

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.

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IFHL is supported by



Skagit County

WASHINGTON STATE UNIVERSITY
EXTENSION

Ideas for Healthy Living

Providing interactive learning experiences in Skagit County

NEWSLETTER

September/October 2017

Teens as Teachers: Health Advocates for Youth

The Skagit 4-H Youth Voice Youth Choice program invites teens to learn about health and wellness topics and then gives them an opportunity to be teen teachers for younger youth. Gaining skills, knowledge, and attitudes that promote health is critical for youth and sets the stage for the development of healthy habits that continue into adulthood. The teen teachers learn and adopt many of the health-related things they teach the younger children, thereby contributing to teen health as well.

This year, 5 teens participated in the program, teaching two different curriculums to 160 youth at six different locations including after-school programs, summer youth camps and migrant leadership clubs.

The teen teachers gained valuable job skills, earned money and practiced the healthy eating through role modeling and teaching. One teen reported "I feel like I improved my teaching skills, and gained an appreciation for how hard teachers work." Another teen reported that she developed confidence, stating "I feel great being able to have an opportunity like this to teach kids on how to stay healthy. The best part of participating as a teen teacher was "being around all these young kids and seeing improvement from the beginning to the end."

Youth Voice Youth Choice has received funding for another year through the generous support of the National 4-H and Wal-Mart Foundation. If you know a teen interested in participating, please contact Jennie Goforth at j.bryan-goforth@wsu.edu



Interested in teaching classes, helping with events or food demonstrations? We love our volunteers! We provide training and support, and have opportunities at a range of locations and dates/times. Contact us to learn more at j.bryan-goforth@wsu.edu



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Promoting Wellness where Children Learn, Live, and Play.

"I drink that beverage – I had no idea it has so much sugar!!"; "So that's what the words on the food label means"; "I loved creating funny faces and designs from snack food – and then I got to eat it."

These are just a few of the comments from youth and their parents following a 6-week "Kids in the Kitchen" cooking class at Allen Elementary summer school and the 4-lesson series for parents at the Sakuma Brothers migrant camp where many of the children live. Interactive and engaging learning activities provided new information useful for kids and parents to make healthy choices, be smarter shoppers, and learn cooking skills.

Nutrition educator Teresa Santos Luna worked with volunteer Eber Rivera-Ortiz in the SNAP-Ed summer program.

Harvest of the Month

The best time to source local apples is September-November.

NUTRITIONAL BENEFITS OF APPLES

Apples are a great source of fiber. Fiber is an important nutrient that helps cleanse our bodies, and helps us feel full for longer. To gain the full health benefits, be sure to keep the peel on.

Try this fun activity at home

Buy different types of apples at the store—Honey Crisp, Granny Smith, Braeburn, Fuji, and Red Delicious. Slice each apple and place in a bowl labeled with the type of apple. Then taste each one and compare flavors. How would you describe the flavor? What is your favorite?



FAMILY RESOURCE

APPLES

NUTRITION

In The Schools

Be sure to check out the Harvest of the Month in the school cafeteria.

