



May office hours. We will be closed on Memorial Day, Monday, May 31. Regular hours will return June 1.

Rock Island County

321 W 2nd Ave. Milan, IL
(309) 756-9978

Mon, Tues, Wed, 8 am-4:30 pm
& Thurs 8:30 to 11:30 am
(closed 12 - 1 pm)

Henry/Stark Counties

358 Front St. Galva, IL
(309) 932-3447

Mon 8 am-4 pm
(closed 12 - 12:30 pm)

Mercer County

910 13th St. Viola, IL
(309) 871-5032

Tue & Wed, 8 am-4 pm
(closed 12 - 12:30 pm)

We hope you enjoy your copy of this free monthly resource which highlights upcoming programs and topics for better living. To stay up to date on all of our programs, visit our web page: extension.illinois.edu/hmrs and follow us on Facebook @[uiextensionhmrs](https://www.facebook.com/uiextensionhmrs)

Give your Meals a Mediterranean Makeover!

Kristin Bogdonas, Nutrition & Wellness Educator

Spring is underway and many of you have probably been doing some spring cleaning in your home, closets and yards but what about your kitchen? As we shed our fuzzy socks for sandals let us also consider shedding some of our winter foods for items that keep us satisfied, light and energized.

May has been deemed Mediterranean Diet Month but what exactly is it? Unlike some of the newer diet plans out there, the Mediterranean-style eating pattern is backed by decades of research and supported by the American Heart Association, the World Health Organization and the United States Department of Agriculture (USDA). No wonder it has been ranked the #1 diet for the last several years!

Note to self: this is not a structured diet but an eating pattern as diverse as the countries that border the Mediterranean Sea. In general, the foods emphasized in this eating pattern are nutrient-rich with diverse flavors. Meals are based on vegetables, whole grains, beans, nuts, fruit, and olive oil followed by smaller portions of cheese and yogurt, meat, fish, and poultry. Red meat and sweets are reserved for special occasions. Also encouraged are shared meals and physical activity since this is a lifestyle rather than a short-lived diet.

By making over your kitchen pantry - and ultimately your eating pattern - you will be getting more fiber, healthy fats and phytochemicals and while reducing sodium, added sugar and saturated fat.

The Mediterranean Diet alone or in combination with other healthy behaviors can reduce risk of death from all causes, but especially from cardiovascular disease. It can also lower risk for Type 2 diabetes, certain types of cancer (particularly colorectal cancer), and neurodegenerative diseases, such as Alzheimer's and Parkinson's. Celebrate the Mediterranean way and raise a glass to good food and good health. Cheers!



Try making these healthy swaps on your grocery list and give your kitchen pantry and refrigerator a Mediterranean makeover.

- Instead of chips, pretzels and ranch dip, try raw veggies and hummus or Greek yogurt dip with herbs 
- Instead of white rice, refined pasta and bread, try brown rice, quinoa, whole wheat bread/pasta
- Instead of eggs with Hollandaise sauce, try eggs with salsa
- Instead of sugary cereal, try old fashioned oats topped with fruit
- Instead of hamburgers, try black bean burger, turkey burger and salmon croquettes
- Instead of steak, try seafood 
- Instead of butter, try extra virgin olive oil
- Instead of French fries, try roasted red potatoes
- Instead of seasoning salt, try no-salt herb & spice blends and garlic 
- Instead of mayonnaise for sandwiches, try avocado
- Instead of salad dressing, try oil & vinegar (or citrus)
- Instead of cheese-based dips, try bean-based dips
- Instead of cream-based soups, try broth-based soups
- Instead of candy as a snack, try nuts & seeds, celery with nut butter or fresh fruit 
- Instead of ice cream, try blended frozen bananas or fruit sorbet
- Instead of soda, try water infused with fruit, and tea

A Taste of the Mediterranean!

Interested in learning more about Mediterranean food? Sign up for our the "I Made That!" Cooking Education class. You can also try this hummus recipe.

I Made That! Cooking Education Kits

Send your taste buds on a trip to the Mediterranean in celebration of Mediterranean Diet Month!

Illinois Extension and 4-H have designed educational cooking kits to inspire the inner chef and educate about the Mediterranean eating plan. Register now for this May take-n-make program. This project is ideal for families to work on together or for youth with cooking experience. Participants will learn about the Mediterranean region and how to make a variety of vibrant salads inspired by these cuisines.

The cost is \$5 per kit.

Sign up at: go.illinois.edu/IMadeThatMay

Each kit includes:

- May "I Made That!" booklet
- Mediterranean-inspired recipes
- A sensory evaluation and activities
- A bottle of extra virgin olive oil
- Reusable salad bowl to enjoy your masterpiece!

