

Family Living

Focus

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Greene Co. Extension



provide vitamins, minerals, fiber, antioxidants and photochemicals which are not contained in other foods. These nutrients help us fight everyday infections, like colds and coughs. The nutrients also help reduce our risk of getting cancer and heart disease.

When selecting your 5 A Day, remember to include the following:

- at least one Vitamin C selection of oranges, tomatoes, watermelon

- one vitamin A selection - carrots, squash, spinach, sweet potato; and

- one high-fiber selection - apple, black beans, peas.

At least twice a week try to include a cruciferous vegetable such as cabbage, cauliflower, or kohlrabi.

There are lots of tasty ways to enjoy fruits and vegetables. For breakfast, put strawberries, blueberries or bananas on a bowl of cold cereal; dice an apple onto oatmeal; top French toast or pancakes with warm peaches; or sprinkle berries on yogurt.

For snacks, pack dried fruit,

like raisins, in your trail mix; fill celery sticks with peanut butter; dip carrots into ranch dressing; or refresh yourself with a glass of juice.

For lunch, top off a sandwich with lettuce or tomatoes; serve a side of baked beans with your sandwich; eat from the local salad bar; carry an apple, pear, or grapes for dessert.

For dinner, stir-fry veggies with lean meat; add broccoli to a casserole; top off pizza with peppers or pineapple or enjoy a bean burrito with salsa.

During the busy summer season parents may not be with their children for every meal, but they can help them eat right throughout the day. Keep some sliced vegetable strips in the refrigerator

For pre-dinner snacking or daytime munching, put a bowl of dried fruit on the table. Wash some fresh fruits, chill in the fridge and have it readily available for anytime during the week. For a quick cool down, offer a cold glass of juice or juice frozen into popsicles.

steamed or roasted. Many restaurants offer fresh fruit salads during the summer season. Supplement your take-out with fruit or vegetables from home or a large glass of juice.

Fresh, frozen or canned fruits and vegetables are readily available year round in supermarkets, but this time of the year the best supplier for fresh produce is your local farmer's market. Fresh blackberries, blueberries, cherries, peaches, plums and melons are all readily available during the summer season. In many areas, the following items are already on the market: corn, green beans, broccoli, summer squash, lettuce, beets, cabbage, peppers, and tomatoes.

For your next picnic, try a cool, fresh salad or a fruit or vegetable tray served with one's favorite dip.

Include some grilled vegetables at your next cook-out. Grilling vegetables is easy and fast, and sometimes people find that vegetables they don't normally like may be acceptable to them if grilled. Okra is probably the best example of a vegetable that appeals more to consumers when grilled. Some tips for grilling vegetables include the following:

- Make sure the grill is hot when you put the vegetables on the surface.

- Use a secondary grill or vegetable basket that prevents vegetables from slipping into the fire. The shallow basket or vegetable holder is very effective, because you can flip all the vegetables over at once. Vegetables shouldn't stick to the grill.

- It's the proteins in meat and seafood that cause stickiness during grilling.

- Use the fresh produce your farmer's market has to offer and take control of your health.

It's a great season for "5 A Day".

When buying take-out or eating out, you can still get 5 A Day. If doing Chinese, include some stir-fried vegetables. Mexican eating offers you the opportunity to try a veggie burrito with plenty of tomatoes, lettuce, bell peppers and salsa. Look on the menus for vegetables that are

Great Time For Five A Day
The Produce For Better Health Foundation and the National Cancer Institute have formed a partnership to encourage us to eat five servings of fruits and vegetables daily. At this time of the year when fruits and vegetables are fresh from the garden we should be able to meet this quota easily.

Five servings a day may not sound difficult to achieve, but a recent survey showed that only 50% of us know the need to eat 5 A Day, and only a few Americans meet this goal on a daily basis.