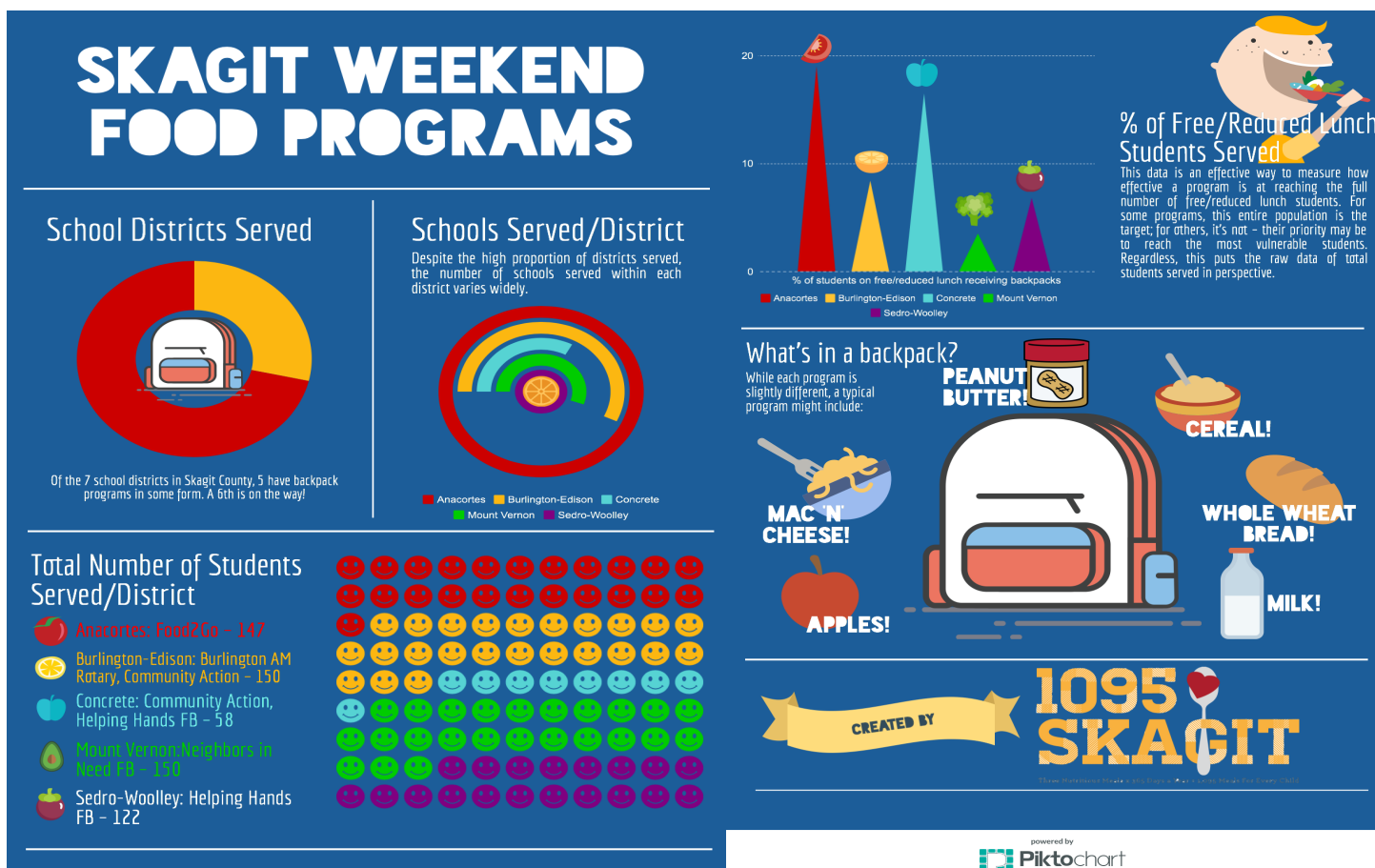
Check your local school district menu for the specific date.



CHOW: Backpack Pilot Program Launches in Sedro-Woolley

CHOW is a new and innovative weekend food distribution program with the goal of providing food for low-income students over the weekend: a "backpack program" to increase food access in Skagit County. This pilot program in Sedro-Woolley has partnered with Skagit Publishing to offer home delivery of food rather than relying on students to transport food bags on the school bus. The hope is that this may reduce the burden on students who may have difficulty transporting the food or may feel stigmatized by a weekend food bag. In the new CHOW pilot program, weekend bags are delivered by Skagit Publishing directly to the home with food provided by the Helping Hands Food Bank and cost of transportation funded through Skagit Publishing and United Way.

The program's partners have developed a viable plan to reach up to 12,000 children who qualify (or would qualify, if they were of school age) for free/reduced lunch with weekend food. CHOW is not a long-term solution to hunger, and the group understands this. Deeper structural issues must be addressed in order to ensure more complete food security and to provide long-term solutions to food access. However, the weekend is a specific time where children and teens are vulnerable, and this program aims to help children have consistent access to food so that they have a greater opportunity to succeed in school and in their development as well-rounded, healthy human beings. Currently 5 out of 8 school districts in Skagit County offer some type of Backpack program. If you would like more information on CHOW or Backpack programs, please contact www.weekendfood.org or speak with your school counselor to find out how to sign up in your district.





