

Washington State University Extension engages people, organizations and communities to advance economic well-being and quality of life by connecting them to the knowledge base of the university and by fostering inquiry learning, and the application of research.

World Class. Face to Face.

Don McMoran
Director
Agriculture & Natural Resources

Diane Smith
Family Living Program
Faculty

Jennie Goforth
IFHL Coordinator
360-428-4270 ext. 239

Vivian Smallwood
Food Safety &
Preservation Advisor

Lizette Flores
Hispanic Outreach
Coordinator

Laura DeFreese
Diabetes Prevention
Program Coordinator

WSU County Extension
11768 Westar Lane,
Suite A
Burlington, WA 98233
360-428-4270

<http://ext100.wsu.edu/skagit/>

IFHL is supported by



Skagit County

WASHINGTON STATE UNIVERSITY
EXTENSION

Ideas for Healthy Living

Providing interactive learning experiences in Skagit County

NEWSLETTER

September / October 2016

SEPTEMBER IS HUNGER ACTION MONTH.

September is Hunger Action Month in Skagit County, where varying organizations all over the county come together to raise awareness and engage in actions to fight hunger in the community. Individuals and families often experience hunger unbeknownst to their friends and neighbors in the area.

Based on the most recent data from 2014, Skagit County has a food insecurity rate of 22.7%. This is equivalent to about 15,270 Skagit County residents. 6,180 of those are children. The term "food insecurity" refers to the USDA's measure of lack of access, at times, to enough food for an active, healthy lifetime for all household members and limited or uncertain availability of nutritionally adequate foods. We know that proper nourishment is foundational for success in many aspects of life—at school, at the workplace, and for optimal physical health. Food insecurity rates in Skagit County have been decreasing since 2012, but there is still much we can do!

This month, get involved with your local food bank and other partnering organizations and help ensure that everyone in the community has access to safe, healthy, and culturally appropriate foods. Donate, volunteer and spread the message! Below you'll find a calendar of Hunger Action events in your community. Get engaged, and get creative! Every action makes a difference.

Community Action Lunch & Learn Childhood Nutrition: Panel and Discussion



Join us for a school lunch, learn about the state of childhood nutrition in Skagit County, and get involved!

12:00-1:30PM
Thursday, September 15, 2016
Community Action of Skagit County
330 Pacific Place, Mt Vernon

1095 Skagit is a group of parents and citizens, non-profits and food and youth organizations throughout the county working together to ensure all kids get 3 meals every day of the year (365) = 1095 meals a year for every child. Our vision is that we will fully nourish all children in Skagit County so they grow and prosper. Our work focuses on increasing awareness, advocacy and networking through collaboration, coordination and communication.

Join the effort by signing up for the 1095 mail distribution list and attend educational forums to stay informed and connected with this important work!

Visit our website <http://extension.wsu.edu/skagit/fam/1095-skagit/> and "like" us on facebook <https://www.facebook.com/1095Skagit/> !



Skagit County

WASHINGTON STATE UNIVERSITY
EXTENSION

Ideas for Healthy Living

Providing interactive learning experiences in Skagit County

NEWSLETTER

September / October 2016



The Diabetes Prevention Program will be offered this fall at Skagit Valley Hospital!

This award winning CDC-DPP curriculum is presented at weekly sessions by a life-style coach who provides personalized feedback on health and nutrition. What are we hearing from those who have completed the course? Following the class sessions, participants have described how their blood sugar levels have dropped to normal range (after being at the pre-diabetes level), they feel more energized, experience greater range of motion and their clothes are fitting better. The changes that they make in food choice, portion size, and exercise are slow and easy so that they can easily incorporate them into their daily routine.

Interested in joining an upcoming DPP session? A new class series begins September 19, 2016. at Skagit Valley Hospital. Call Laura DeFreese, DPP Lifestyle Coach at 360-428-4270 ext. 224 to learn more about the program and enroll.

A free Introduction to Diabetes Prevention session will be offered at the Burlington Library on Wednesday September 15th. Join us from 5:30-6:30 to learn simple strategies to improve health.

