

The Sampler

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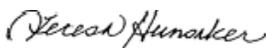
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May-June 2020

Issue #3

Strawberry Time!

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Did you know that May is National Strawberry Month? An entire month devoted to the delicious and nutritious strawberry!

We are fortunate in most parts of the United States to have strawberries available to us all year long...but their peak growing season here in Utah is now through the end of summer (depending on the variety of strawberry grown).

Some fun facts about the strawberry we know and love:

- ◆ Approximately 1.5 million tons of strawberries are produced in the United States annually
- ◆ California is home to the bulk of strawberry production in the US, although strawberries are grown in all 50 states.
- ◆ Strawberries are the seventh most popular consumed fruit in the US.
- ◆ The strawberry got its name from the common practice of growing the berries under straw to protect them from frost.
- ◆ The strawberry is the only fruit to



carry its seeds on the outside. There are 200 seeds on the average strawberry.

Strawberries are a great source of Vitamin C, but also deliver quite a powerhouse of other nutrients, including flavonoids, potassium, fiber, folic acid, and folate.

Incorporating strawberries into your diet may help:

- ◆ Reduce risk of stroke and cancer (antioxidants)
- ◆ Prevent heart disease and lower inflammation (flavonoids)
- ◆ Regulate blood pressure (potassium)
- ◆ Stabilize blood sugar in diabetics (low glycemic index)
- ◆ Fight depression and bone loss (folate)
- ◆ Promote a healthy pregnancy (folic acid)
- ◆ Avoid constipation (fiber and water content)

That's a pretty impressive fruit! Besides all of that, strawberries are cholesterol free, low in fat and sodium,

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and contain no artificial preservatives or colors. Oh, and of course, they taste so good!

history-of-strawberries-for-national-strawberry-month/
<https://burgundyzone.com/may-is-national-strawberry-month/>
<http://raderfarms.com/blog/may-national-strawberry-month/>

Besides Strawberry Shortcake (an all-time favorite) there are many ways to enjoy this wonderful fruit. Here are just some ideas to get you started:

- ◆ Strawberry Ice Cream Pie
- ◆ Baked into a yummy quick bread-especially good mixed with rhubarb (Nothing says Spring quite like a strawberry/rhubarb combination!)
- ◆ Strawberry smoothies/shake
- ◆ As a topping on pancakes, waffles, and funnel cakes
- ◆ In a leafy green salad
- ◆ Pureed and made into a salad dressing w/ vinegar and oil
- ◆ Fresh strawberry pie
- ◆ Made into jam
- ◆ Strawberry lemonade
- ◆ Popsicles
- ◆ Fresh salsa (recipe included)

HOW TO BUY STRAWBERRIES:

- ◆ Select berries that are firm, fragrant, plump and bright-glossy red. Their caps should be bright green and fresh looking.
- ◆ Strawberries don't ripen after harvest. Use strawberries as soon as possible after purchasing, ideally within two days.
- ◆ Keep the berries cool. Store in the refrigerator until ready to use. The perfect storage temperature for strawberries is 32°F to 36°F.
- ◆ The best place to store the berries is in the crisper drawer of the refrigerator, in clamshell containers or open plastic bags or paper towels, to maintain high humidity.

USING STRAWBERRIES:

- ◆ Berries taste best at room temperature, so remove them from the refrigerator an hour or two before serving.
- ◆ To help berries retain flavor, texture and nutrients, avoid washing or removing their caps until ready for use.
- ◆ Remove the green caps with a light twisting motion or with the point of a paring knife. It's as easy as a twist of the wrist. Let drain, then pat dry after washing. ☞

~Teresa Hunsaker

Sources:

Read more at: <https://blog.thenibble.com/2020/05/07/food-101-the->

STRAWBERRY HONEY SALSA

- 1 cup diced sweet red peppers
- 1 cup sliced fresh strawberries
- 1 cup diced green bell peppers
- 1 cup diced fresh tomato
- ¼ cup chopped Anaheim pepper
- 2 tablespoons finely chopped cilantro
- ⅓ cup honey
- ¼ cup fresh lime juice
- ½ teaspoon crushed dried red chili pepper
- ½ teaspoon salt
- ¼ teaspoon pepper

Combine all ingredients in glass container; mix well. Cover tightly and refrigerate overnight to allow flavors to blend.