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Enjoy Local Produce All Winter Long!

Autumn is harvest season, with an amazing bounty of local produce available at farmer's markets, backyard gardens, and roadside stands. With a little planning, fall fruits and vegetables may be stored and enjoyed out of season. Taking advantage of the lower cost of seasonal produce is a good way to reduce the household food budget. Many types of produce are available at an even lower rate for bulk purchases which can add further savings. Utilizing local produce also reduces transportation of food which helps reduce greenhouse emissions and fossil fuel consumption; it also strengthens our local economy. With so many reasons to buy local, seasonal produce—the only question remaining is “what to do with it?”

Fruits such as apples and pears may be sliced and dried in a food dehydrator or oven, to be used as a healthy snack or rehydrated with water and used to make sauces, pie fillings, and other treats. They may also be safely canned using low sugar recipes for applesauce. Some types of apples are “winter keepers” and are able to be safely stored without refrigeration for months. Apples of this type are best kept in a cool and ventilated area, which slows down ripening. A garage, shed, unheated porch, or dry basement are possible locations to keep fruit packed in cardboard boxes lined with newspaper. Only the best apples are selected for storage, and regular checking and removal of bad apples will keep the remaining ones in good health. Using this storage method, apples may be enjoyed for many months after harvest season is over.



Other popular fall produce items are pumpkins and winter squash. Although it is possible to can or freeze these vegetables, they are easily stored for months under the right conditions. Winter squash does best in conditions which are cool to warm, dry, and with good circulation. Ideal temperatures range from about 45-60 degrees, and squash should be stacked no more than 2 layers deep. Winter squash is a very versatile food which may be used in savory or sweet recipes. Common uses include soups, roasted savory squash, sweet quick breads (such as pumpkin bread), pies, roasted sweet squash, casseroles, and salads. Take advantage of delicious autumn produce in the autumn months, and enjoy healthy, low-cost fruits and vegetables throughout the winter!

Farmer's Markets offer the “Double Up Bucks” program for EBT customers—for every EBT dollar spent, receive \$2 worth of produce! More information may be found at

www.svfmcoalition.org

Anacortes – Saturdays from 9am-2pm (ends 10/28) **Mount Vernon**—Saturdays from 9am-2pm (ends 10/14)

Mount Vernon - Wednesdays from 11am-4pm (ends 9/27)

Sedro-Woolley - Wednesdays from 3pm-7pm (ends 10/11)

Apple Valley Orchard 8243 Sims Rd Sedro-Woolley	Eagle Haven/Perkins Orchard 8243 Sims Rd Sedro-Woolley	Gordon Skagit Farms 15598 McLean Rd Mount Vernon	Hedlin Farm Stand 12052 Chilberg Rd La Conner
Jarmin's 5-M Orchard 16866 Donnelly Rd Mount Vernon	Merritt Apples 8914 Bayview-Edison Rd Bow	Schuh Farms 15565 WA-536 Mount Vernon	Snow Goose Produce 15170 Fir Island Rd Mount Vernon



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Embrace Autumn Recipes!

Creamy Rosemary Squash Soup

- 1 butternut or kabocha squash peeled, seeded and cut into 2-inch chunks
- 2T extra-virgin olive oil
- 2 cloves garlic, chopped
- 1 onion, chopped
- 1 t rosemary, chopped
- 6 cups reduced-sodium chicken broth or vegetable broth
- 1 1/4 teaspoons salt
- 1/4 teaspoon freshly ground pepper

Heat olive oil in soup pot over medium high, add garlic, onions, and rosemary and cook for several minutes. Add squash chunks and cook until beginning to brown and soften a bit. Add broth and bring to a simmer. Cook until the squash is very soft, about 15 minutes. Use an immersion blender and puree until smooth (you may also transfer to a blender or food processor instead). Add salt and pepper to taste. This may be topped with a bit of low-fat yogurt, or for a really yummy treat...sauté sliced fennel root and top soup with caramelized fennel!



