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**Don McMoran**  
*Director  
Department Head  
Agriculture & Natural  
Resources*

**Diane Smith**  
*Family Living  
Program  
Faculty*

**Jennie Bryan-Goforth**  
*IFHL Coordinator  
Food Preservation  
Specialist*

**Amber Nicosia**  
*IFH: Educator*

**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 supported by



**Skagit County**

WASHINGTON STATE UNIVERSITY  
EXTENSION

**Ideas for Healthy Living**

Providing interactive learning experiences in Skagit County

NEWSLETTER

July / August 2018



It is summertime! It is the perfect time to enjoy fresh fruits and vegetables from your garden or your local Farmer's Market. Check out our Seasonal Produce Guide and discover which fruits and vegetables are in season right now. Get recipes and enjoy a healthy and fresh dinner tonight! Visit [https://snaped.fns.usda.gov/seasonal-produce-guide?utm\\_source=govdelivery&utm\\_medium=email&utm\\_campaign=SPGText](https://snaped.fns.usda.gov/seasonal-produce-guide?utm_source=govdelivery&utm_medium=email&utm_campaign=SPGText)

There is also a terrific app which helps identify which foods are season. Never waste time in the produce section again with the Seasonal Food Guide app. With info on 140+ fruits, veggies, legumes, nuts and herbs, the Seasonal Food Guide App is the most comprehensive digital almanac of seasonal, local food available.

<https://www.seasonalfoodguide.org/download-app>

***And don't forget four Farmers Markets in Skagit offer Double-Up bucks to extend purchase power for those with SNAP-EBT cards!***



## Farm Fresh Food for Healthy Kids Culinary Classes

June 14, July 12, 19, 26, Aug 2, 9, 16  
with a grocery tour on August 23

Classes are from 4-5pm in the afternoon at St Paul's Church in Mount Vernon (415 S 18th St, Mt Vernon, WA 98274 across from the Kiwanis Park at the corner of on 18<sup>th</sup> and Kincaid Avenue. The class is designed for SNAP shoppers, with hands-on recipes, and children are encouraged to join their parents in the class.



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## New Additions to our Amazing Team!



Great News! The Skagit SNAP-Ed program has two new team members: Mariah Brown-Pounds and Acacia Zambrana.

Skagit SNAP-Ed has offered nutrition education and outreach since 2003 to make the healthy choice the easy and preferable choice. SNAP-Ed is an evidence-based, federally-funded program that teaches people using or eligible for SNAP about good nutrition, how to make their food dollars stretch further, and learn to be physically active.



Mariah, our newly hired Spanish-language nutrition education coordinator will provide programs in Skagit, Whatcom, San Juan, Island and Snohomish counties. Many may already know Mariah from her work with the Skagit Circles Initiative Project at Community Action. Mariah brings a talent for engaging diverse audiences SNAP-Ed and describes herself as an aspiring aerial silks artist.

Acacia Zambrana, Regional SNAP-Ed Program Coordinator, will provide direct oversight for Skagit SNAP-Ed. Her public health expertise will support the inclusion of the Policy, System and Environmental (PSE) approaches to support families and communities in making healthy life-style changes.

The WSU Skagit Extension Family Living Program continues to deliver nutrition, food access, and health programs through Ideas for Healthy Living, Diabetes Prevention Program, Food Safety and Food Preservation, and Youth Advocates for Health Teens as Teachers project. To update your contact list, Acacia can be contacted at [larsen2@wsu.edu](mailto:larsen2@wsu.edu) and Mariah at [mariah.brown-pounds@wsu.edu](mailto:mariah.brown-pounds@wsu.edu)

Join us in welcoming Mariah and Acacia to our team!



## Thank you Edith!

Edith Tate has been an amazing volunteer for the SNAP-Ed program in Skagit County. Edith has volunteered at our local food banks and participated in our Harvest of the Month events in Burlington-Edison and Mount Vernon Schools. She is always full of energy and enjoys working with children. Thanks to her efforts, the SNAP-Ed program was able to serve food samples at three Skagit County food banks this spring, serving over 500 Skagit County residents! If you would like to volunteer with the SNAP-Ed program, please contact Talea Price, [talea.price@wsu.edu](mailto:talea.price@wsu.edu) or 360-428-4270 ext 236.





