

Health, Nutrition & Wellness

"Solutions In Your Community"

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RECIPES

Each issue includes healthy recipes!
Inside this issue:

Greek-style Potatoes

Moroccan Beet Salad

Carrot Cake Cupcakes

Loaded Cauliflower Casserole

Strawberry Heart Muffins

Chef Salad with Sriracha-Ranch Dressing

And Many More!

Family & Consumer Sciences

Welcome to the latest edition of the University of Maryland Extension Family and Consumer Sciences Newsletter.

Family & Consumer Science (FCS) is the comprehensive body of skills, research and knowledge that improves the quality of life of families, communities and individuals through education, research and community outreach.

Our mission is to strengthen families, communities, and individuals.

Our goal is to empower Marylanders to make decisions that lead to healthy living, financial success, and long-term and wellness.

Harford County Faculty Extension Family & Consumer Sciences & Nutrition Educator, Jennifer Dixon Cravens, provides research based programs on Health Nutrition, Wellness, Fitness Chronic Disease Prevention, and Management Healthy Living, Healthy Homes, Family & Community Health, Fi-

ancial Education, Healthy Cooking, and Health Literacy & Communication and Food Safety & Preservation.

Compiled and updated by: Faculty Extension FCS/ Nutrition Educator, Jennifer Dixon Cravens, MS



Summer Produce: Eating Hydrating & Cooling Foods

Eating **seasonal summer produce** in Maryland provides **nutritional, economic, and environmental benefits** while supporting local agriculture. Eating seasonal summer produce in Maryland is especially beneficial for **cooling the body and staying hydrated** during the hot and humid months.

High Water Content for proper hydration, Many Maryland summer fruits and vegetables—such as **watermelon, cucumbers, tomatoes, peaches, and cantaloupe**—are over **85–90% water**, helping to replenish fluids lost through sweating. Proper hydration supports **healthy skin, digestion, and temperature regulation**. **Cucumbers, leafy greens, and berries** have a mild diuretic effect, helping reduce heat-related swelling or water retention.

Summer produce also provides Peak Flavor & Nutrients – Summer fruits and vegetables (tomatoes, sweet corn, cucumbers, zucchini, *berries (Strawberries, Blueberries, Raspberries, Stone Fruit (peaches, plums, nectarines, apricots), melons (cantaloupe, honey dew, watermelon) summer squash, and bell peppers to name a few.*

Just remember to eat hydrating and cooling foods in summer months because temperatures are high and it can lead to dehydrations and possible strokes.



Physical Well- ness



June Themes

Family Health & Fitness Day

Celebrated the second Saturday in June, Family Health & Fitness Day campaign is a celebration of the essential role local parks and recreation plays in keeping individuals, families and communities healthy and active. Health & Fitness Day promotes the lifelong health and well-being benefits parks provide.

To celebrate, explore the many parks that Harford County has to offer and discover new trails, ball fields, playgrounds and more.

Sources learning.nrpa.org and harford-county.gov; <https://www.harfordcountymd.gov/2514/Parks>.

Harford Streams Summer Adventure

BEL AIR, Md., (May 19, 2025) - This summer, explore the natural beauty of Harford County streams, take selfies at your favorite locations, and win prizes in the Harford Streams Summer Adventure. This award-winning program from the Harford County Department of Public Works' Watershed Protection and Restoration Office raises awareness and support for protecting natural resources by encouraging visitors to scenic local waterways. County residents and non-residents of all ages along with your furry friends are welcome to join in the program which runs from Memorial Day through Labor Day. No registration required, simply choose places to visit from the list of Harford stream locations or choose up to five of your own. Use the Harford Streams' online app to send in selfies from seven different locations to earn a free Harford Streams Summer Adventure T-shirt. Participating furry friends will receive a dog bandanna. Visit 11 locations for a chance to win your choice of a canoe trip for eight people at the Eden Mill Nature Center or a family membership to the Steppingstone Farm Museum. Visit 15 locations for a three-night mini cabin rental for four people at Susquehanna State Park or a kayak trip for 12 people at the Anita C. Light Estuary Center.

Visit the county website today at bit.ly/HSSummerAdventure or

scan the QR code to view/ download a complete list of Harford stream locations with helpful information and an interactive map, then start uploading selfies



with the stream in the background to earn your T-shirt/ bandana, and to qualify for a chance at larger prizes. Share your adventures on social media using the hashtag #Harford Streams and follow the fun on Facebook at Harford Streams.

"As a lifelong resident of Harford County, I know first-hand how much our local waterways are a part of the community's identity and vital to our future," County Executive Bob Cassilly said. "The Harford Streams Summer Adventure is a great way for families to

connect with the outdoors and be part of helping our environment. I encourage everyone to take part, have some fun, and create memories." Free T-shirt and dog bandana for Harford Streams Summer Adventure participants who visit seven different stream locations provided with up to five of your own.

Source: harfordcountymd.gov.



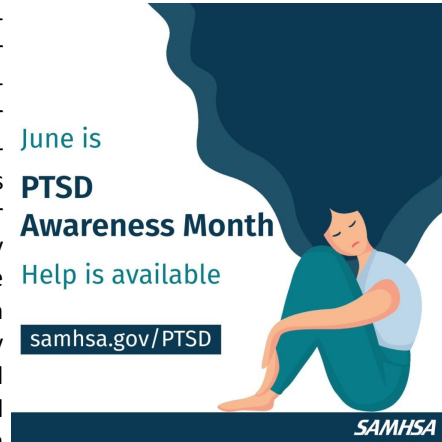
June Themes

National PTSD Awareness Month

Post-traumatic stress disorder (PTSD) is a real disorder that develops when a person has experienced or witnessed a scary, shocking, terrifying, or dangerous event. These stressful or traumatic events usually involve a situation where someone's life has been threatened or severe injury has occurred. Children and adults with PTSD may feel anxious or stressed even when they are not in present danger.