Farmers Market Shopping Tips

- ♦ **Browse before buying.** Take time to taste and compare the offerings of different vendors.
- ♦ **As you buy,** put heavier, firmer items at bottom of basket
- ♦ **Try new foods.** Buy something you've never had before. Ask the farmer the best way to prepare it.
- ♦ **Take time to chat with the farmers and your neighbors.** Getting to know your local community is part of the fun of shopping at the market
- ♦ **Enjoy everything the market has to offer.** The markets have live music, food carts, local arts and crafts, and activities for the family. Plan to stay, bring the family and make a day out of it.
- ♦ **Go straight home.** Plan on bringing your produce home before running other errands— leaving fresh items sitting in a hot car can wilt them. Store greens in the refrigerator in plastic bags for maximum freshness.



-Your Local Farmers Market-

Anacortes: Saturdays, 9am-2pm

www.anacortesfarmersmarket.org

Bow Little Market: Thursdays, 1pm-6pm

www.bowlittlemarket.com

Mount Vernon: Saturdays, 9am-2pm

www.mountvernonfarmersmarket.org

Sedro-Woolley: Wednesdays, 3pm-7pm

www.sedrowoolleyfarmersmarket.com





Skagit County

WASHINGTON STATE UNIVERSITY
EXTENSION

Ideas for Healthy Living

Providing interactive learning experiences in Skagit County

NEWSLETTER

September / October 2016

Enjoy Local Produce Right Outside Your Door!

"Crunchy, juicy, sweet!" These descriptors are all commonly heard adjectives in the Skagit Valley during the fall season as community residents consume the wonderful fresh apples the valley has to offer. Apples are typically available from local farmers between the months of August through November.

One of the key nutrients our body gains from eating apples is fiber. Fiber is an important nutrient that helps cleanse our bodies and keep us regular. Fiber is found in the skin of the apple, so be sure to keep the peel on to receive the health benefits. Apples are also fat-free, sodium-free, and cholesterol-free which makes them a healthy snack choice or accompaniment for any meal. Below are some ways to incorporate apples into your diet:

- Slice and chop apples and add as a garnish to your dinner salad.
- Slice and eat apples with peanut butter for a healthy snack.
- Make homemade applesauce and eat by itself or as an accompaniment to a main dish, such as glazed ham.
- Add apples as an ingredient in a smoothie.
- Make a healthy dessert, such as apple crisp.



No-Peel Homemade Applesauce

Ingredients:

- | | |
|------------------------|--------------|
| *Apples | *Lemon Juice |
| *Cinnamon – if desired | *Water |
| *Sugar – if desired | |

Instructions:

Wash and slice apples. Place sliced apples in a large pot and fill to the brim. Pour $\frac{1}{2}$ cup lemon juice and $1\frac{1}{2}$ cups of water over the apples. Put a lid on the pot and cook the apples on medium heat until soft, about 30-45 minutes. Once cooked, scoop out a few cups of apples and put in a blender. Blend until peel disappears. Optional: Add 1 tablespoon of cinnamon and $\frac{1}{2}$ cup sugar for a sweeter version. Place in the refrigerator and enjoy after the applesauce cools. Variation: Scoop 3 cups of applesauce into gallon freezer bags and save for later use.

Apples are perfect to eat directly from the tree, but can also be stored for weeks at a time under proper conditions. The best method for keeping apples fresh is storing them in a plastic bag in the refrigerator away from foods with strong odors. For best flavor and texture, apples should be consumed within three weeks of picking.

Below is a list of local farms that grow and sell apples in Skagit Valley. Many of these farms also participate in the Festival of Family Farms, which provides community residents an opportunity to learn about and tour local farms. Check them out this fall, and see what wonderful produce the local community has to offer!

Apple Valley Orchard
8243 Sims Road
Sedro-Woolley, WA 98284

Jarmin's 5-M Orchard
16866 Donnelly Road
Mount Vernon, WA 98273

Gordon Skagit Farms
15598 McLean Road
Mount Vernon, WA 98273

Merritt Apples
8914 Bayview-Edison Road
Bow, WA 98232



Skagit County

WASHINGTON STATE UNIVERSITY
EXTENSION

Ideas for Healthy Living

Providing interactive learning experiences in Skagit County

NEWSLETTER

September / October 2016

Embrace autumn with wonderful winter squash and pumpkin! This wonder food is low in calories but chock full of nutrition: depending on variety, 1 cup contains 55-75 calories but about 20% of daily fiber, well over 200% of Vitamin A requirement, 20-35% of Vitamin C, and much more. It is also a local, affordable food. One of the outstanding qualities of winter squash is its ability for long term storage. It does not need to be refrigerated or processed for storage—simply store at 50-55 degrees and many varieties will last up to 6 months. For most people, a shelf in the garage is a great place to store winter squash. Take advantage of good prices at farmers' markets, roadside stands, and local groceries shops to stock up on a winter supply of squash. For more complete details on best storage practices, visit <http://extension.oregonstate.edu/lane/sites/default/files/documents/ec1632.pdf>

Healthy Winter Squash!