STRAWBERRY-RHUBARB COBBLER

- | | |
|----------------------------|----------------------|
| ¾ cup sugar | 1 cup flour |
| 2 tablespoons cornstarch | ¼ cup sugar |
| ⅓ cup water | 1 tsp. baking powder |
| 3 cups rhubarb, sliced | ¼ cup margarine |
| 2 cups strawberries halved | 1 egg, beaten |
| | 3 tablespoons milk |
| | ½ teaspoon vanilla |

MAKE FILLING: Combine ¾ cup sugar and cornstarch in saucepan; stir in water and rhubarb. Cook and stir until thickened and bubbly. Stir in strawberries; heat through. Cover and keep warm.

MAKE TOPPING: Combine flour, sugar and baking powder. Cut in margarine until mixture resembles coarse crumbs. Combine egg, milk and vanilla. Add to flour mixture, stirring just to moisten.

Pour warm filling into 8x8x2-inch baking dish. Drop 6 dollops of topping over filling. Bake at 375° for 20 to 25 minutes. Serve warm with ice cream. Yield: 6 servings.

Family and Consumer Science Events

Home Buyer Education Virtual Classes

USU Extension Office
1181 No. Fairgrounds Dr., Ogden

- ◆ Saturday, May 8, 9:00 a.m. to 3:30 p.m.
- ◆ Saturday, July 17, 9:00 a.m. to 3:30 p.m.

These classes help prepare people for the home buying process. Topics that will be covered are: how much can you afford, mortgage loans, credit, shopping for a home, what to expect at closing and much more. Cost is \$30 per household for certificate or free if you only want education. Call 801-399-8207 to register.



Stretch Your Bucks Classes

Zoom Classes
Thursdays, May 6, 13, 20 & 27
5:30 - 7:30 p.m.

Learn to stretch you money with these free classes. You will learn how to budget, what your money personality is, and information on credit, investing, and much, much more. Call 801-399-8207 to register. Once you are registered, you will get an email with a link a few days before the class.

Food Preservation Options

USU Extension is offering two different options for food preservation information.

1. Face to face instruction with hands on labs is our Master Food Preservation series held July 12-16th at Roy High School, in Weber County. See page 4 for more details regarding this series. This series is 5 fun filled days (8am-2:30pm) of both lecture and lab experiences, with lots of sampling!
2. A virtual series of webinars called Preserve the Harvest is our next option for getting food preservation information out. See page 6 for more information on topics and registration.

Hope to see you this summer for food preservation.

As canning season gets underway, please feel free to call our Extension office with your questions.

If you need your pressure gauge tested, you may drop you lid off at our Weber County Extension Office, and we will test the gauge for \$2/lid.

Coming in June... NEW Hidden Gems Family Fun Out and About



HIDDEN GEMS

HiddenGems.usu.edu

EXTENSION
UtahStateUniversity

Need fresh ideas to play with those you love this summer? Go to hiddengems.usu.edu to download your FREE guides today!