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# **FUN & AWARENESS FUNDRAISER AT THE FARM SATURDAY, AUGUST 4 4PM TO 7PM**

**Skagit Child Nutrition = Nourishing ALL Children  
3 meals a day 365 days a year**

There's something for everyone . . .  
Small Bites, Music, Games for kids & adults, Planetarium

*Presentation by the "Galloping Gourmet", Graham Kerr*  
Flash of Silver Award

Each family will receive an autographed copy of his book  
"Swiftly Seasoned"

## **Raffle Drawings Include**

**VIVA Farms CSA Box   Floral Bouquet   Picnic-to-Go Basket  
Outdoor Family Fun Basket**

### **Directions**

2.4 miles east on Highway 20 from Burlington Blvd  
Take a right on Lafayette,  
Red Barn @ Highland Farm  
West 20962 Lafayette Rd,  
Burlington, WA  
Parking in second driveway



**CHILD NUTRITION COALITION**

**Suggested Donation:** \$10 per family

**Skagitchildnutrition.org** for more  
information and to sign-up to  
volunteer at the event.

**Or Contact Ann Novak**  
(360) 202-1614  
highlandfarmwest@gmail.com

On Saturday, August 4th, 2018 from 4 to 7pm, Highland Farm West and the 1095 Skagit Child Nutrition Coalition will host a Child Nutrition Fun and Awareness Fundraiser. The event seeks to raise awareness and promote solutions to child hunger in Skagit County.

The fundraiser will be full of fun activities for all to enjoy—music, children's games, tastes of healthy food, and raffle prizes! Special guest, Graham Kerr, the Galloping Gourmet, will be on hand to present the Flash of Silver Award to a community member who has made an outstanding contribution to improve Skagit children's nutrition. Each attendee or family will receive a free autographed copy of Kerr's cookbook "Swiftly Seasoned."

The event is free, with a suggested donation of \$10 per family. Regardless of financial ability, everyone is invited to attend.

Nearly 1 in 5 Skagit children experience food insecurity. 1095 Skagit Child Nutrition Coalition works to ensure that Skagit children are nourished with 3 meals a day,

365 days a year. Come out and show your support for Skagit children and families by participating in the Fun and Awareness Fundraiser on August 4th. If you'd like to volunteer, please visit [skagitchildnutrition.org](http://skagitchildnutrition.org) for more information.

This event is open to all, so please extend this invitation if you feel inclined to share. Everyone is welcome! Carpooling is highly encouraged. Please visit the website [skagitchildnutrition.org](http://skagitchildnutrition.org) to RSVP and learn more about this celebration.



### Summer Meal Sites Skagit County 2018

	Site	Location	Dates of Operation	Days of Operation	Hours of Operation
Burlington	St. Charles Catholic Church/ Tri-Parish Food Bank	935 Peterson Road Burlington, WA 98233	6/20—8/26-2018	Wednesday	Dinner 4:00 -6:00PM
	Lucille Umbarger Elementary	820 South Skagit Street Burlington, WA 98233	7/10—8/3/2018	Monday-Friday	Breakfast 8:30 - 9:00AM Lunch 11:30AM - 12:15PM
	West View Elementary	515 West Victoria Avenue Burlington, WA 98233	7/10—8/3/2018	Monday-Friday	Breakfast 8:30 - 9:00AM Lunch 11:30AM-12:15PM
	Allen Elementary School	17145 Cook Road Bow, WA 98232	7/2—7/27/2018	Monday-Friday	Breakfast 8:30 - 9:00AM Lunch 11:30AM - 12:15PM
Concrete	Burlington Boys and Girls Club	1011 Greenleaf Avenue Burlington WA 98233	6/18—8/31/2018	Monday— Friday	Lunch 11:30am - 12:30pm PM Snack 2:00 - 2:30pm
	Concrete High School	7830 South Superior Ave. Concrete, WA 98273	7/9—8/2/2018	Monday- Wednesday	Breakfast 9:00 - 9:30AM, Lunch 12:30 - 1:00PM
	Storvik Park	1110 32nd Street Anacortes, WA 98221	6/18—9/4/2018 Excludes July 2-July 6	Monday-Friday	Lunch 12:30AM-1:15PM
	Anacortes Boys and Girls Club	904 6th Street Anacortes, WA 98221	6/18—9/4/2018 Excludes July 2-July 6	Monday— Friday	Lunch 11:30 - 12:15pm PM Snack 3:00 - 3:30pm
Anacortes	Little Mountain Elementary	1514 S. LaVenture Road Mount Vernon, WA 98273	7/10—7/26/2018	Monday-Thursday	Breakfast 8:00 - 8:30AM Lunch 11:30 - 12:00 noon
	LaVenture Middle School	1200 N LaVenture Road Mount Vernon, WA 98273	7/9—8/9/2018	Monday-Thursday	Breakfast 8:00 - 9:15AM Lunch 10:45AM - 12:00PM
	NW Career & Technical Academy	2205 W Campus Place Mount Vernon, WA 98273	6/18—7/6/2018 Closed July 3 & 4	Monday-Thursday	Breakfast 7:30 - 7:50AM Lunch 11:00AM - 12:30PM
	Skagit Valley College Cafeteria	2405 E College Way Mount Vernon, WA 98273	7/9—8/9/2018	Monday-Thursday	Breakfast 8:00 - 9:15AM Lunch 11:30 AM - 12:45PM
Mount Vernon	Mount Vernon Boys and Girls Club	1100 N LaVenture Road Mount Vernon, WA 98273	6/18—6/29/2018 and 8/10-8/31/2018 7/9—8/9/2018 6/18—8/31/2018	Monday-Friday Monday-Friday Monday-Friday	Lunch 12 noon - 12:45pm Morning Snack 9- 9:30am PM Snack 2:45 - 3:15 PM
	Central Elementary	601 Talcott Street Sedro-Woolley, WA 98284	7/5—8/24/2018	Monday-Friday	Lunch 12:00 noon - 1pm
	Cascade Middle School	905 McGarigle Road Sedro-Woolley, WA 98284	7/5—8/24/2018	Monday-Friday	Breakfast 9:00 - 9:30AM, Lunch 12:00 noon-1pm
	Sedro-Woolley Boys and Girls Club	915 McGarigle Road Sedro-Woolley, WA 98284	6/18 - 6/29/2018 and 8/27—8/31/2018 6/18—8/31/2018 7/9—8/24/2018	Monday-Friday Monday-Friday Monday-Friday	Lunch 12:00pm - 12:45pm PM Snack 3:00 - 3:30PM Supper 5pm - 5:45pm



