



Illinois Extension

FEBRUARY 2023

Connections Newsletter

The College of Agricultural, Consumer and Environmental Sciences

Henry/Stark Counties

358 Front St. Galva, IL
(309) 932-3447
Tues, Wed, Thur. 8 am - 4 pm

Mercer County

910 13th St. Viola, IL
309-513-3100
Tues, Wed, Thur. 8 am - 4 pm

Rock Island County

321 W 2nd Ave. Milan, IL
(309) 756-9978
Mon-Fri 8am - 4 pm

Visit our website: extension.illinois.edu/hmrs

Show your heart some love with these 3 lifestyle tips

Kristin Bogdonas, nutrition and wellness educator

Here are three heart smart behaviors in honor of American Heart Month in February.

#1. Focus on foods that have heart healthy benefits. This includes:

- Foods high in fiber like whole fruits, vegetables, legumes and whole grains. Soluble fiber, like that found in oatmeal, can help lower your cholesterol levels. Another added benefit is that they keep you feeling fuller longer. Try adding more fiber-rich snacks in between meals for a satisfying effect.
- Another heart-healthy nutrient is omega-3 fatty acids. The best sources come from fatty fish like salmon, lake trout, mackerel and herring. The American Heart Association recommends eating fish twice a week for heart health benefits. If you are taking omega-3 supplements, it's wise to discuss this with your physician.
- In addition to eating more fiber and omega-3 fats, it's a good idea to replace some saturated fats in your diet with monounsaturated fats. The American Heart Association recommends eating no more than 13 grams of saturated fat a day based on a 2,000 calorie diet. Common sources of saturated fat include red meat, cheese, butter, lard and many baked goods. Alternatives include olive oil, avocados, low-fat dairy and lean meats or poultry without the skin. Monounsaturated fats like olive oil, avocados and nuts can help reduce your LDL cholesterol levels and your risk of heart disease and stroke.



**Looking for heart healthy foods when shopping for groceries?
Look for the Heart-Check logo on food product labels.**

#2. A body in motion stays in motion.

Physical activity can help manage many health problems like arthritis, diabetes and high blood pressure. Adults with chronic conditions, who are able, should aim for a minimum of 150 minutes of moderate-intensity aerobic activity spread throughout the week. This could include activities like brisk walking, biking, household chores and dancing. In addition, adults should aim for at least two days a week of muscle-strengthening activities. People with chronic conditions can consult a health care professional or physical activity specialist about the types and amounts of activity appropriate for their abilities.

#3. Learn to let it go.

Research has shown that holding on to grudges can put your body through the same strains as a major stressful event. This stress can cause your muscles to tense and your blood pressure to rise. By allowing yourself to forgive you can take the extra workload off of your heart. This is also beneficial for your emotional and social well-being. Learning how to forgive takes time and some people are better at this than others. There are many tools out there to help you manage stress so don't let it get the best of you.



Some studies indicate that breakfast skippers are more likely to have diabetes, heart disease, and high blood pressure. Make breakfast count with these easy breakfast hacks:

- Make muffins with healthy ingredients
- Make instant oatmeal in a travel coffee mug
- Pack a homemade smoothie in a thermos
- Keep a stash of hard-boiled eggs in the fridge.
- Spread a whole-grain waffle, toast, etc with low-fat cottage cheese and sliced fruit.

Get details on breakfast hacks at: bit.ly/HealthyBreakfastHabits

Get easy breakfast recipe ideas at go.illinois.edu/EasyBreakfastIdeas

Nursery School: Lessons in Gardening

Sat, February 11 | 8 am - 3 pm
The Vibrant Arena at the Mark
1201 River Drive, Moline, IL

Illinois Extension Master Gardeners invite you to get inspired and grow in your horticultural knowledge at the Quad Cities' premiere gardening symposium! Experts lead workshops on a variety of topics for the home gardener.



This year's event opens with a presentation by renowned prairie ecologist and landscape designer Neil Diboll, President of Prairie Nursery, Inc. Westfield, Wis. He will talk about **Prairie Plants for Urban and Suburban Gardens**. With more than 40 years of research and work in the field, Neil will highlight the showiest and best-behaved prairie plants for creating a variety of prairie gardens in small areas.