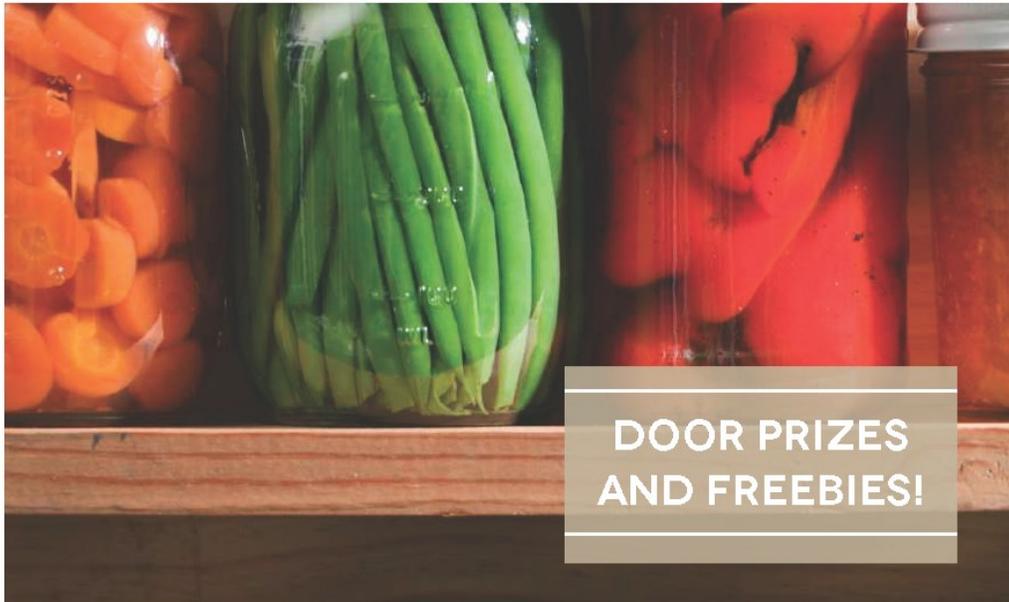
Relationship Tips

The Utah Marriage Commission has just launched marriage/relationship text tips to help you keep your relationships strong! Just send a text with the words "UTMarriage" to 435-625-3555 and you'll get two tips per week right to your phone to help your relationship thrive!

MASTER FOOD PRESERVER

WORKSHOP SERIES

Do you enjoy the art and science of food preservation and canning? Are you interested in updating your skills? If so, this training is just for you! It can be taken as a series or in parts by your topics of interest.



DOOR PRIZES
AND FREEBIES!

You will learn the latest information on:

- Food safety in food preservation
- Prevention of food-borne illnesses
- Food storage and safety
- Canning basics
- Canning acidic foods
- Canning low-acidic foods: meats, vegetables, etc.
- Pickled and fermented foods
- Preserving jams and jellies
- Freezing foods
- Freeze drying
- Drying food products
- Canned pie fillings



OGDEN, UTAH

July 12, 13, 14, 15 & 16 - 8:00 AM -2:30 PM

Roy High School FACS Kitchen
2250 W. 4800 S., Roy, Utah

\$135 for the entire series

See full class schedule on the back or go to www.extension.usu.edu/weber and look under Home, Family, Food and & Finance. To register for the course, or for more information call 801-399-8207, or email linda.black@usu.edu.



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The Art of Self-Care

The term “self-care” is often misunderstood. This might be because it is leveraged as a marketing gimmick. Advertisements promise us health, happiness, and contentment if we just purchase the product that they’re selling under the guise of self-care.

So, what is self-care? If it’s not the chocolate cake, exotic vacation or new piece of exercise equipment then what is it? Succinctly stated, self-care is any activity that we do deliberately in order to take care of our mental, emotional, physical, social and professional health. This may include a wide array of activities, and is likely to change as our circumstances and needs change. Relationship expert John Gottman says that, “By engaging in proactive self-care, we can create the conditions necessary for deep, mutually fulfilling connections with ourselves, our partners,

families, and friends.” So, by proactively taking care of ourselves we are more able to care for those people most important to us. Here are some tips to help you improve your self-care.

Tips to improve self-care:

- Identify what you need. The Self-Care checkup found here can help you identify an area to focus on
- Choose one specific thing that you WANT to work on
- Don’t “should” yourself
- Make a plan that is realistic to your life and circumstance

Identifying legitimate self-care can be tricky. Below is a chart of examples of real versus fake self-care.