All varieties of fruits and vege-

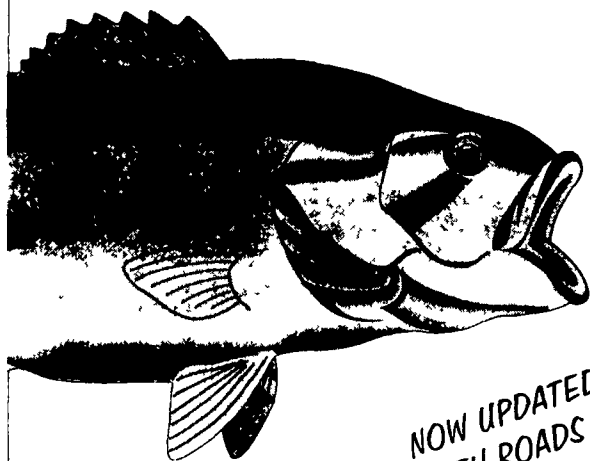
tables — fresh, frozen, canned, dried, and juice — count toward 5 A Day. One can easily meet that goal if they follow the serving size standards. One serving can be derived from the following sources:

- a medium piece of fruit
- ½ cup of cooked, or cut-up vegetables or fruit
- 1 cup chopped lettuce and other raw leafy vegetable
- ¼ cup (6 oz.) of 100 percent fruit or vegetable juice
- ½ cup of canned legumes (beans and peas)
- ¼ cup dried fruit

Fruits and vegetables are essential in the diet because they

provide vitamins, minerals, fiber, antioxidants and photochemicals which are not contained in other foods. These nutrients help us fight everyday infections, like colds and coughs. The nutrients also help reduce our risk of getting cancer and heart disease.

Streams and Lakes



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Why every fisherman needs these maps

LOST STREAM MAP

The STREAM MAP OF PENNSYLVANIA was completed in 1965 after a thirty-year effort by Howard Higbee, a former Penn State Professor.

The map is also known as the LOST STREAM MAP to some anglers.

Professor Higbee succeeded in creating a map of the highest detail possible...a map that shows every stream and lake. He painstakingly plotted by hand, the location of 45,000 miles of streams onto a 3 x 5 foot map.

The map sold extremely well -- until it was lost several years later. Incredibly, the printer entrusted with the original drawing and printing plates declared bankruptcy, then carelessly hauled Higbee's 30 years of work to a landfill.

The few remaining dog-eared copies became a prized fisherman's possession. Professor Higbee was offered \$400 for one of his last maps. And state agencies were forced to keep their copies under lock and key.

Experts told Professor Higbee that reprints were impossible, because the maps were printed in non-photographic blue.

Then, in 1991, at the age of 91, Howard Higbee's dream came true. Computers made it possible to reprint the map. Holding an updated map, Howard said, "I never thought I'd live to see this day."

RAVE REVIEWS

"It is amazingly detailed and names some creeks in the Mohawk Valley that can't even be found on topographic maps"

John Pitarres
OBSERVER-DISPATCH-Utica

"If you're looking for the most definitive maps ever created depicting every single creek, river, stream, pond and lake then "Professor Higbee's Stream Maps" are without question the finest

Howard Brant
THE NEWARK STAR-LEDGER

"It is in showing where to find out-of-the-way trout streams that makes the map such a treasure to the fisherman"

Joe Gorden
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Dave Henderson
THE ITHACA JOURNAL

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4-H HAPPENINGS

Year Of The Horse

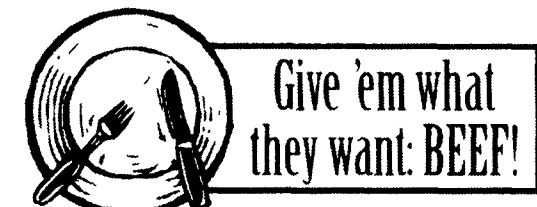
Where are the horses? Right here in Montgomery County, Maryland at the 52nd Agricultural Fair.

Fair members of the Bits 'n' Spurs 4-H Club will provide a horse riding apparel fashion show, starting at noon on Friday, Aug. 18. Horse nutrition tips and recipes for horse treats will also be presented. Don't miss these Year of the Horse festivities between noon and 2 p.m.

Current 4-H members will give 4-H demonstrations from 5 p.m. to 8 p.m. Monday, Aug. 14, and from noon to 8 p.m. Wednesday, Aug. 16 and Thursday, Aug. 17.

All demonstrations will be given in the 4-H Demonstration Area, between the 4-H and Home Arts buildings.

For information about these and other fair week demonstrations, contact the Montgomery County Cooperative Extension Office at (301) 590-2811.



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