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IFHL supported by



Skagit County

WASHINGTON STATE UNIVERSITY
EXTENSION

Ideas for Healthy Living

Providing interactive learning experiences in Skagit County

NEWSLETTER

March/April 2018

GO FURTHER *with* FOOD



eat right. Academy of Nutrition and Dietetics

[Learn More](#)

Shopping locally can be a great way to add healthful foods to your diet while conserving natural resources. That's why the Academy of Nutrition and Dietetics encourages everyone to "Go Further with Food" by choosing foods that are healthful to the environment and their bodies during National Nutrition Month®, celebrated each March.

Food purchased at farmers markets often is more affordable and tastes better than at commercial grocery stores because it is locally grown and naturally ripened. Buying locally grown food also helps conserve natural resources and has a minimal effect on the environment. "Supporting local farmers markets enables us to produce healthful food today and for generations to come," says registered dietitian nutritionist and Academy spokesperson Libby Mills.

Plan ahead when you shop locally. Bring a shopping list and purchase foods you know how to prepare. "Talk to your local farmers about less familiar fruits or vegetables," encourages Mills. "They'll usually be able to share how it's grown, what it tastes like and several ways of preparing and serving the food."

Be sure to purchase ingredients for salads and produce for side dishes that go well with fish, chicken or meat entrées. To prevent fruit from rotting in the fridge, estimate how many pieces you'll need for your lunches and snacks for the week. "Sustainability is about making the best possible choices for your health, the health of the community, the environment and those producing your food," Mills says. "Sustainable practices build strong communities, diverse ecosystems and healthy individuals."

As part of National Nutrition Month, the Academy's website includes articles, recipes, videos and educational resources to spread the message of good nutrition and the importance of an overall healthy lifestyle for people of all ages, genders and backgrounds. Consumers can also follow National Nutrition Month on the Academy's social media channels including Facebook and Twitter using #NationalNutritionMonth.

Interested in taking a free class?

Ideas For Healthy Living offers a wide range of nutrition classes—learn to reduce your sugar consumption, choose healthy fats, make better choices with restaurants, join a grocery store tour, and much more! Contact us for more information at j.bryan-goforth@wsu.edu





National Nutrition Month®

Prepare meals in advance to save time and reduce food waste

During National Nutrition Month®, celebrated each March, the Academy of Nutrition and Dietetics encourages everyone to "Go Further with Food" by preparing meals in advance to enjoy throughout the week. After you choose a day to prepare meals, decide which recipes you want to use and create a grocery list. When possible, choose meals made with ingredients you already have at home to get the most out of your food. Cooking in bulk saves money and allows you to portion and freeze meals for later. Instead of reheating an entire dish, only reheat a single meal.

THREE CHEESE ZUCCHINI STUFFED LASAGNA ROLLS

These EASY lasagna rolls are stuffed with zucchini, ricotta and Parmesan, then topped with marinara and mozzarella cheese – delicious, kid friendly and perfect if you want to feed a crowd.

Ingredients

- 8 lasagna noodles, cooked
- 1 tsp olive oil
- 3 cloves garlic crushed
- 2 medium zucchini (7 oz each), grated and squeezed dry
- 1 cup + 2 tbsp part skim ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1 large egg, beaten
- 1/2 tsp salt
- pepper to taste
- 1 3/4 cups Marinara sauce
- 1/2 cup part skim mozzarella cheese
- shredded fresh basil for garnish (optional)

Directions:

Preheat the oven to 350°F. Ladle about 1 cup sauce on the bottom of a 9 x 13-inch baking dish. In a medium nonstick skillet, sauté garlic and olive oil over medium heat for about 1 minute; add zucchini, salt and pepper to taste and cook about 4-5 minutes, until soft. In a medium bowl, combine the zucchini, ricotta cheese, Parmesan cheese, egg, salt and pepper in a medium bowl. Lay out the lasagna noodles on a clean work surface. Make sure noodles are dry. Take 1/3 cup of ricotta mixture and spread evenly over the noodle. Roll carefully and place seam side down onto the prepared baking dish. Repeat with remaining noodles. Ladle the remaining sauce over the lasagna rolls and top each one with 1 tbsp mozzarella cheese. Put foil over baking dish and bake for about 40 minutes, or until the inside is heated through and the cheese is melted. Top with fresh basil if desired and eat hot.



