

PANHANDLE PATH TO HEALTHY LIVING



Volume 1, Issue 3

Health Trends in the Month of May

Being healthy isn't a new trend. After all, no one wants to be unhealthy. How consumers approach their health, however, is distinctly different from how they did in the not-too-distant past. In fact, it wasn't too long ago that taking care of your health simply meant keeping your regularly scheduled doctor's visits, minding your diet and getting some exercise. While these basic principles still serve as the framework for general health and wellness, they fall well short of what the average American strives for according to 2017 trends.

Given the more comprehensive health and wellness aspirations of today, most consumers are more interested in staying out of the doctor's office than they are about scheduling their next physical. With constant advancements in technology, most people believe they have all the tools they need to monitor, maintain and improve their health on their own. The explosion of information and ease of access, knowledge is within a finger's reach, but can it be trusted? People seek a way to track their own health, treat preventatively from home and have clear insight into what's in—and not in—the foods and supplements they eat. With the abundance of resources available, it's important that consumers are using researched based nutrition and fitness information to meet their health goals. No matter the trend, the benefit should be in avoiding a devastating diagnosis rather than replacing professional health care services.

Kay Rogers



Path to Wellness.....

Physical Health

Just 150 minutes of moderate-intensity aerobic activity weekly can have a big effect on our lives. That's where gardening comes in. Unlike many everyday activities that only involve the arms, gardening uses the whole body as we move around digging, planting, weeding, and watering. If we choose an exercise we like and that's convenient for our lifestyle, we're more likely to do it.

No matter our age, gardening is an excellent way to boost physical activity and help in the following areas:

- strengthen bones, muscles, and joints
- improve our ability to do daily activities
- prevent falls among older adults by improving balance
- improve mental health and outlook
- decrease lifestyle diseases such as obesity, high blood pressure, type 2 diabetes, osteoporosis, heart disease, stroke, and some cancers
- promote longer, healthier lives

Nutrition

Gardening allows us to be in control of what we consume from plant variety to chemical or natural treatment. It also gives us the opportunity to harvest foods at their peak, allowing them to accumulate nutrients that might otherwise be lost when foods are picked unripe for easier shipping. Plus, when we put the effort into choosing, growing, and harvesting our own fruits and vegetables, we're likely to eat more of them.

Personal Development

Stress is hard on the body, causing irritability, headaches, stomach aches, and heart attacks while worsening pre-existing conditions. Nature and gardening can help. In one experiment, researchers compared outdoor gardening to indoor reading for stress relief. Gardening won hands-down by significantly reducing cortisol levels and improving mood.

Mental Health

A review of studies indicates the importance nature plays on our mental well-being. According to the researcher, nature is "an effective and affordable way" to help prevent mental disorders such as depression.

Several studies have also looked at gardening for dementia patients and the elderly. Results on gardening, or horticultural therapy, for people with dementia were generally positive and included better sleep patterns, well-being, and functioning.

Academic

While gardening requires working with our hands, it also gives our brains a workout. Planning the layout of the garden, researching different plants that thrive in various climates and soils, and learning gardening techniques encourage us to think through problems, devise solutions, and be creative. Studies indicate students who participate in school gardening score significantly higher on standardized science achievement tests, possibly because they're learning in a hands-on environment that is active and engaging. Gardening, which gets kids outside, might also help with attention deficit hyperactivity disorder (ADHD), which has been associated with lower levels of sunshine.



For more information go to [cdc.gov/family/gardening](https://www.cdc.gov/family/gardening)

Dallam & Hartley Counties

Important Dates:

Farmers Market

Kicks off May 6

1st & 3rd Saturdays

9am—12 Noon

May—October

324 Rock Island Ave.

Dalhart

(behind Purpose Coffee)

Farmers Market

May 13

8am-4pm

Tractor Supply

12016 US Hwy 87

Dalhart

Learn Machine Embroidery

Call our office to schedule a time to come and learn how to do machine embroidery.