Following his keynote, you will attend 3 additional sessions that you select upon registration. Classes are arranged by track topics: Ornamental, Edibles, and Nature. From Blueberries to Sunflowers, Conifers to Fermentation, Genetic Diversity to Gardening Trends - there's sure to be topics you'll want to explore and learn more about from our horticulture experts. The event includes gardening vendors, morning coffee and rolls, and a taco lunch buffet. Must pre-register by February 5 to attend.



Neil Diboll

Register by Feb 5 at go.illinois.edu/NurserySchool2023



SPRING SERIES OF HOME HORTICULTURE MONDAYS APRIL 10, 17 & 24, 6 - 8 PM, HOLIDAY INN, ROCK ISLAND, IL

Join us to explore a variety of interesting topics from local horticulture and environmental experts. The cost is \$10/night, \$25/series.

Register at: go.illinois.edu/SpringSeries23



Monday, April 10, 6 - 8 PM

Going to Bat for Bats!

Jill Schmidt Naturalist, Clinton County Conservation

These natural insect controllers are a vital component of a healthy environment, and many bats are struggling to survive. Jill will discuss what you can do at your home and in your garden to ensure their survival.

The Why and How of Tree Diversity

Emily Swihart, IL Extension Horticulture Educator

Trees are major components of our landscape on both a physical scale and a temporal scale. As we seek to implement best practices planting and managing our urban forest, we must begin with the most basic of questions which is what to plant. We will delve into the benefits and challenges of planting a diverse urban forest and explore a range of species that can help add variety to our landscape.

Monday, April 17, 6 - 8 PM

Landscaping: It's for the Birds

Chris Enroth, IL Extension Horticulture Educator

Attracting birds to your backyard can go beyond setting out birdfeeders in order to provide the three things birds need: water, shelter, and food. Learn how to utilize native or well-adapted plants to start creating a landscape that welcomes birds by providing critical pieces of habitat.

Spring: A Time of Bird Transition

Jimmy Wiebler, Naturalist and Research Coordinator, Nahant Marsh Education Center

Migration is the big news of the season. As we changeover from winter to spring we are joined by a bunch of bright new colorful birds. Jimmy will share information on some of these Spring bird beauties.

Monday, April 24, 6 - 8 PM

Growing Plants Indoors

Perrine West, Gardener

Does your knowledge of this topic stop at how to overwinter a geranium? This experienced gardener will share the seven things you need to know about houseplants. She'll touch on herbs, succulents, begonias, edible flowers, wildflowers, and shade plants.

What's New for 2023

Matt Jones, Nursery Manager, and Ethan Leader, Greenhouse Manager at Corn Crib Nursery

Find out what to watch for in the upcoming year, from the greenhouse to the nursery. Matt and Ethan will share not only those tried and true plants, but ones that you might not be familiar with.

Plan ahead - Register now to attend these Upcoming Programs

FOUR SEASONS GARDENING : 2023 Winter Webinar Series

Get the dirt on growing healthy plants at our Four Seasons Gardening webinars

Become a better gardener and find success nurturing plants indoors and out. Learn best practices for home gardening from University of Illinois Extension horticulture educators in the Four Seasons Gardening webinar series.

Here's what's planned for our Winter Sessions:

Success with Indoor Plants, Feb 28, 1:30 PM:

Learn how to create a healthy houseplant environment by selecting the right plants for your indoor space. The session covers cultural requirements, maintenance practices, and key ornamental aspects in growing interior plants. Register at go.illinois.edu/4SeasonsHouseplant



Basics of Home Composting, March 7, 1:30 PM:

Discover the fascinating ins and outs of the decomposition process and learn how to turn waste into valuable organic matter by starting a compost pile at home. Register at go.illinois.edu/4SeasonsCompost



TORNADO TRENDS | EVERYDAY ENVIRONMENT WEBINAR | THURS., FEB 9, 1 PM

In the Midwest, talk of tornadoes seems to swirl frequently. Are tornadoes really turning up more often these days? Tune in to get the lowdown on tornadoes, twister myths and facts, and tornado trends in the United States.



Join Duane Friend, IL Extension State Master Naturalist and Climate Change Specialist to explore this timely topic.

Register at go.illinois.edu/Tornados or call our office at (309) 756-9978.

FINANCIAL EMERGENCY PREPAREDNESS FOR OLDER ADULTS | THURS., FEB 16, 9 AM

Financial emergency preparedness helps you plan, recover, and rebuild after disasters and emergencies.