June is
**PTSD
Awareness Month**
Help is available

samhsa.gov/PTSD



- Having angry outbursts or other extreme reactions
- Feeling worried, guilty, or sad
- Frightening thoughts
- Having trouble concentrating
- Having physical pain like headaches or stomach aches
- Avoidance of memories, thoughts, or feelings about what closely

associated with traumatic events

- Problems remembering
- Negative beliefs about themselves or others
- Irritability
- Feeling very vigilant
- Startling easily

Symptoms of anxiety, depression, and substance use also are seen with people who have PTSD.

Testing for PTSD

According to the National Institute of Mental Health, a doctor who has experience helping people with mental illnesses, such as a psychiatrist or psychologist, can diagnose PTSD.

Get Help

There are several ways someone can manage PTSD. Talking to a specially trained doctor or counselor helps many people with PTSD. This is called talk therapy. Medicines can help you feel less afraid, tense, and depressed. It might take a few weeks for them to work.

Learn how to talk about mental health to help you speak to a loved one who you may think is experiencing any mental health concerns. Source:

<https://www.stress.org/news/in-2025-june-is-designated-as-ptsd-awareness-month/>



PTSD is not a mental illness,
it is a brain injury

@the_emdr_coach

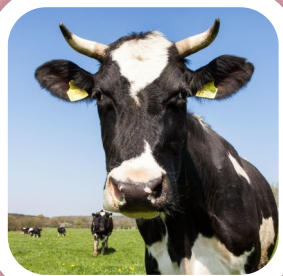


Hippocampus
shrinks

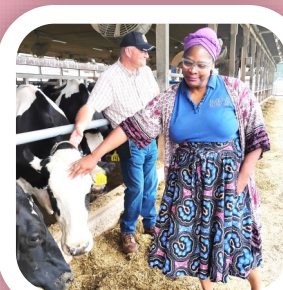
Amygdala
becomes
overactive

EMDR works to
reverse these
chemical changes
in the brain

Decreased
function of the
ventromedial
prefrontal cortex



Brian Spielman Facility Manager depicted below.



FCS Educator touring Dairy Farm CMREC research facilities during their NEAFCS State Affiliate Meeting, received a tour of facility led by Alan Leslie, with pictured above FCS Educator's Jennifer Dixon Cravens, pictured below, FCS Educators- Jennifer Dixon Cravens, Shauna Henley, Lynn Matava, Alex Chan, at CMREC UMD facility in Clarksville MD.



June Themes

National Dairy Month

June is National Dairy Month. Eating or drinking dairy products may offer health benefits, like building and maintaining strong bones. Dairy Group foods provide nutrients that are vital for the health and maintenance of the body. These nutrients include calcium, potassium, vitamin D (when fortified), B12, B2, and protein.

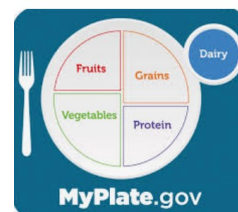
A USDA report states **36.6%** of Marylanders meet adequate calcium intake from food, compared to 30.9% nationally.

This means approximately **63–69% of Maryland residents** are falling short of recommended calcium intake.

Calcium and vitamin D are important nutrients at any age. Eating or drinking dairy products that have these nutrients help to:

Improve bone health, especially in children and adolescents when bone mass is being built. Promote bone health and prevent the start of osteoporosis in adults. Most people would benefit from getting more fat-free or low-fat dairy. This can come from 1% milk, Greek yogurt, or cheese. It can also

come from lactose-free milk and fortified soy rice milk beverage or yogurt.



Source: myplate.gov; <https://med.stanford.edu/news/all-news/2018/08/christopher-gardner-busts-myths-about-milk.html>; <https://pmc.ncbi.nlm.nih.gov/articles/PMC8072827/>.

No-Bake Red, White, and Blue Yogurt Pie

Ingredients:

- 1 (8 oz.) tub whipped topping, thawed
- 2 cups strawberry nonfat Greek yogurt
- 1/3 cup red, white, and blue sprinkles, plus extra to serve (optional)
- 1 (6 oz.) pkg. graham cracker pie crust
- 1 cup thinly sliced strawberries
- 1/2 cup blackberries or blueberries, or a mix of both, to garnish

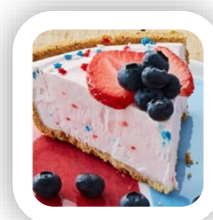
Directions:

In a large bowl, gently combine the whipped topping and yogurt until smooth. Stir in the sprinkles, if using. Spoon mixture into the piecrust and spread into an even layer. Freeze 3–4 hours or until firm. Before serving, thaw pie at room tempera-

ture 20–30 min. Decorate pie with more sprinkles, if desired. Garnish with the berries.

Nutrition Information:

Calories 230kcal (12%), Carbs 27.3g (9%)
Fat 11.4g (16%), Saturated fat 5.0g (25%)
Sodium 97mg (4%), Protein 5.6g
Sugar 9.9g, Fiber 1.2g. Cholesterol 19mg
Source: [savoryonline.com](https://www.savoryonline.com).