Your kits will be available the 2nd week in May for you to pick up at one of our Extension offices in Viola, Milan, or Galva, IL.

Complete our online evaluation and upload a photo of your recipe to showcase what you've learned!

Mediterranean Hummus Dip



Ingredients

- 17oz. family size container classic hummus (or 2 smaller containers)
- 5.3 oz. container Greek yogurt, plain (smaller individual serving)
- 4 oz. container or 1/2 cup feta cheese, crumbled or cubed
- 1 chopped and diced tomato
- 1 cucumber, deseeded, chopped into bite sized pieces
- 1/4 cup Kalamata olives cut in half
- 1/4 cup chopped red onion
- 1 tsp. fresh dill, minced
- 1 T. olive oil
- Salt and pepper to taste
- Carrot coins, celery, tortilla chips, pitas or pretzels

Directions:

In a small bowl, stir together hummus and Greek yogurt till well mixed. Transfer mixture to a serving platter. Spread mixture out, top with tomatoes, cucumbers, red onion and olives. Grind pepper and lightly salt over the hummus dip, sprinkle with dill. Drizzle with olive oil. Serve with carrot coins, pretzels or pieces of pita bread.

Yield: 10 servings

Nutritional analysis per serving: (dip portion only) 81 Calories, 4.4 g fat, 4 mg cholesterol, 119 mg sodium, 6 g carbohydrate, 5.3 g protein, 1 g fiber

Sign up for these helpful and take charge of your health!



Find Food IL Map

Visit the site at:
go.illinois.edu/ILFoodMap

To help Illinois residents and families meet their basic food needs, University of Illinois Extension launched a new Illinois community food map that allows individuals to search by Illinois zip code for all food resources in that area.

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

BREATHE IN THAT SWEET SMELL OF RAIN

Duane Friend, Energy & Environmental Stewardship Educator

If you've been outside and experienced those first drops of rain, especially after a dry spell, you know that smell. You might even be able to sense the smell a little before it starts to rain, a signal that rain is coming. Even after a rain, a sweet musty odor will linger for some time.

A few years ago, I got to go to Fairbanks at the end of June. As I got off the plane, there had just been a light rain. The first thing I noticed was an unforgettable sweet smell in the air. The smell lingered for hours, along with a double rainbow as I walked around in sunshine at 10 p.m.

What causes those smells?

These aromas come from a combination of soil chemicals and nearby lightning, each providing their own scents.

When lightning occurs, it splits oxygen gas (O₂) into single oxygen atoms. Some of these will combine with O₂ to form ozone (O₃). Ozone has a smell some describe as metallic chlorine. When a storm is approaching, some people may be able to smell ozone from wind blowing the ozone their direction.

What about the pleasant smell from a rain just starting after a dry period? This is caused from the build up of plant oils being released into the air and combining with a substance called geosmin. It is a compound given off by a type of soil bacteria called actinomycetes. These bacteria produce spores that are released into the air during a rain and will be especially noticeable after a dry period due to spore buildup. The aroma of geosmin and plants oils (and sometimes ozone) together has the name petriclor.

You may notice an earthy smell when tilling soil. This also comes from geosmin. Though I no longer farm, I still love the smell of tilled earth. In fact, humans seem to be inclined to like this smell and can smell very small amounts of it. Some can detect geosmin in amounts as small as 5 parts per trillion. That's much more sensitive than even a shark smelling blood.

The smell of rain and human response

Part of our ability to detect extremely small amounts of geosmin may be to help us know when drinking water is bad. An earthy taste or smell in water lets us know not to drink it. That odor may be coming from geosmin in the water. While the geosmin itself is not harmful, it may indicate there are other harmful compounds present.

On the other hand, the pleasant fragrance we associate with rain gives us strong memories. It may be memories of a long drought ending, or a trip to Fairbanks.

ACHIEVING BALANCE IN YOUR LIFE

Cheri Burcham, Family Life Educator

Everyone is so busy juggling work, school, family, friends, household duties, self-care, etc., that they want to know how to fit everything in their schedules. This can be a very tricky thing to accomplish since time is limited and our energy may be required in one area of our lives more than another at times. This was made even more difficult this past year with the prevalence of working and schooling from home.



Motivational speaker and leadership coach Jones Loflin says we might be better off calling it work/life satisfaction – where we make the right choice about where our time and energy is needed based on our purpose, goals, priorities, and values that guide our lives. He says that if we live our lives more aligned to our purpose, we are more satisfied with our outcomes.

Create a list of priorities/goals

- What are the most important things in your life right now? Is it spending time with your young children? Maybe it is advancing your career?
- Whatever you write down, keep that in mind when you choose how you will spend your time. Many times people will say spending time with family is a priority, but their choices don't always indicate that.