To freeze, you can choose to individually freeze them in ziplock bags or freeze them as a finished dish ready for the oven. You can also freeze anything you've baked that you can't finish. Individually frozen – Follow the assembly directions but instead of preparing it in a 9x13 pan, skip to assembling the rolls and then flash freeze them on a cookie sheet. Once they are mostly frozen (30 minutes to 1 hour), place them gently in a freezer bag and freeze. To serve: Place 1 cup of tomato sauce in the bottom of a 9x13 pan (adjust for smaller portion), place frozen lasagna rolls in the dish. Ladle sauce over the noodles in the baking dish and top each one with 1 tbsp mozzarella cheese. Put foil over baking dish and bake at 350 for 60 minutes or until cheese melts.



Grow Your Groceries!

Spring is upon us, and it's a good time to think about gardening. There are so many benefits to growing your own food, but access to healthy, low-cost organic fruits and veggies is so important to budget-conscious households. Some parts of our county are considered food deserts, due to the lack of nearby full-service grocery stores, and these community members often have a difficult time accessing fresh produce. By growing your own groceries, folks are able to increase their fruit and vegetable consumption and lower their household food budget.



Many households require a creative approach with gardening, as apartment dwelling or rental of a house without permission to alter the landscape can eliminate the more traditional garden option. Thankfully, there are many different types of gardening techniques well-suited to small spaces and temporary residences. Thanks to funding from United Way, our program is able to offer Backyard Gardening Workshops to organizations, schools, and agencies at no charge. Additionally, through a partnership with the Finney Farm Seed Distro (a local non-profit endeavor devoted to food sovereignty and access), we are able to offer free organic seed to all participants! Please contact us to schedule a Backyard Gardening Workshop, or attend ours on March 28th!



Introduction to Backyard Gardening! March 28, 6pm

WSU Skagit Extension, Burlington

This workshop is perfect for beginners, and will cover a range of strategies for growing more food in a smaller space. Perfect for those in apartments and small plots, but also well-suited for those interested in making best use of space. Gardening ideas for those with young children will be shared. Workshop focuses on organic and sustainable practices for the backyard gardener. Free packages of organic, heirloom seed will be offered free of charge to participants through a partnership with Finney Farm Seed Distro. There will be ample time at the end of class for Q&A. Class is free, but students must register in advance at

<https://www.eventbrite.com/e/free-backyard-gardening-workshop-tickets-43213217898>



March

Harvest of the Month



FAMILY RESOURCE

SPINACH

NUTRITION

NUTRITIONAL BENEFITS OF SPINACH

Spinach is an excellent source of vitamin A and K. Vitamin K is important in helping stop cuts and scrapes from bleeding too much and starts the healing process. It also helps keep blood vessels healthy. 1/2 cup cooked spinach provides a good source of calcium, which in combination with vitamin K helps build strong bones.

Try this fun activity at home

Taste fresh and cooked spinach. Note color, texture, smell, sound, and flavor. Review the Nutrition Facts labels for fresh and cooked spinach. Compare and contrast the nutritional values, as well as serving size equivalents (i.e., 1 cup fresh = 1/4 cup cooked). Why are the serving size equivalents vary?

Download labels from www.harvestofthemonth.com.

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.

April

Harvest of the Month



FAMILY RESOURCE

ASPARAGUS

NUTRITION

NUTRITIONAL BENEFITS OF ASPARAGUS

Asparagus is an excellent source of vitamin K and contains vitamin E. Vitamin E is an antioxidant that helps protect the body's cells. Vitamin E helps the body use vitamin K and keeps the immune system, skin, and hair healthy.