June Themes

Dairy Month Recipes

Three-Ingredient "Nice" Cream

Ingredients:

2 bananas, peeled and sliced
1 1/2 cups strawberries, hulled and sliced,
or sliced ripe peaches
4 tbsp. low-fat milk or nut-based beverage

Directions:

Add banana slices and strawberries or peaches to a re sealable plastic bag. Freeze at least 5 hours or overnight. Remove fruit from freezer and break into pieces as needed. Add to a food processor and blend about 30 sec. Scrape down sides of food processor with a rubber spatula.

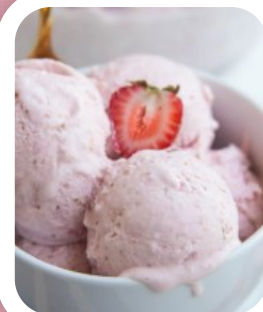
To food processor, add the milk 1 tbsp. at a

time until mixture is the consistency of soft-serve ice cream. Serve immediately for a soft-serve consistency or pour into a loaf pan, cover with plastic wrap, and freeze for a couple hours for a more solid ice cream consistency. To serve, let sit out 5 min. before scooping. Note: You can freeze the bananas for up to three months.

Nutrition Information:

Calories 80, Carbs 19.0g ;Fat 1.0g ;Saturated fat 0.0g ; Sodium 10mg ;Protein 2.0g, Sugar 11.0g;Fiber 3.0g;Cholesterol 0mg

Source: savoryonline.com



Lime Ice Cream Pie

Ingredients:

2 limes
2 cups lime sherbet, slightly softened
1 cup vanilla ice cream, slightly softened
3 cups whipped topping
1 (6 oz.) fully baked graham cracker crust

Directions:

From the limes, grate all the zest and squeeze 2 tbsp. juice. With a standing or hand mixer, beat the sherbet, ice cream, 1 cup whipped topping, and juice until mostly combined but not melted. Spread in the

graham cracker crust. Spread remaining 2 cups whipped topping over ice cream mixture. Garnish with lime zest. Freeze until firm, about 3 hours.

Nutrition Information:

Calories 278;Carbohydrates, 32g;CTotal fat 12.1; Saturated fat 5.3g;Protein 2.5 ;Sodium 136mg; Sugar 13grams of ;Cholesterol 24g.

Source: <https://recipecenter.giantfoodstores.com/savory/recipes>.



Non -Dairy Cool Option-Raspberry Lemon Sorbet

Ingredients:

> 1 (10 oz.) pkg. frozen raspberries or mixed berries
> 2 tbsp. lemon curd
> 1 tbsp. confectioners' sugar

Directions:

Combine frozen berries, lemon curd, sugar and 2 tbsp. hot water in a food processor until very smooth. If still grainy after a few

minutes add additional hot water by the teaspoonful. Serve immediately or store, covered, in the freezer for up to 3 days.

Nutrition Information: Calories 102kcal (5%) Carbs 25.3g (8%), Fat 0.5g (<1%), Saturated fat 0.1g (<1%), Sodium 6mg (<1%), Protein 0.5g, Sugar 20.4g, Fiber 3.1g, Cholesterol 2mg

Source: savoryonline.com



COLD PLATES



Summer Themes Summer– Cold Plates Day

A **healthy cold plate** is a nutritionally balanced meal served chilled or at room temperature, featuring a variety of whole, fresh, and minimally processed foods. It typically includes **lean proteins, fiber-rich vegetables, fresh fruits, whole grains, and healthy fats**, designed to be light, refreshing, and nutrient-dense. Cold plates are ideal for **summer meals, picnics, and quick healthy lunches** because they require minimal cooking, retain more nutrients, and are hydrating.

Components of a Healthy Cold Plate

A well-balanced cold plate should include:

Lean Protein – grilled chicken, tuna, salmon, chickpeas, hummus, lentils,^d boiled eggs, tofu, or tempeh.

Raw or Lightly Steamed Vegetables – leafy greens, tomatoes, cucumbers, bell peppers, shredded carrots, broccoli florets, or snap peas.

Whole Grains or Legumes – quinoa, farro, brown rice, whole grain pita, or lentil/bean salads.

Fresh Fruit – berries, melon slices, orange wedges, or grapes for natural sweetness and hydration.

Healthy Fats – avocado slices, nuts, seeds, olives, or a drizzle of olive oil.

Light Dressing or Dip – vinaigrette, tahini sauce, yogurt-based dip, or lemon-herb dressing.

Sample Healthy Cold Plate Menus

1. MEDITERRANEAN COLD PLATE

- Grilled chicken strips or falafel balls
- Hummus & whole grain pita wedges
- Mixed greens with cucumbers, cherry tomatoes, and olives
- Quinoa tabbouleh salad
- Sliced watermelon or cantaloupe

2. HIGH-PROTEIN VEGAN COLD PLATE

- Roasted chickpeas or marinated tempeh
- Kale & spinach salad with shredded carrots and sunflower seeds
- Farro or lentil salad with lemon-tahini dressing
- Sliced avocado with hemp seeds
- Fresh fruit cup (berries, kiwi, and orange slices)

3. SUMMER REFRESH COLD PLATE

- Cold poached salmon or tuna salad (with Greek yogurt, dill, and celery)
- Chilled cucumber & tomato salad with red onion and parsley
- Brown rice or wild rice pilaf (served cold)
- Steamed asparagus or broccoli florets, chilled
- Fresh grapes or pineapple chunks

4. QUICK GRAB-AND-GO COLD PLATE

- Hard-boiled eggs or turkey slices
- Baby carrots, celery sticks, and hummus
- Whole grain crackers or rice cakes.
- Apple slices with almond butter
- Handful of mixed nuts

Sources: <https://emilyrnnn.substack.com/p/its-cold-salad-plate-season>.
<https://www.realsimple.com/cold-dinner-ideas-7560356>.