Cost is \$10

Trash Bash

May 13

Pavilion Park

9am-1pm

Join us for this community clean up event and enjoy a free lunch afterwards!

Watch KAMR Studio 4

From 4:00 to 5:00 PM

Studio 4 highlights events & happenings in our panhandle region. You might even see someone you know!

For more information or to RSVP to any of our programs please call:

Office— (806)-244-4434

Path to Dallam & Hartley Counties

Quilting Group

Beginning May 2nd

Extension Office

401 Denrock Ave

Dalhart

Cost is \$10 per month. Meets the 1st Tuesday of every month. Bring your lunch and quilting supplies and come sew with us!

Call our office for more information.

806-244-4434

A BETTER YOU

Gardening for Good Health

* Gardening provides more than low-cost tasty produce. "It can help reduce stress and increase fitness," says **Susan Terry, M.D.**, an internal medicine physician at University of Utah Health Care. But keep these tips in mind:

DRESS FOR SUCCESS

Wear long sleeves and pants to protect your skin. Apply bug spray and SPF 30 sunscreen to exposed skin. Wear gloves, sunglasses and a hat.

STAY COOL

Drink plenty of water, take breaks in the shade, and avoid working during the hottest part of the day.

GET VACCINATED

"A scrape from a prickly plant or garden tool could give you tetanus, an infection caused by bacteria that is often found in the soil," Terry says. Your safest bet: Get a tetanus vaccine every 10 years.

SAVE YOUR BACK

"Change positions every 10 minutes to avoid overusing any particular muscle group," Terry says. Sit on a stool rather than bend over. Switch hands regularly, and lift with your legs, not your back.





Path to Youth Development.....



WHAT IS A 4-H RECORD BOOK?

District 1 is Hosting a 4-H Record Book Training

Families are encouraged to learn about the importance of maintaining a record keeping system for youth project experiences, leadership and community work. This training will serve as a introduction to the basics of the 4-H record system.

May 4th 2017

6:00p.m.-7:00p.m.

Texas A&M AgriLife Extension Office

6500 Amarillo Blvd West

Amarillo TX 79106

If you are interested in 4-H, now is the time to get involved!! We have a lot of upcoming projects and activities! Look for the 4-H Newsletter or call the office @ 244-4434 for more information!!

Dallam & Hartley Counties

4-H Dates

May 1st

S.E.T. Club Meeting

Rita Blanca Coliseum

5:30-6:30

May 2nd

Consumer Arts Club Meeting

Rita Blanca Coliseum

6:00-7:00

May 9th

Animal Science Club

Rita Blanca Coliseum

7:00-8:00

May 5th—6th

District Rifle Contest

Amarillo

May 15th

Dallam County 4-H Council

Extension Office

May 20th

District Archery Contest

Pampa

May 31st - June 2nd

Seven County Camp

Black Mesa



TEXAS A&M
AGRI LIFE
EXTENSION

Path to Protection..... Food Safety

Practices that Reduce the Risk of Contaminating Fruits and Vegetables in the Garden

Garden Location

Food safety risks can be reduced by selecting a location for your garden that is not in close proximity to a sewage system, animal-based compost piles or farm animals (i.e., hen house). Locations that are susceptible to flooding or exposure to agricultural run-off water should be avoided. Planting on level ground to prevent standing water is recommended. Have your soil tested for nutrients (macro and micro), pH and heavy metals such as cadmium, mercury and copper. This information is useful for choosing the best location for growing crops and for determining the use of soil amendments.

Soil Amendments

Composted or aged (also called stabilized) manure, or other soil amendments containing any animal components, such as manure, meat, egg shells or bones, are not recommended for gardens as they may not be thoroughly processed and thus contain foodborne pathogens. Compost prepared from grass clippings or plant trimmings, provided the plants are not diseased or infested with pests, are good alternatives to animal-based composts. If you choose to use animal-based compost in your garden, it should be commercially processed and applied well before (at least 90 days) you begin to harvest your crops. Compost should be stored away and downhill from your garden and should be enclosed and covered to prevent animals from digging in it. When handling compost wear protective gloves. Cloth or leather gloves should be washed immediately after handling animal-based compost.