Fall Fruit Salsa

- 1 apple, chopped
- 1/2 onion chopped
- 1 pear, chopped
- 1 medium tomatoes, chopped
- 1/4 cup minced cilantro
- 1/3 cup fresh lime juice
- 1/2 red bell pepper, chopped
- 1 jalapeno pepper, minced
- Salt and pepper to taste

Combine all ingredients and stir well. Pairs well with Squash Enchiladas

Chipotle Squash Enchiladas

- 1 butternut squash or kabocha squash peeled, seeded and cut into 2-inch chunks
- 2 T olive oil
- 4 cloves garlic, chopped
- 1/2 onion, chopped
- 3 cups fresh spinach, kale, purslane, or other greens
- 2 T canned chipotle pepper puree
- 3/4 cup grated cheese (best to use a strong tasting or sharp cheese if possible)
- 12 corn tortillas

Heat 1 T olive oil in pan over medium high, add garlic, onions, and squash chunks and cook until the squash is soft and may be easily mashed with a fork. Remove from heat, toss green in pan and mix, cover and let rest for 5 minutes. Heat corn tortillas slightly to soften, oil 9x12 baking dish. Place spoonful of filling in tortillas, adding 1 t of cheese to each, roll, and place in baking dish. Cover with fall fruit salsa, and top with remaining cheese. Bake for 20 minutes at 350 or until cheese is melted and bubbly. Serves 4. *Skip the chipotle pepper for those who need a milder meal or spice it up with more!



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Fall Events, Classes, and Festivals

- ♦ **September 9th Diabetes Prevention Program**—this amazing series uses a series of classes and personal lifestyle coaching to help people transition into healthy living. Tuition is typically \$400+ for the program, but we have some full scholarship funding available for the upcoming series beginning September 6th. Please call Laura DeFreese at 360-428-4270 ext 224 or email laura.defreese@wsu.edu for more information or to register.
- ♦ **September 12th Livestock Advisors Training course**—10-week series of classes at the Burlington WSU Skagit County Extension office. Topics covered range from housing needs, feeding, breeding, and fencing to raising livestock sustainably, mud and manure management, and weed management. Call 360-428-4270, ext. 240 for more information.
- ♦ **September 16th Burlington Store Canning Classes**—Pickling & Fermenting (360) 757-4055, 1276 S. Burlington Blvd. Burlington, WA 98233, please stop by the store or call to pre-register for this free class.
- ♦ **September 19th Know & Grow Workshop: Fermentation**— WSU Mount Vernon NWREC, 16650 State Route 536, Mount Vernon, 1-2:3pm. No registration required
- ♦ **September 21st Cultivating Success**—Learn how to apply successful whole farm management principles to your small farm operation. Evaluate your farm's resources, develop marketing strategies, explore vegetable, flower or livestock production in a bilingual course with like minded students. This twelve-week course will be offered in both Skagit and Island County through in-class activities, guest lectures, video conference, and two additional field days.
- ♦ **September 30th Burlington Store Canning Classes: Pickling & Fermenting** —(360) 757-4055, 1276 S. Burlington Blvd. Burlington, WA 98233, please stop by the store or call to pre-register for this free class.
- ♦ **September 30th Giant Pumpkin Festival**—at Christianson Nursery in Mount Vernon, call 360-466-3821 for more information.
- ♦ **September 30th Burlington Pumpkin Pitch and Harvest Festival**—at Skagit River Park Playfields, call 360-755-9649 for more information.
- ♦ **October 7th and 8th Festival of Family Farms**—this annual free event offers tours, activities, and samples at 12 farms in Skagit County. Great family activity! Visit www.festivaloffamilyfarms.com for schedule and map
- ♦ **October 12th Skagit Food Co-op Workshop: Freezing, Drying, and Root Cellaring**—(360)336-9777, 202 South First Street, Downtown Mount Vernon, please stop by the store, visit the website, or call to pre-register for this free workshop.