Campus Event –100 Year Anniversary AGNR—Maryland Day

FCS Educators manning both at 100 Year Anniversary of College of Agriculture & Natural Resources, Sharing nutrition and financial literacy information, healthy summer recipes, food safety education and much more. Enjoy a day of learning and discovery at the University of Maryland Extension.



Extension/
AGNR News



Community Event—Harford County Farm Fair

FCS Educator sharing nutrition information and food sample at County Fair





Source: <https://www.nei.nih.gov/learn-about-eye-health/outreach-resources/healthy-vision-resources/healthy-vision-month>



Source: <https://www.nei.nih.gov/learn-about-eye-health/outreach-resources/healthy-vision-resources/healthy-vision-month>

July Themes

UV Safety Awareness Month

UV Safety Awareness Month – is observed every **July** to educate the public about the dangers of **ultraviolet (UV) radiation** from the sun and artificial sources (like tanning beds). The campaign emphasizes **skin protection, eye health, and cancer prevention**. It is promoted by organizations such as the **American Academy of Ophthalmology (AAO)** and the **U.S. Department of Health and Human Services**. **Skin cancer is the most common cancer in the U.S.** – 1 in 5 Americans will develop skin cancer by age 70. **Melanoma risk doubles** after **five or more sunburns**. **Children and people with lighter skin are at higher risk**, but **all skin tones** can experience it. **High Sun Exposure in Summer** – Maryland experiences hot, sunny, and humid weather in July, increasing the risk of **sunburn, heat exhaustion, and skin cancer**. **Skin Cancer Prevention** – Skin cancer is one of the most common cancers in the U.S., and early prevention through sunscreen use, protective clothing, and regular skin checks is critical. **Tips to Focus on !**

1.Natural Sunlight – The Safest & Best "UV"-**Best Time:** Early morning (before 10 a.m.) or late afternoon (after 4 p.m.), when **UV index is low to moderate (under 3)**.-**Why:** Allows for **Vitamin D synthesis** while minimizing DNA damage from intense UVB/UVA rays.

2.Follow Recommended Exposure: Light to medium skin tones: 10–30 minutes of sunlight on arms/legs, 2–3 times per week. **Darker skin tones:** May need **30–60 minutes** or more due to higher melanin levels. Note: **Caution:** Prolonged midday exposure increases skin cancer and eye damage risks.

Healthy Vision Month

Healthy Vision Month – is observed every **May** (though eye health awareness is important year-round) and promoted by the **National Eye Institute (NEI)**. Its purpose is to encourage people to prioritize eye health, get regular comprehensive eye exams, and protect their vision through preventive care.

Key Eye Health Tips

Get Regular Comprehensive Eye Exams- Adults 18–60: Every **2 years** (annually if you have diabetes, hypertension, or wear contacts). Adults 61+:

Every year to screen for glaucoma, cataracts, and AMD. And **Follow the 20-20-20 Rule** (for digital eye strain)-Every 20 minutes, look at something **20 feet away** for **20 seconds**.

Wear UV-Protective Sunglasses-100% UVA/UVB protection to prevent cataracts and macular degeneration.

Eat for Eye Health-Leafy greens (kale, spinach) – lutein & zeaxanthin for macular health. **Fatty fish (salmon, sardines, or flaxseed/chia for vegans)** – omega-3s for dry eye.

Citrus & berries – Vitamin C to reduce cataract risk.

Carrots, sweet potatoes – Beta-carotene for night vision.

Maintain Overall Health-Control **blood sugar & blood pressure** to prevent diabetic retinopathy.

Use Proper Eye Protection- Safety glasses for work, sports goggles for sports, and blue-light filtering lenses for prolonged screen use.

July Themes

Minority Mental Health Awareness Month

Minority Mental Health Awareness Month is observed every **July** in the United States. It was formally established in **2008 by the U.S. House of Representatives** to bring attention to the unique mental health challenges faced by racial and ethnic minority communities. It is sometimes referred to as **Bebe Moore Campbell National Minority Mental Health Awareness Month**, named after the African American journalist, author, and mental health advocate who worked to eliminate stigma and improve access to mental health care for minorities. This is important because

Minority Mental Health Awareness Month is very important because of systematic health disparities in care. Some minority groups often face **barriers such as limited access to mental health professionals, financial constraints, stigma, and cultural mistrust** of medical institutions. Many fall into high risk factors due to – Social determinants of health, such as poverty, systemic racism, discrimination, and immigration-related stress, increase mental health challenges. Most people are underdiagnosed & Under treatment – Depression, PTSD, anxiety, and substance abuse often go undiagnosed or untreated in minority communities.