Water

Know the source and quality of your water. Water can be contaminated with foodborne pathogens and these pathogens can easily be transferred to produce through irrigation, fertilizing or flooding. Drip irrigation (also called trickle irrigation) or soaker hoses are the preferred method of irrigation. If wands are used, point the nozzle of the wand at the base of the plant. By minimizing direct water contact with the edible portions of your plants the risk of contamination with pathogens in the water is reduced.

City water, which is treated to meet state and federal drinking water standards (potable water), is recommended to irrigate, prepare fertilizer or pesticides, and wash your fruits and vegetables. If your water is from a well, ensure that the well is properly maintained and the water is tested on a regular basis. Collecting rainwater is a great way to conserve water but it can contain pathogens and harmful metals from the roof or gutters. Treating rainwater (e.g., filtration and chlorination) before applying it to the garden is recommended. Other water sources, such as surface water from rivers, ponds or ditches, are not recommended. Surface water can contain high levels of pathogens and should be avoided.

Animals

Domestic pets, stray animals and wildlife droppings carry a number of foodborne pathogens and are a source of produce contamination. Although challenging, restricting animals from entering the garden is recommended. Weeding the garden regularly and removing dead plants or fallen fruit will deter small animals from nesting or searching for food in the garden. Fences will keep large animals like deer away. Birds can be deterred with noisemakers or predator decoys.

Tool and Surface Sanitation

Pathogens can end up on fresh produce through cross-contamination from dirty surfaces. Harvesting tools such as clippers or scissors and containers used to hold produce (i.e., pails, bowls, colanders) should be cleaned and sanitized before each use. Plastic bags can be used to collect fruits and vegetables but should not be reused. Avoid placing harvested produce directly on the ground. Surfaces can be cleaned with soap and water and sanitized with a dilute solution of bleach (1 Tablespoon per gallon of water). Remember to always use potable water to wash surfaces or mix sanitizers.

Handwashing

Handwashing is a simple and effective way to prevent foodborne illnesses. Wash your hands for at least 30 seconds with soap and potable water and dry them thoroughly with a disposable towel. Hand sanitizers can be used if soap and water are not readily available. However, hand sanitizers will not eliminate all types of pathogens present on your hands and are especially ineffective if your hands are visibly dirty. Always wash your hands before entering the garden or harvesting; after handling compost, plant debris or garbage; after touching a pet or farm animal; and after using the toilet.

TEXAS A&M AGRI LIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Consumer Sciences information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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TEXAS A&M AGRILIFE EXTENSION SERVICE

Dallam & Hartley Counties

401 Denrock Ave

Dalhart, TX 79022

Dallam.agrilife.org

Postage

Return Service Requested



Path to Plate...

Temperature: 400

Time: 1 hour

Roasted Vegetable Salad

1/4 tsp Ancho chili pepper
2 lbs. Baby red potatoes
1 Bell pepper, orange
1 Corn, on the cob
1 tbsp. Dill, fresh
1 Bell pepper, green
1 Green onion
1 Bell pepper, red
3 tbsp. Olive oil
1/2 tsp Cumin
Salt & Pepper to taste

- Toss potatoes, bell peppers, cumin, ancho chili pepper, salt, pepper, minced dill and olive oil until coated on a roasting pan. Spread the vegetables out into a single layer, leaving an empty space for the corn on the cob. Place the corn on the cob, husk still on, in the empty space.
- Put the pan on a middle rack in the oven and bake for 30 minutes. Remove the corn on the cob and set aside. Put the pan back in the oven and cook for another 30 minutes or until potatoes are tender.
- While vegetables continue to cook, remove the husk from the corn and slice off the kernels.
- When the potatoes are tender enough to be pierced with a fork, remove the pan from the oven. Stir in the corn kernels and add the remaining fresh dill and green onion to garnish.