Try this fun activity at home

Use two raw asparagus spears for this activity. With the first spear, feel and observe; identify and record the parts of the spear. Then, cut the spear crosswise and lengthwise; identify and record internal structure. With the second spear, slice and taste; record observations. With one cooked asparagus spear discuss changes that occur as asparagus cools (e.g., smell, color, texture). When cool, slice spear into thirds and taste the tip, center, and end; record differences.

In The Schools

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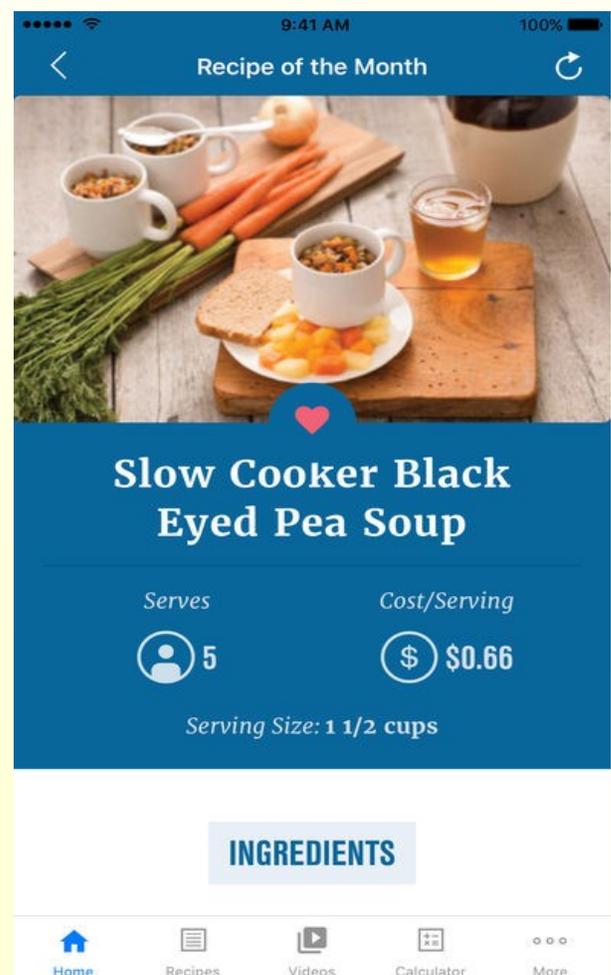
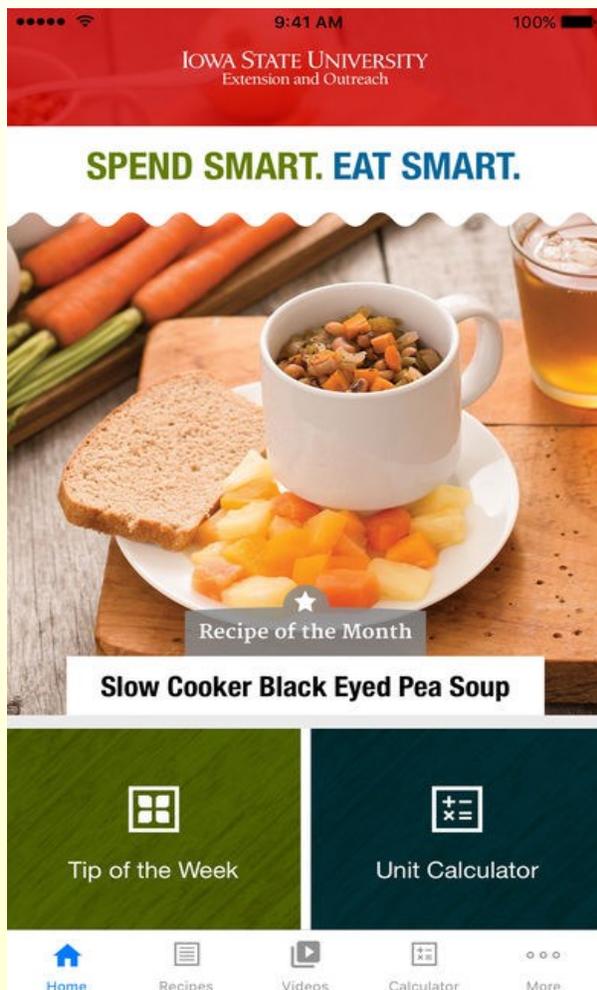
Check your local school district menu for the specific date.



