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UMaine Cooperative Extension 2017 Spring Eat Well Newsletter

University of Maine Cooperative Extension

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Spring 2017

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Eat Well!

A Newsletter for Healthy Eating

Planting a Preserving Garden

Kate McCarty, Food Preservation Community Education Assistant

Winter is a great time to plan your garden for the spring and summer.

This year, plan to grow a little extra to save for use in the winter. This is called preserving. Plant vegetables that are easy to can and freeze, like cucumbers (for pickles), tomatoes, and green beans. Think about what you and your family like to eat, what is expensive to buy at the grocery store, and what you can grow instead. In the spring, buy seeds or seedlings* from your local garden center or farmers' market and watch your harvest grow!

Tomatoes

Tomatoes are great for canning and freezing whole, cut into pieces, or as a sauce. Tomatoes need to be planted as seedlings in order to produce fruit before the first frost in the fall. Buy a paste or sauce tomato seedling from the garden center or farmers' market. These types of tomatoes have thicker skins, which makes them easier to

peel. They also have less water in the flesh, which makes for a thicker tomato sauce.

Cucumbers

Cucumbers can be planted from seeds and are fun to grow with kids. Pickling cucumbers have thicker skins and less water in the flesh, which will give you a crispier pickle. Pickling cucumbers can also be eaten fresh in salads or as a snack.

Green Beans

Green beans can also be planted from seeds. Grow extra green beans to freeze or pickle with garlic and dill to make dilly beans. Purple beans are fun to grow, but they will turn green when cooked.

Herbs

Herbs add flavor to your cooking and preserving. Growing your own at home is a great cost saver. Plant dill, oregano, basil and cilantro for use in homemade pickles, salsa, and tomato sauce.

Continued on page 2



Looking for ways to save money on food? The *Eat Well!* newsletter has always given you great ideas on how to save money on food. Now these ideas are even easier to spot. Look for this picture in the *Eat Well!* newsletter to find great tips to save money on food. **SAVE MONEY.**

Seeds/Seedlings Per Person

Plants	Per Person
Beans, Snap	4-8
Cucumber	6
Pepper, Sweet	2-3
Spinach	15
Tomato, Cherry	1-4
Tomato, Paste	3-6 each variety

**You can use SNAP benefits to buy seeds or seedlings that produce food.*

For more information on safe canning and freezing methods and information about other vegetables to preserve, visit our food preservation resources at <http://extension.umaine.edu/food-health/food-preservation/>.



Ask Eat Well

Debra Spurling

Community Education Assistant, Hancock County

Debra has worked for the University of Maine Cooperative Extension Eat Well Nutrition Program in Hancock County for 20 years. She enjoys working with adults and children in the community.

Debra and her husband live on Mount Desert Island, in the house where she grew up. She enjoys gardening and supervising her husband on their home improvement projects. She has two children and one very special granddaughter.



Q. Where can I get answers to my gardening questions?

A. The University of Maine Cooperative Extension office in your county is the best place to access gardening resources and University of Maine expertise.

Call your county office with your gardening questions.

You can also contact Cooperative Extension's Pest Management office at 207.581.3880 or 800.287.0279 or visit their website at <https://extension.umaine.edu/ipm/>.

County	Telephone
Androscoggin & Sagadahoc	800.287.1458
Aroostook - Fort Kent	800.287.1421
Aroostook - Presque Isle	800.287.1462
Aroostook - Houlton	800.287.1469
Cumberland	800.287.1471
Franklin	800.287.1478
Hancock	800.287.1479
Kennebec	800.287.1481
Knox & Lincoln	800.244.2104
Oxford	800.287.1482
Penobscot	800.287.1485
Piscataquis	800.287.1491
Somerset	800.287.1495
Waldo	800.287.1426
Washington	800.287.1542
York	800.287.1535



Kid's Korner

Spring Garden Word Search

See how many words you can find!