Set limits Research shows that people who are successful at work/life balance or satisfaction know how to set limits. They identify priorities and keep those in mind when they make daily decisions about how to spend their time. If family is most important, they set limits on work – which does not seem to hinder their production, but actually helps them to focus and get more done on work time.

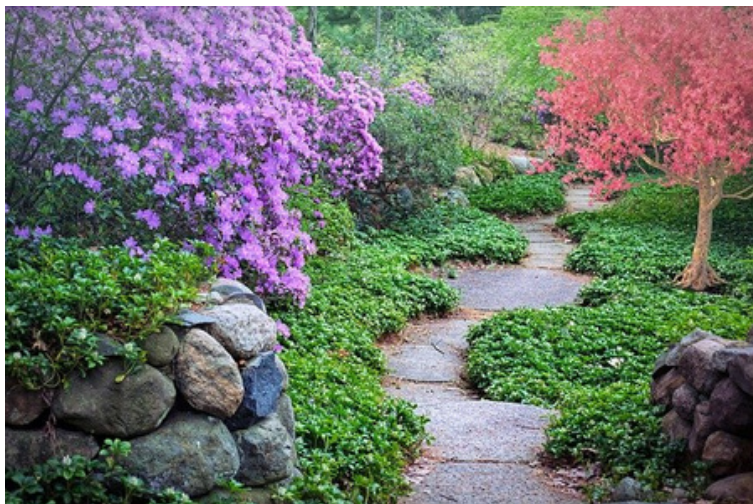
Focus on what's important

Successful “balancers” know how to focus and concentrate on what they are doing so they can avoid spillover – when things that happen at work spill over into personal life and vice versa. Focus includes fine-tuning time management skills that will help you spend your time in meaningful ways.

A few time management tips:

- Avoid multi-tasking. You may be able to do many things at once – but not very well.
- Create “to-do” lists and prioritize those tasks ranging from “absolutely must be done” to “consider it if time allows” to “eliminate the task”
- Break larger jobs into smaller, more manageable jobs
- Let go of control and ask for help – at work and at home
- Set aside time on the calendar for all your tasks – including things like answering e-mail, preparation for tasks, and even self-care. Remember your priorities and schedule those first thing!
- Effectively handle distractions and time-wasters.

Check out these FREE online workshops



Four Seasons of Gardening: Green Screens Fences and Borders, May 11, 1:30 p.m.

The home landscape can be thought of as an extension of our living space, and much like the rooms in our homes, we can use plants as structural elements in the landscape. If you've visited an arboretum or botanical garden, you've likely seen walls created with different plant species, such as evergreens and perennial shrubs. Explore design elements, some good species for creating screening, and design consideration for creating a green fence or screen successfully.

Register at go.illinois.edu/fourseasons



\$1000 to Spend: Poverty Simulation Event May 18, 1:30 to 3:30 pm

Poverty does not look the same for everyone and each individual's personal experience shapes their story of poverty. Join us to learn how it feels when faced with more bills than money—for the long term. What choices do you have and which will you make?

Walk a month in another person's shoes on May 18 during this online simulation. Brought to you free of charge by a collaboration of University of Illinois Extension, The Moline Foundation, Child Abuse Council/AOK Network, and the Moline Public Library.

Sign up at go.illinois.edu/SpendSimulation

SocioEconomic Differences Workshop June 8, 1:30 to 3:30 pm

Often people in poverty are told to 'pull themselves up with their bootstraps.' But that is hard to do when you can't afford bootstraps says Dr. Donna Beagle, whose proven models to better outcomes for people in poverty will be the basis for this workshop. It will cover values, hidden rules and speech and help one better understand the reality people living in poverty face.

Sign up at go.illinois.edu/SocioEconomicsWorkshop



Eat Fresh, Eat Local Series: Sample the Season May 19, Noon

What kind of fruits and vegetables should you expect when you arrive at an Illinois farmers market? Learn how to prepare these fruits and vegetables, and get inspiration for ways to use them at the dinner table. You'll discover the art of menu planning, and take away new recipes to try! Presented by Jenna Smith

Register at go.illinois.edu/eatfreshatlocal

Healthy Behaviors for a Healthy Immune System May 20, 2 - 3 pm

We want to do all we can to protect ourselves from becoming ill. A healthy immune system gives the body a layer of protection. While no one food or healthy lifestyle behavior can prevent illness, you can help boost your immunity with a healthy balance of nutrient-rich foods, adequate sleep, physical activity, and managed stress. Join us to learn the steps you need to take to build a strong immune system.

Sign up at go.illinois.edu/HealthyBehaviors

