension programs!



Pork Chop Dinner & Pie Auction
Tuesday, April 26, 4 - 7 pm
Milan American Legion

Pork Chop Dinner \$10, Hot Dog Meal, \$5

Meals include grilled butterfly pork chop sandwich (or hot dog), Kitchen Cooked potato chips, Bush's Baked Beans, Applesauce, Homemade dessert. (Drinks can be purchased from the Legion.)

Pre-order tickets at go.illinois.edu/4-HPorkChopMeals

Take Home a Pie from the Auction!

There will be a variety of fresh baked pies you can bid on inside in our Silent Auction.

Proceeds support Rock Island County 4-H and Extension programs!

University of Illinois Extension has a variety of 4-H workshops and special interest clubs open to youth/teens. Check out the current offerings and sign up to join these hands-on workshops and gain new skills! (Age requirements and fees vary depending on the workshop or club). Here's what's coming up!



Jewelry Design Class, Sat., April 16, 12 - 2 pm, Geneseo, IL

4-H is partnering with the Geneseo Art League where participants will design a prismacolor on a copper pendant. Students will be prepping a piece of copper and layering gesso prismacolor pencils, turpentine and enamel to create a finished pendant. Satin cord will be provided for wearing. There is a \$10 fee - payable at time of class to the art league for the supplies.

Register here to participate: go.illinois.edu/PendantDesign



4-H Table Top Gaming: Dungeons & Dragons SPIN Club, Saturdays Noon - 2 pm
April 23, 30 & May 14 & 21, Rock Island Public Library

Youth and teens ages 8 to 18 are invited to join us for a fun, free series of table top gaming as we play Dungeons & Dragons. It will take place on Saturdays at the Rock Island Library, downtown.

Register at go.illinois.edu/4-HGameClub



4-H Dog Showmanship Clinic, Sat., April 30, 9:45 am - 2 pm, East Moline, IL

4-H members can learn the skills of Dog Showmanship during this one-day clinic open to all 4-H members ages 8 to 18 who are approved in 4-H Online and have a Risk Form on file at your local office. The cost for this all-day training is \$5. Members will learn showmanship techniques from Sarah Close, a 24-year AKC showman who is experienced in handling multiple dog breeds.

Register at go.illinois.edu/4-HDogShowmanshipClinic

4-H SPECIAL INTEREST CLUBS

4-H Archery Clubs

Calling all archery enthusiasts. Become a master archer as you get to practice target shooting! Learn safety and responsible handling and use. Equipment is provided. Fees vary depending upon location. Click on registration link to learn more.

4-H Archery at Devils Glen Park, Bettendorf, IA (Fridays at 6:30 pm)

Register at go.illinois.edu/4-HArcheryBettendorf

4-H Archery at Cambridge Youth Center, Cambridge, IL (Mondays, April 4-May 2)

Register at go.illinois.edu/4-HArcheryCambridge

4-H Archery at Stark County Fairgrounds, Wyoming, IL (Sundays April 3 - June 5)

Register at go.illinois.edu/4-HArcheryWyoming



4-H Shooting Sports Clubs, various locations and dates

Boost your marksmanship skills as you practice each week. You'll also learn firearm safety and responsible handling and use. Click on location to register and for more information

4-H Shotgun Club, Tues, April 26 - May 31, Isaak Walton League, Kewanee

Register at go.illinois.edu/4-HShotgunKewanee

Air Pistol/Air Rifle Club, Tuesdays, 6:30 pm, Milan Rifle Club

Register at go.illinois.edu/4HAirPistolRifle



4-H Fishing Clubs, various locations and dates

Build your fishing skills as you get to fish at local county ponds. Click on the registration location for more information and to get more details:

Mercer County Fishing Club, Sat, April 23 - May 28, 9 - 11 am

Register at go.illinois.edu/FishingClub

Stark County Fishing Club, Sun April 24 at 2 pm, then Saturdays, April 30, May 14 & 22 and June 4 & 18 with times TBD, all at Cozzi Ranch, Wyoming, IL

Register at go.illinois.edu/4-HFishingStark



Pie Making Workshop for 4-H Fundraiser, April 25, 5 - 7 pm Rock Island County Extension, Milan, IL

Join us for a pie making workshop at the Rock Island County Extension office in Milan, IL. You will learn how to make a double-crust fruit pie from scratch. All ingredients and supplies will be provided as your pie will be entered into the pie auction at the 4-H Pork Chop Dinner and Pie Auction fundraiser to be held the following day (April 26 from 4 - 7 pm) at the Milan American Legion to raise funds for 4-H youth programs.

This workshop is open to both youth and adults. Youth ages 5 to 10 should bring a parent to assist. Join us for a fun, hands-on service learning opportunity!

Register at go.illinois.edu/PieWorkshop



University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate, contact us at (309) 756-9978 or email us at uie-hmrs@illinois.edu Early requests are strongly encouraged.