Real Self-Care Vs. Fake Self-Care

<ul style="list-style-type: none"> • Fueling your body with food that gives you energy and helps you improve mentally and physically 	<ul style="list-style-type: none"> • Extreme dieting
<ul style="list-style-type: none"> • Drinking water 	<ul style="list-style-type: none"> • Alcohol or drugs
<ul style="list-style-type: none"> • Being kind to yourself 	<ul style="list-style-type: none"> • Talking cruelly to yourself to “motivate” you
<ul style="list-style-type: none"> • Setting boundaries 	<ul style="list-style-type: none"> • Saying yes to everyone because you’re a “nice person”
<ul style="list-style-type: none"> • Spending time with people that enrich your life 	<ul style="list-style-type: none"> • Socializing because of fear of missing out
<ul style="list-style-type: none"> • Treating yourself to something new because you love yourself 	<ul style="list-style-type: none"> • Impulse buying anything that promises to make you love yourself more
<ul style="list-style-type: none"> • Moving your body because you can 	<ul style="list-style-type: none"> • Working out as a punishment or attending a class that shames your eating habits/appearance

As you navigate self-care and the challenges and benefits that arise from an increased effort to take care of yourself remember the quote from author L.R. Knost, “Taking care of myself doesn’t mean ‘me first’ it means ‘me, too.’”

-Elizabeth Davis & Naomi Brower

References
How To Practice Self-Care: 10 Worksheets and 12 Ideas. Positive Psychology.
<https://positivepsychology.com/self-care-worksheets/>

PRESERVE THE HARVEST 2021

ONLINE LECTURE SERIES

Are you interested in preserving your garden harvest? Join USU Extension Experts online to learn all about preserving, processing, & storing seasonal produce and meats.

Lectures will take place from 7:00 - 8:30 PM (MST) on Tuesdays during May & June.

Classes are \$5 each. Registration is required for all classes.

To register visit [preserve-2021.eventbrite.com](https://www.eventbrite.com/e/preserve-2021)

May 18
Freeze Drying

May 25
Jams & Jellies

June 1
Dehydrating

June 8
Pressure Canning

June 15
Tomatoes & Salsa

Create Better Health News Corner

CREATE SNAP-ED BETTER HEALTH

Move More and Sit Less this Summer with Create Better Health

Summertime is at last approaching. We know many of you are itching to get out of the house and enjoy the warmer weather individually and as families. Create Better Health wants to help. We, like you, have looked forward to summer activities with great anticipation and have 3 suggestions to help you move more and sit less in day-to-day life.

Attach movement to behavior: Pick one thing you do every day and try attaching movement to it. Take brushing your teeth for example. Instead of standing in front of your sink for 2 min, you might try pacing around your home,



dancing, or you could practice balancing on one foot while you brush. Moving more does not have to take extra time out of your day. Small efforts to be consistent definitely add up. Pick as many or as few behaviors you would like and plan to move while you do them. Brushing your teeth is just one example, you could also choose scrolling on social media, checking emails, or talking on the phone. Any movement is better than no movement.



Shop Local: The Ogden Farmers Market opens May 22 and presents an excellent way to sit less and move more. Walk the market with your family, play

games, speak with the vendors and farmers, and learn more about where your food comes from. Stop by the

Create Better Health booth to get a new recipe each week and learn more about how to use local produce in your home.

Cook your meals: Cooking at home is not only a great way to stretch your food dollars and consume more nutritious foods, but it also encourages movement. Running around your kitchen for 30-40 min may not seem like it



makes much of a difference, but all that time absolutely adds up against time sitting in your car to get curbside pickup or your drive-through order.

Whatever your activity of choice is, we want to emphasize that any movement is better than no movement. Find even more ways to move more this summer by following us on Facebook or Instagram @createbetterhealthwebercounty.

~Kayla Lane
Weber County Ambassador

FREE Kids Cooking Camps

Monday - Thursday, June 21-24 - 9:30 am- 12:00 pm
Monday - Thursday, July 12-15 - 9:30 am- 12:30 pm
Ogden High School FACS Kitchen
2828 Harrison Blvd., Ogden
Kids ages 8-12

Kids cooking camps are back this summer! If your kids love to cook or would like to learn how to cook, this is the camp to come to. Call 801-399-8207 to register your kids. Don't wait to call as space is limited.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1.800.221.5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.