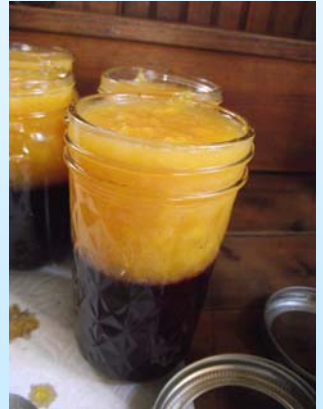
Summer Meal sites list prepared by Child Nutrition Coalition: 1095 Skagit  
<https://extension.wsu.edu/skagit/fam/1095-skagit/>  
 5/30/2018





## Preserve the Harvest with WSU's Food Preservation Classes!

WSU Food Safety/Preservation instructor will demonstrate techniques and explain the items needed to preserve foods in your home. This Thursday-night series covers all information needed to take advantage of our amazing local produce and reduce waste in your kitchen. Classes begin at 6 PM and may be taken individually or as a series. No equipment necessary. \$15 for each workshop, or save: Take the whole series for \$55 (fees included) and get a free binder full of additional handouts and recipes (\$10 value). you are a SNAP recipient, you may also be eligible for a partial or full scholarship, please contact [j.bryan-goforth@wsu.edu](mailto:j.bryan-goforth@wsu.edu) for more information.



7/26 - Water Bath Canning—Learn to preserve jams, jellies, salsa, canned tomatoes, and more  
8/2 - Pressure Canning—Learn to preserve low acid foods such as vegetables, meats, soups, and more  
8/9 - Fermentation and Pickling—Watch a sauerkraut demo and learn to ferment, make quick pickles & more  
8/16 - Freezing, Drying, and Root Cellars—Learn about other food storage methods including freezing, drying, root cellars and other microclimate storage, learn to reduce food waste and store food efficiently!

Register here: <https://preserveskagit2018.eventbrite.com>



By promoting the inclusive nature and unique accessibility of locally-grown, fresh foods available at the Farmers Market, Farmers Market Flash strives to encourage EBT-eligible seniors and families with children to purchase produce at farmers markets in order to improve both social and nutritional health in ways unmatched by other food vendors. Come see us at participating markets:

**Anacortes Farmers Market Saturdays from 9-2**

**Bow Little Market Thursdays 1-6 pm**

**Mount Vernon Farmers Market Saturdays 9-2 and Wednesdays 11-4 pm**

**Sedro Woolley Farmers Market Wednesdays 3-7pm**



### 5-Ingredient Strawberry Salsa

This 5-Ingredient Strawberry Salsa is sweet, simple to make, and so delicious!

#### Ingredients:

- ◆ 1 pint strawberries, hulled and finely diced
- ◆ 1 jalapeno, stem and seeds removed, finely diced
- ◆ half of a small red onion, peeled and finely diced (about 1/2 cup)
- ◆ 2/3 cup finely-chopped fresh cilantro, loosely-packed
- ◆ juice of 1 lime, about 2 tablespoons
- ◆ (pinch of salt and black pepper)

Directions: Toss all ingredients together until combined. Season with extra salt and pepper, if needed. Yields 4-6 servings.

## Harvest of the Month

Local strawberries are  
available in Washington  
May-September!

#### FUN FACT:

On average, each strawberry  
contains 200 seeds.



#### DID YOU KNOW?

Strawberries contain more Vitamin C than oranges!  
Vitamin C helps our bodies repair themselves and heal from wounds.

#### Gardening Tip

Strawberry plants are perennials,  
which means they grow back every year.

#### FAMILY RESOURCE

## STRAWBERRIES

## 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.