The goal and purpose of Minority Mental Health Awareness Month is to;

- **Raise Awareness** – Highlight mental health disparities in underserved and minority populations.
- **Reduce Stigma** – Encourage open conversations about mental health in diverse cultural contexts.
- **Promote Access to Care** – Advocate for culturally competent mental health services.
- **Encourage Education and Community Support** – Share resources and best practices for improving mental health equity.

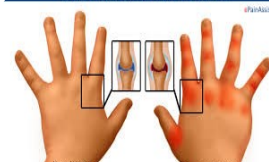
Source: <https://www.fda.gov/consumers/knowledge-and-news-women-owh-blog/national-minority-mental-health-awareness-month>.

Juvenile Arthritis Awareness Month

Juvenile Arthritis (JA) Awareness Month is observed every **July** to raise awareness about arthritis in children and adolescents. Sponsored primarily by the **Arthritis Foundation**, it highlights the unique challenges young people face when living with arthritis and related rheumatic conditions.

What is Juvenile Arthritis? Juvenile Arthritis (JA) is an umbrella term for various autoimmune and inflammatory conditions affecting children under 16. The most common form is **Juvenile Idiopathic Arthritis (JIA)**, which causes **joint inflammation, swelling, pain, and stiffness**. Other related conditions include **juvenile lupus, dermatomycosis's, and vasculitis**. JA is **not “just adult arthritis in kids”**—it can affect growth, eye health (uveitis), and even organ function. More than **300,000 children** in the U.S. are living with juvenile arthritis. It is hard to address because most symptoms are often **misdiagnosed or overlooked**, delaying treatment.

Also **Chronic pain and fatigue** can affect physical activity, school participation, and emotional well-being. Raising awareness helps **support research, improve access to pediatric rheumatologists, and empower families**.



Source: <https://www.arthritis.org/about-arthritis/juvenile-arthritis-awareness-month>.

July Recipes

Texas Caviar


Ingredients:

2 (15.5 oz.) cans black-eye beans, drained and rinsed
 2 cups frozen (thawed) or fresh corn kernels
 2 small green and/or red bell peppers, seeded and finely chopped
 1/2 small red onion, finely chopped
 1 jalapenos, seeded and very thinly chopped
 1/2 cup olive oil
 1 medium clove garlic, finely chopped
 1/4 cup finely chopped fresh cilantro
 1 (9 oz.) pkg. Organic Yellow Corn Tortilla Chips (optional).

Directions:

In a large heatproof bowl, combine the black-eyed peas, black beans, corn, bell peppers, red onion, and jalapeño. Set aside.

In a small saucepan, combine the vinegar, oil, sugar, and garlic. Heat on medium, until sugar dissolves, stirring occasionally. Cool slightly.

Pour warm dressing over bean mixture. Stir to combine, then stir in the cilantro. Season with salt and pepper to taste. Cover and refrigerate at least 4 hours or up to 1 day. Serve as a side dish or with the tortilla chips for scooping.

Nutrition Information:

Calories 228 ;Carbs 22.0g ; Fat 14.0g ; Saturated fat 2.0g ; Sodium 116mg ; Protein 5.0g;Fiber 4.0g;Cholesterol 0mg.

Source: Savoryonline.com

Grilled Chicken Burgers


Ingredients:

1/4 cup plain bread crumbs
 1/2 envelope dry onion soup mix
 1 (16 oz.) pkg. ground chicken breast
 2 tbsp. vegetable oil
 > 4 hamburger buns, split and lightly toasted

For Garnish:

Lettuce
 Tomato slices
 Ketchup
 Mustard
 Red onion slices

Directions:

Set grill or grill pan to medium. In a large bowl, combine the bread crumbs and onion soup mix. Season with pepper. Add the ground chicken and mix until well combined. Form into 4 patties. Brush on

both sides with the oil.

Grill burgers 5–6 min. per side, until cooked through. Place on buns. Garnish as desired.

Nutrition Information:

Calories 414 , Carbs 31.8g ; Total Fat 15.8g ; Saturated fat 3.5g ; Sodium 136mg ;Protein 3.2g;Sugar 1.2g;Fiber 3.4g;Cholesterol 73mg.

Source: savoryonline.com

July Recipes

Black Bean and Corn Stuffed Pasta Shells

Ingredients:

12 jumbo pasta shells
1 (15.5 oz.) can black beans, drained and rinsed
1 (15.2 oz.) can whole kernel corn, drained
1/2 cups shredded Cheddar cheese, divided
1/2 cup of onions, diced tomatoes
1 teaspoon of garlic powder
1/2 cup of Mariana sauce
2 tbsp. thinly sliced green onions
Sour cream, to garnish (optional)

Directions:

Preheat oven to 375°F. Heat a large pot of salted water to a boil on high. Cook the pasta shells according to package directions. Drain well.

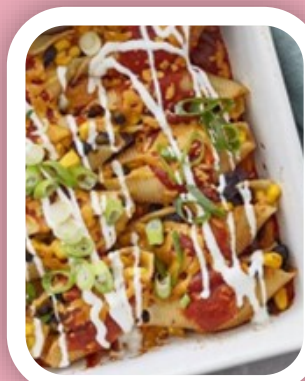
Spread half of 1 can enchilada sauce on bottom of a 9x13-inch baking dish. To a

medium bowl, add remaining half of sauce from can, the black beans, onions, tomatoes corn, and 1 cup Cheddar cheese, stirring to combine. Season with salt and pepper. Divide filling among cooked pasta shells. Arrange shells in baking dish. Pour remaining stuffed shells and top with remaining cheese. Cover loosely with foil and bake 20 min. Remove foil and bake an additional 10 min., until cheese is bubbly and filling is hot. Garnish with the green onions and sour cream, if desired.