L	I	J	H	A	R	V	E	S	T	S	H	A	D	E
K	E	O	M	V	E	C	E	P	L	A	N	T	S	K
H	J	Q	F	K	R	J	D	G	A	B	O	M	V	I
M	J	D	A	L	E	A	F	K	E	A	N	P	N	J
H	P	Y	Y	O	M	A	E	L	D	T	U	N	J	F
V	B	K	L	S	G	M	F	X	S	N	A	N	Q	L
R	M	L	J	C	K	D	K	M	E	W	A	B	D	O
Q	V	G	B	S	E	P	R	E	F	A	K	G	L	W
S	G	C	T	E	Y	T	R	I	R	T	B	W	N	E
X	F	O	S	S	E	G	Z	V	U	E	K	X	D	R
G	O	S	T	O	U	C	G	L	I	R	Q	U	E	I
R	C	T	H	I	T	N	R	F	T	E	H	J	K	U
Q	U	E	Q	L	K	D	O	S	F	F	B	Z	U	C
K	G	M	P	K	I	J	W	O	W	L	E	A	L	Q
Y	K	E	J	U	C	L	A	D	Y	B	U	G	X	J

FLOWER

FRUIT

GREEN

GROW

HARVEST

LADYBUG

LEAF

PLANTS

ROOTS

SEED

SHADE

SOIL

STEM

SUN

VEGETABLE

WATER

Food Safety Corner

Hand Washing 101: Back to the Basics

By Kathy Savoie, Extension Educator

Plain Soap vs. Antibacterial Soap

We all hear it, all the time...wash your hands to prevent the spread of germs and illness. The latest information from the U.S. Food and Drug Administration (FDA) advises consumers to wash their hands with plain soap and water. That's it, just plain soap and water for 20 seconds. Why? Because ingredients in antibacterial soaps have not been proven to be safe for daily use over long periods of time. These ingredients have also not been shown to be more effective than plain soap and water in preventing illnesses.

The FDA has issued a final rule under which antibacterial soaps will no longer be able to be marketed. For more information: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm378393.htm>.

What about hand sanitizer?

Hand sanitizers kill many germs, but they do not remove dirt and other matter from your skin and under your nails. Using soap and water is always the better choice. Save hand sanitizer for times when soap and water is not available.

When to wash?

Frequent hand washing is a must. Make sure to wash your hands:

- Before, during, and after making food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

NEW TO THE LIST...after touching your phone or other devices while making food

The FDA 2016 Food Safety Survey Report tells us that 48% of people use devices such as smartphones or tablets while preparing food. Of those, only 35% wash their hands with soap and water after touching the device while preparing food. These devices can be a source for germs.

Eat Well! is published four times a year for current, past and future UMaine Extension Eat Well program participants. For more information on Eat Well, contact your County Extension office. **Managing Editor:** Kate Yerxa, MS, RD, **Extension Editor:** Phoebe Nylund, Eat Well Program. **Eat Well Committee:** Kathleen Savoie, MS, RD, Extension Educator; Kate Yerxa, MS, RD, Extension Educator; and Christine Finemore, Community Education Assistant. **Design and Production:** Phoebe Nylund, Eat Well Program.

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Hand Washing 101: Back to the Basics

Where to wash?

The image below shows the areas that are most often missed when washing hands. As you can see,

the back of hands, in between fingers and finger tips tend to get missed during the hand washing process.



 Most Frequently Missed

 Frequently Missed

How to wash?

Here are the five steps to properly wash your hands:

1. Wet your hands with clean, running warm water and apply plain soap.
2. Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
3. Continue scrubbing your hands for at least 20 seconds.
4. Rinse your hands well under running water.
5. Dry your hands using a clean paper towel or air dry them.





Quick and Easy Eat Well Recipe

Rhubarb Salsa



Ingredients

- 4 stalks rhubarb, sliced ¼ inch
- 1 tablespoon water
- 2 tablespoons sugar
- 1½ teaspoon cumin
- 1 teaspoon salt
- 1 sweet pepper, diced
- 1 red onion, diced
- 1 small jalapeño, minced
- 2 tablespoons minced chives
- 1 apple, diced
- 2 tablespoons lemon or lime juice

Directions

1. Microwave rhubarb for 5 minutes in water.
2. Cover and refrigerate until serving.
3. Add sugar to rhubarb and mix well.
4. Combine with all other ingredients in a large bowl.
5. Mix well and serve with tortilla chips.

Makes 6 Servings Serving Size: ¼ cup
 Cost per Recipe: \$7.25 Cost per Serving: \$1.21

Nutrition Facts

Serving Size 1/4 cup (113g)	
Servings Per Container 6	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 1g	
Vitamin A 4%	Vitamin C 45%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	