Savory Bread Pudding with Kale and Winter Squash

Ingredients:

- 1 teaspoon vegetable oil
- 1 yellow onion (peeled and chopped)
- 4 large eggs
- 2 cups low-fat milk
- 1/2 cup shredded low-sodium mozzarella or cheddar cheese
- 4 cups whole grain bread (stale or dried)
- 3 cups chopped raw kale
- 2 cups frozen butternut squash (or cube and pre-cook)
- 1/2 teaspoon Kosher salt

Instructions:

Preheat the oven to 375°F. It is important to use stale bread that has dried out. If you don't have stale bread, put fresh bread in a preheated 250°F oven and bake until dried, usually about 15 minutes. Lightly grease a 2-quart baking pan. Put a skillet over medium heat and when it is hot, add the oil. Add the onion and cook about 10 minutes, until tender. While the onion is cooking, put eggs and milk in a bowl and mix until combined. Add the cheese, bread, kale, squash and salt and mix well. Let the mixture stand at least 15 minutes until the bread absorbs most of the milk. When the onion has finished cooking, add it to the bread mixture and mix well. Pour the mixture into the prepared pan and transfer to the oven. Bake uncovered for 50-60 minutes until lightly browned and set. Let stand 15 minutes before serving.

Roasted Pumpkin and Apple Soup

Ingredients:

- 4 pounds pie pumpkin or butternut squash, peeled, seeded and cut into 2-inch chunks
- 4 large sweet-tart apples, unpeeled, cored and cut into 8 slices each
- 1/4 cup extra-virgin olive oil
- 1/2 t sage
- 6 cups reduced-sodium chicken broth or vegetable broth
- 1 1/4 teaspoons salt
- 1/4 teaspoon freshly ground pepper

Instructions:

Preheat oven to 450 °F. Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more. Transfer to pot and use immersion blender with broth, or transfer about one-third of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to a large pot and repeat for two more batches.



Skagit County

WASHINGTON STATE UNIVERSITY
EXTENSION

Ideas for Healthy Living

Providing interactive learning experiences in Skagit County

NEWSLETTER

September / October 2016

Empieza el otoño con la maravillosa calabaza de invierno! Esta maravillosa comida es baja en calorías y rico en nutrición, dependiendo de la variedad, 1 taza contiene 55-75 calorías y aproximadamente el 20% de fibra diario, mas de 200% del requerimiento de vitamina A, 20-35% de vitamina C, y mucho más. Es también una comida barata y es producida localmente. Una de las cualidades sorprendentes de la calabaza de invierno es su capacidad de almacenamiento a largo plazo. No necesita ser refrigerado o procesados para que se guarde- simplemente guardé lo a 50-55 grados y muchas variedades durarán hasta 6 meses. La mayoría de la gente, los guardan en el garaje por que es un lugar excelente para mantener la calabaza de invierno buena. Aproveche los buenos precios en los mercados de agricultores, tenderetes de carretera y tiendas de comidas locales para abastecerse en calabazas de invierno. Para obtener detalles completos sobre las mejores prácticas de almacenamiento de comida, visite <http://extension.oregonstate.edu/lane/sites/default/files/documents/ec1632.pdf>



Sabroso Budín de Pan con Col Rizada y Calabaza

1 cucharadita aceite vegetal
1 cebolla amarilla (pelada y picada)
4 huevos grandes

Sopa de calabaza asada y Apple

4 libras de tarta o calabaza calabacita, pelados, sin semillas y cortado en trozos de 2 pulgadas
4 grande dulce tarta de manzanas, peladas, sin pepitas y cortado en 8 rebanadas cada
1/4 de taza de aceite de oliva virgen extra
1/2 t sage
6 tazas de caldo de pollo reducido en sodio o caldo de verduras
1 1/4 cucharaditas de sal
1/4 de cucharadita de pimienta recién molida

Precaliente el horno a 450°F. Saltear la calabaza (o zapallo), manzanas, aceite de oliva, 1 cucharadita de sal y pimienta en un recipiente grande. Extender uniformemente en un gran armazón hoja de hornear. Asado, revolviendo una vez, durante 30 minutos. Revuelva en Sage y continuar asando hasta muy tierna y empiece a dorar, de 15 a 20 minutos más. Transferir a la olla y utilizar la batidora de inmersión con caldo o transferir aproximadamente un tercio de la calabaza (o zapallo) y manzanas a la batidora junto con 2 tazas de caldo. Haga puré hasta que esté suave. Transferir a una olla grande y repetir en dos o más lotes.