Nutrition information:

*Calories 461, Carbs 32g ;
Fat 15.g, Saturated fat 8.0g ;
Sodium 350mg ; Protein 20.0g, Sugar 2.0g,
Fiber 2 g; Cholesterol 38mg.*

Source: Allrecipes.com



Caramel Baked Stone Fruit

Ingredients

1/4 cup packed light brown sugar
1 tbsp. vanilla extract
4 ripe medium peaches or 4 ripe large plums, washed
1 teaspoon of unsalted butter
Vanilla ice cream, to serve (optional)

Directions:

Preheat oven to 350°F. In a 2-qt baking dish, stir the sugar and vanilla. Sprinkle with a large pinch of salt. Halve the fruit and place cut-side down on top of sugar. Cut the butter into small pieces and arrange on top of fruit.

Bake 25–35 min., until fruit is fork-tender. (Cooking time will depend on ripeness of fruit.) Divide fruit halves among 4 shallow

bowls. Top with the ice cream and drizzle with caramel.

Nutrition information:

Calories 222; Carbs 28; Fat 12.0g; Saturated fat 7.0g ;, Sodium 6mg ;, Protein 2.0g; Sugar 6.0g;Fiber 2.0g;Cholesterol 31mg.

Source: Savoryonline.com



July Recipes

Summer Squash Soup


Ingredients:

1 cup finely chopped leek (white part only)
 3 cloves garlic, minced
 2 teaspoons dried Italian seasoning
 6 medium yellow summer squash, halved lengthwise and sliced ¼-inch thick (6 cups)
 2 15-oz. cans cannellini beans, rinsed and drained (3 cups)
 ½ of a bunch kale, stemmed and cut into ½-inch strips (2 cups)
 2 tablespoons lemon juice
 ¼ teaspoon sea salt
 Freshly ground black pepper, to taste

Directions:

Preheat a large pot or Dutch oven over high until a drop of water sizzles when added. Add leek, garlic, and Italian seasoning. Cook 3 minutes, stirring constantly.

Add squash, beans, kale, and 4 cups of water. Bring to boiling; reduce heat. Simmer, uncovered, 10 to 15 minutes or until squash is tender. Stir in lemon juice, salt, and pepper.

Nutrition Information: Calories 347, protein 14.7g; Carbohydrates 22g; fat 3.5 g; fiber 6.2g, Protein: A good source, often providing 7.8g to 25.7g per serving. High in Vitamin A, C, and K.

Source: <https://www.forksoverknives.com/recipes/vegan-soups-stews/summer->

Grilled Chicken with Balsamic Strawberries


Ingredients:

> 1 1/2 lbs. boneless, skinless chicken thighs
 > 2 tbsp. olive oil
 > 1 tsp Italian seasoning
 > 1/2 (16 oz.) pkg. strawberries
 > 2 tbsp. balsamic vinegar
 > 1/4 cup finely chopped basil

Directions:

Set grill to medium. Toss the chicken thighs with the oil and Italian seasoning. Season with salt and pepper. Cook chicken 6–7 min. per side, or until an instant read thermometer reaches 165°F when inserted into the thickest part of thigh.

While chicken cooks, hull and finely chop the strawberries. Add to a small bowl with the vinegar and basil. Toss to combine. Sea-

son with salt and pepper to taste.

Transfer chicken to a platter and spoon strawberry mixture on top. Serve immediately.

Nutrition Information:

Calories 294 , Carbs 7.0g (2%)
 Fat 14.0g (20%), Saturated fat 2.0g (10%)
 Sodium 164mg (7%), Protein 34.0g
 Sugar, 4.0g, fiber 1.0g cholesterol 160mg, .

Source: savoryonline.com.

July Recipes

Potato Salad

Ingredients:

2 lbs. Yukon Gold Potatoes about 4 potatoes, peeled and chopped into 1 inch chunks
 ¾ cup of mayonnaise
 2 Tablespoon of yellow mustard
 2 Tablespoon dill relish
 2 teaspoon honey
 ½ a sweet onion diced (about ½ cup)
 ½ a red bell pepper diced (about ½ cup)
 1 celery stalk diced (about ½ cup)
 2 boiled eggs chopped
 Salt and pepper to taste
 Paprika to sprinkle on top for garnish optional

Directions:

Place potatoes in a large pot and cover potatoes with cold water by about 2 inch. Bring to boil and boil until tender, about 10 minutes. Strain the potatoes and set aside to cool.

Mix the mayonnaise, yellow mustard, dill relish, and honey in a large bowl until combined. Add remaining ingredients (including the cooled potatoes) and stir until combined.

Cover and refrigerate for at least 1 hour or overnight. Garnish with paprika. Serve and enjoy.

Nutrition information:

Calories: 360 ; Carbohydrates: 33g ; Protein: 6g ; Fat: 23g ; Saturated Fat: 4g ; Trans Fat: 1g ; Cholesterol: 74mg ; Sodium: 327mg ; Fiber 4g ; Sugar 2mg Rich in Potassium.

Source: <https://www.inspiredtaste.net/22809/simple-potato-salad-recipe/>.