New Easy-to-Use App Compares Prices and Helps with Menu Planning

Never overpay at the store again! With the “Spend Smart. Eat Smart.” app, you’ll save money on groceries using our comparison calculator to find the best bargains. Why pay more when you could get the same products for less, right?

While you’re here, make sure to check out our recipes page: there are so many to choose from you’ll never hear “We’re having that again?” from your family. Also find information on produce so you’ll know what’s in season and how to pick the freshest ingredients. Now that’s smart. Download our **FREE** app from Apple’s App Store or Google Play.





Free Classes and Events!

- ♥ March 6— Take Nutrition to Heart at the Skagit Food Co-op, 6:30-7:30, focuses on nutritional support for cardiovascular system.
- ♥ March 6—Adult Acting Class, Anacortes Community Theatre, ongoing 1st Tuesday and 3rd Saturday of each month 306-840-0089
- ♥ March 12—How to Eat Your Lawn: Poultry, Produce, and Permaculture ,6:30-7:30, Mount Vernon Public Library
- ♥ March 13—Community Free Day at the Children’s Museum of Skagit County, Cascade Mall
- ♥ March 15—The Waste Free Kitchen, 6-8pm at Padilla Bay Education Center. With an estimated 40% of food being wasted, much of that occurring in the home, this workshop will explore strategies to reduce food waste that can result in cost savings, improved nutrition, and environmental benefits.
- ♥ March 28—Backyard Gardening, 6-7:30 pm, WSU Extension, Burlington. This workshop is perfect for beginners, and will cover a range of strategies for growing more food in a smaller space. Workshop focuses on organic and sustainable practices for the backyard gardener. Free packages of organic, heirloom seed will be offered free of charge to participants. <https://www.eventbrite.com/e/free-backyard-gardening-workshop-tickets-43213217898>
- ♥ April 18—Emotional Intelligence and Conflict Resolution, 5:30-7pm Skagit Unitarian SkagitMediation.com
- ♥ April 21—Future Fest, Earth Day Weekend celebration with many events, info at www.transitionfidalgo.org/futurefest and Skagit Valley Food Co-op
- ♥ April 20 - 22—Tulip Festival and Street Fair Fri/Sat 10 am-6 pm, Sun 10 am-5 pm.
- ♥ May— Food Preservation Series begins at WSU Skagit, 4 part series, visit <https://bpt.me/3340078> for info



The third annual **Spotlight Film Festival** returns! This event includes a series of six separate documentaries that shine a light on issues important to our community. Films will be featured on consecutive Thursdays from 6:30pm – 9:00pm starting February 15 and running through March 22 at the Lincoln Theatre.

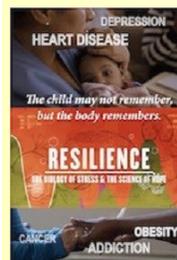
Entrance is free with a suggested donation of \$5.



Angst March 8, 2018
Angst is a film and virtual reality experience that explores anxiety, its causes, effects and what we can do about it.



I Am a Girl March 15, 2018
I AM A GIRL is an inspirational feature length documentary that paints a clear picture of the reality of what it means to be a girl in the 21st century.



Resilience March 22, 2018
Researchers have recently discovered a dangerous biological syndrome caused by abuse and neglect during childhood. As the new documentary *Resilience* reveals, toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death.