2 tazas leche baja en grasa
1/2 taza queso Mozzarella o Cheddar bajo en grasa, rallado
4 tazas pan Grano entero (duro o seco)
3 tazas col rizada fresca, picada
2 tazas calabaza congelada
1/2 cucharadita sal Kosher

Es importante que use pan duro que esté seco. Si no tiene pan duro, ponga pan fresco en un horno precalentado a 250°F y hornéelo hasta que esté seco, usualmente unos 15 minutos. Precaliente el horno a 375°F. Engrase ligeramente una bandeja para hornear de 2 cuartos de galón. Ponga una sartén sobre fuego medio y cuando esté caliente, añada el aceite. Agregue la cebolla y cocine por unos 10 minutos hasta que esté suave. Mientras la cebolla se está cocinando, ponga los huevos y leche en un tazón y mézclelos bien hasta integrarlos. Agregue el queso, pan, col rizada, calabaza y sal y mezcle bien. Deje la mezcla reposar por lo menos por unos 15 minutos hasta que el pan absorba la mayoría de la leche. Cuando la cebolla se termine de cocinar, añádala a la mezcla de pan y revuélvala bien. Vierta la mezcla en la bandeja preparada y colóquela en el horno. Hornee sin cubrir hasta que esté ligeramente dorado y haya cuajado, de 50 a 60 minutos. Déjelo reposar por unos 15 minutos antes de servir.



Skagit County

WASHINGTON STATE UNIVERSITY
EXTENSION

Ideas for Healthy Living

Providing interactive learning experiences in Skagit County

NEWSLETTER

September / October 2016

Festival Of Family Farms

October 1st and 2nd , 10-4

Free Admission and Parking
Acres of Fun For Everyone!



It's that time of year again! The air is crisp, the leaves are beginning to change and the smell of apples and pumpkins fill the air...it can only mean one thing. It's time for the Skagit Valley Festival of Family Farms!

On this weekend, you can have a hands-on-experience learning what it takes to run a farm, from growing crops to feeding animals. It is an opportunity to talk to your farmers and follow your food from the fields to the table. Participating farms offer fun-filled festival activities for everyone including:

- educational exhibits
- farm tours, harvest markets
- gardening demonstrations
- free samples
- kids activities
- corn and hay mazes
- animal exhibits
- pumpkin patches
- scenic tours and more



www.festivaloffamilyfarms.com

List of Participating Farms

Bow

Taylor Shellfish
2182 Chuckanut Dr. Bow, WA 98232

Samish River Dairy featuring Golden Glen Creamery
15098 Field Rd. Bow, WA 98232

Bow Hill Blueberries
15628 Bow Hill Rd, Bow, WA 98232

Concrete

Double O Ranch/Ovenell's Heritage Inn & Log Cabins
46276 Concrete Sauk Valley Rd. Concrete, WA 98237

La Conner

Hedlin Family Farm
12275 Valley Rd. Mt. Vernon, WA 98273

La Conner Flats
15920 Best Rd. Mt. Vernon, WA 98273

Mount Vernon

Gordon Skagit Farms
25598 McLean Rd. Mt. Vernon, WA 98273

Schuh Farms
15565 State Route 536 Mt. Vernon, WA 98273

RoozenGaarde
15867 Beaver Marsh Road Mt. Vernon, WA 98273

South Fork Farms
19115 Dike Rd. Mt. Vernon, WA 98273

Rockport

Cascadian Farm
55931 State Route 20 Rockport, WA 98283

Sedro-Woolley

Hemlock Highlands
8110 Sims Rd. Sedro-Woolley, WA 98284

Eagle Haven Winery/Perkins Apple Orchard
8243 Sims Rd. Sedro-Woolley, WA 98284