Summer Fruit Salad

Ingredients:

3 cups watermelon chopped
 3 kiwis chopped
 2 cups seedless grapes halved
 2 cups strawberries chopped
 1 cup blueberries
 1 cup raspberries
 1 cup mango pitted and diced
 2 oranges sectioned

Dressing (Optional):

½ lime juiced
 1 tablespoon honey

Directions:

Place all fruit salad ingredients in a large bowl.
 If using, mix honey and lime and pour over fruit salad.
 Gently toss to combine. Chill and serve.

Nutrition Information:

Calories 130, 130 Carbohydrates: 32g ; Protein: 2g ; Sodium: 3mg ; Potassium: 428mg ; Fiber: 4g ; Sugar: 24g Vitamin , Rich in Vitamin A, C, and Calcium ..

Source: <https://www.spendwithpennies.com/fresh-summer-fruit-salad/>.



Financial Wellness Corner with Carrie



Sun, Sand and Savings!

Carrie Sorenson, Financial Wellness Educator | cjrsoren@umd.edu | 410-386-2760

The days are getting longer, the temperatures are getting warmer, the kids are heading out on summer break, and summer is here! Whether you love summer or look forward to cooler temperatures returning, you likely have some favorite summer activities. Maybe it's the taste of fresh summer fruit. Maybe it's picnics with friends and family. Maybe it's breaking out the sunscreen and heading out to enjoy the great outdoors. Regardless of how you plan to enjoy your summer, I hope you'll consider including saving money in your summer activities. While it might not be as fun as a day at the beach, building our savings is an important way to improve our financial wellness. Here are a few tips for saving money while still getting to enjoy everything summer has to offer!

1. Consider a staycation

The costs of hotels, airfare, and other travel expenses have gone up significantly in recent years. It may be more difficult that in had been in years past to afford a family vacation. Staying at home and taking small trips to nearby attractions can be a great way to have fun while cutting down on costs. Your family might enjoy packing up a picnic and exploring Maryland's wonderful state parks. You could also check your local area and see if there are any museums or activity centers to explore.

2. Plan your spending ahead of time

Making decisions about when to spend money and how much to spend can be made easier by deciding how much you have available to spend and doing your best to stick to that limit. You and your family can sit down and discuss your household budget. This can help everyone in the family understand what money is going toward important things (like food, utilities, and rent or mortgage) and what money is available to spend on things the

family wants to do. Once you have an idea of your budget for summer activities, you can think about what things the family most wants to do and what things might have to wait for another time. Kids can sometimes think of money as an endless resource, so helping them understand the limits and including them in the decision making can help prevent arguments later on.

3. Search for discounts

If you do decide to splurge on a fun summer activity, like heading to a local theme park or taking a trip, make sure to check for any deals you can access. If you are a member of AARP, a professional association, or have some other membership, there are sometimes deals on travel, hotels, and tickets for different attractions. You can try searching online or calling a member services department (if you have a membership somewhere) and checking to see what discounts they offer. You might also consider looking into discount packages from the theme park or hotel. You might be able to get a lower cost ticket by getting late entry, going on a specific day of the week, or staying at a certain hotel. Credit cards sometimes offer discounts on travel or entertainment through their rewards programs as well.

These tips are just a few of the many ways to save money on summer fun! Get creative and see what others you and your family can come up with. If you're interested in learning more financial tips, email Carrie at cjrsoren@umd.edu.

Getting Started with Emergency Savings

Having an emergency savings can be an important part of improving your financial stability. Research shows that about 37% of Americans say that wouldn't be able to cover an unexpected expense of over \$400. This means that for many, an unexpected car breakdown, medical bill, or broken phone could be a serious problem for their budget. One way to protect against these kinds of surprise expenses is by having an emergency savings account. By having some money set aside, you can help protect yourself from potential financial stress or expensive borrowing. Putting a \$400 expense on a credit card, for example, could cost significantly more if you have to pay it back with interest!

But it can be difficult to know how to get started. So, here are some tips for establishing an emergency savings:

1. Find a good location for your savings.

The purpose of emergency savings is for it to be accessible when you need it. This could mean different things to different people. At the same time, you also want your money to be protected so that you can be sure it will be there if an emergency happens. For example, you might want to keep some money in cash in a safe place. In the event of severe weather or a power outage, having some cash can make sure that you can cover some expenses even if you can't access an ATM or electronic payment processing. However, you don't want to have too much in cash because it could potentially be stolen or misplaced. For the majority of your emergency savings, it is good to have an FDIC insured bank account. Many accounts have no fees and are a great place to keep your money safe until you need it.

2. Set a reasonable savings goal

Many experts recommend having enough money in your emergency savings to cover at least three to six months of expenses. This is because, on average, it takes three to six months to find a new job if you lose a job unexpectedly. For this reason, experts recommend having enough saved to cover all your expenses if you were to need that much time to find a new job. However, for many people that can be a large amount and it can feel discouraging because it may take some time to save that amount. So, start small! Having any emergency savings is better than having none, so set your goal for something that feels reasonable at the beginning. Once you reach that goal, you can keep setting new goals and building from there. But the main thing to keep in mind is that having any savings is important, so start where ever you can!

3. Establish a budget that will let you grow your savings

If you don't already, setting up a budget can help you reach your savings goal. By having a clear idea of your income and expenses, you can better understand how much you might need in the future and how much you might be able to set aside each month. It is easy to lose track of your spending and spend more money than you were originally planning. But if you track your spending and follow a budget, you can make sure that you are staying on track to reach your financial goals. There are many budget templates for computer programs like Excel and sheets, phone apps, and other methods for creating a budget. The key is to find what works for you and stick with it!