In this session, learn ways to organize and manage your finances, develop valuable resource lists, and ways to reduce anxiety and stress. Review materials to help you build or rebuild your financial preparedness toolkit.

Register at go.illinois.edu/2023HCElessons or call our office at (309) 756-9978.



4-H Youth Workshops

4-H is putting together winter workshops for youth ages 8 to 18, and a Cloverbud Academy for those 5 to 7 years old.



4-H Cooking 201 Virtual Workshop Series Sundays, Feb 12, to March 12 at 2 pm

Explore cooking from the comfort of your home kitchen! Join 4-H on a 5-week virtual cooking series. You'll prepare dishes from five different food groups, learn food safety, kitchen safety, cooking how to's, and more.

Register at go.illinois.edu/4-Hcooking201

4-H Cloverbud Academy

Sat March 4 | 9 - 11:30 am

Western Illinois University, Moline, IL

Calling all youth ages 5 to 7.

Come join 4-H for a fun morning exploring a variety of topics at hands-on workshops at this special Cloverbud event. Youth will get to explore Chicken Embryology, Beading Crafts, Gardening, and Farm Animals. This event is designed for ages 5-7, and helps promote healthy positive youth development. It is a great way to learn more about the 4-H program.



The cost is \$5. Snacks will be provided. Register at go.illinois.edu/4-HCloverbud2023 or call (309) 756-9978.

4-H Woodcarving Workshop | Sun. Feb 12 | Geneseo, IL

Learn some basics of wood carving and see your results quickly during this workshop which uses soap to learn techniques which can easily be transferred to wood carving. Workshop is led by the Geneseo Art League.

Register at go.illinois.edu/4-HWoodcarving



4-H Air Dry Clay Workshop | Sat. Feb 18 | Geneseo IL

Air dry clay is a fun medium that does not require a kiln or firing. Create your own original piece to take home and paint at this hands-on workshop led by the Geneseo Art League

Register at go.illinois.edu/4-HAirDryClay



Growing Great Vegetables Webinar Series

Tuesdays, March 7, 14, 21 & 28 at 6 pm

\$10 for the series

register before Feb 26 to attend at

go.illinois.edu/GrowingGreat

Grow a garden anywhere.

Dig in with confidence this spring with Growing Great Vegetables, a five-week webinar series that will cover how to grow a vegetable garden from seed to harvest. Log on for a weekly online workshop covering a new topic, engage with Illinois Extension horticulture experts, and receive emails with fact sheets and even more research-based tips. Learn about traditional garden plots, raised beds, salad tables, container gardening, growing vertically, and more.

Illinois Extension Horticulture Educators Jennifer Fishburn, Sarah Vogel, and Chris Enroth will lead the live 50-minute webinars and Q&A. Topics include: Seed and Plant Choices, Cool and Warm Season Vegetables, and Insects and Diseases. Sessions will be recorded and made available to registered participants if they are unable to attend live.

Register at go.illinois.edu/GrowingGreat before February 26. Cost to attend the series is \$10.

Winter Wellness Family Event!

Sat, February 25, 10 am - 1 pm

Singing Bird Nature Center
Rock Island, IL

University of Illinois Extension and Black Hawk State Historic Site are holding their second Winter Wellness Event on Saturday, Feb 25. This free family event focuses on ways to **be healthy in mind, body, and spirit.**



Illinois Extension will have interactive stations for visitors to learn about the **environment, reducing food waste, and how to make your own green cleaning products.** Dive into the importance of nutrition with SNAP-Ed's Eat.Move.Save program. In honor of Heart Health Month, learn steps you can take to **keep your heart healthy.**

Enjoy a **free cup of soup and hot cocoa.** **Observe birds** from the indoor viewing room. **Spend time crafting!** There will be canvases, bird-house gourds, and rocks to paint and decorate. Visit the **selfie station** to capture fun memories on your cell phone.

Youth will enjoy **"I Made That!" activity packets, interactive stations, and a fun indoor obstacle course** by 4-H, Mercer County Ag Literacy, All Our Kids Early Childhood Network, and the Rock Island Public Library, which will also have their bookmobile at the event.

Dress for the weather and do an outdoor **Soup Scavenger Hunt!** Pick up a Scavenger Hunt Map, follow the clues in the park, and bring back your completed sheet for a chance to win one of 20 vegetable soup kits to take home and make. Get event details at go.illinois.edu/WinterWellness