Financial Wellness



Children's Eye Health & Safety Month

Children's Eye Safety Month – Overview

Children's Eye Safety Month is observed every **August** to raise awareness about preventing eye injuries and protecting children's vision. It is promoted by organizations such as the **American Academy of Ophthalmology (AAO)** and the **Prevent Blindness Foundation**.

Children are at higher risk of eye injuries due to sports, outdoor activities, and unintentional accidents. Early prevention and proper eye protection can **save sight and reduce the risk of permanent vision damage**.

Why It's Important

- **Eye injuries are a leading cause of vision loss in children.**
- **90% of childhood eye injuries are preventable** with proper protection.
- **1 in 4 school-aged children** has an undiagnosed vision problem, which can affect learning and development.

Source: <https://www.nei.nih.gov/about/news-and-events/events/childrens-eye-health-and-safety-month>.

Lung Health & Breath Awareness Month

Lung Health & Breath Awareness Month is observed every **November** (often alongside **Lung Cancer Awareness Month**) to encourage people to prioritize respiratory health, improve lung function, and recognize the importance of proper breathing techniques for overall wellness.

This month highlights **lung disease prevention, early detection of respiratory conditions**, and **breath awareness practices** that enhance mental and physical health.

improve oxygenation, reduce stress, and strengthen lung capacity.

Top Tips for Healthy Lungs

✓ 1. AVOID SMOKING & SECONDHAND SMOKE

- The **#1 preventable cause** of lung cancer and COPD.
- If you smoke, seek cessation support (nicotine replacement therapy, behavioral counseling).

✓ 2. BREATHE CLEAN AIR

- Limit exposure to **air pollution, dust, mold, and chemicals**.
- Use **air purifiers** and ventilate your home.

✓ 3. PRACTICE BREATH-WORK & LUNG EXERCISES

- **Diaphragmatic breathing (belly breathing):** Strengthens the diaphragm and improves oxygen exchange.
- **Pursed-lip breathing:** Helps COPD and asthma patients control shortness of breath.
- **Box breathing (4-4-4-4 method):**



Source: <https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/learn-about-copd/copd-awareness-month>.

Why Lung Health Awareness Matters

- **Chronic lung diseases (asthma, COPD, pulmonary fibrosis)** affect **over 34 million Americans**.
- **Lung cancer is the leading cause of cancer deaths worldwide.**
- **Environmental factors** such as air pollution, smoking, and workplace toxins contribute significantly to lung disease.
- **Proper breathing techniques** can

August Themes

Summer Meal Planning

Let keep meal simple in the Summertime. Summer is the perfect time to enjoy **light, refreshing, and hydrating meals** that keep you cool, energized, and nourished. Here's how to plan healthy summer meals step by step:

1. Focus on Seasonal Summer Produce

Eating **in-season fruits & vegetables** boosts nutrition and hydration because summer produce is naturally high in water content.

Best Summer Fruits (90–95% Water)

- **Watermelon, cantaloupe, honeydew**
- **Berries (strawberries, blueberries, raspberries)**
- **Peaches, plums, nectarines**
- **Citrus (oranges, limes, grapefruit)**

Best Summer Vegetables (85–95% Water)

- **Cucumbers, zucchini, tomatoes, celery**
- **Leafy greens (romaine, spinach, arugula)**
- **Bell peppers, summer squash, carrots**

2. Summer Healthy Meal Planning Steps

Step 1: Plan Lighter Meals

- Keep **lunches & dinners lighter**, focusing on salads, grain bowls, and grilled veggies.
- Reduce heavy cream sauces and fried foods—opt for olive oil, lemon juice, or yogurt dressings.

Step 2: Prep in Batches

- Wash & cut summer fruits & veggies ahead of time for easy grab-and-go snacks.
- Cook grains (quinoa, farro, brown rice) in bulk for quick summer bowls.

Step 3: Use Cooling Cooking Methods

- **Grill, steam, or eat raw** instead of heavy baking or frying.
- Make chilled options like **cold soups (gazpacho), smoothies, or overnight oats**.

Step 4: Incorporate Hydrating Foods Into Every Meal

- Add **cucumber or watermelon** to salads.
- Include **citrus dressings or fresh herbs** (mint, basil) for refreshing flavors.

Source: <https://www.thelazygeniuscollective.com/blog/summermealformula>.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	B. Oatmeal L. Stir-fried vegetables D. Roast eggplant and tofu	B. Banana ice cream L. Stir-fried vegetables D. Roast veggie	B. Oatmeal L. Stir-fried vegetables D. Roast eggplant and tofu	B. Banana ice cream L. Stir-fried vegetables D. Roast veggie
TUE	B. Cereal L. Tofu, herbaceous & garlic rice D. Roasted sweet potato	B. Oatmeal L. Stir-fried vegetables D. Roast eggplant and tofu	B. Cereal L. Tofu, herbaceous & garlic rice D. Roasted sweet potato	B. Oatmeal L. Stir-fried vegetables D. Roast eggplant and tofu
WED	B. Banana ice cream L. Stir-fried vegetables D. Roast veggie	B. Cereal L. Tofu, herbaceous & garlic rice D. Roasted sweet potato	B. Banana ice cream L. Stir-fried vegetables D. Roast veggie	B. Cereal L. Tofu, herbaceous & garlic rice D. Roasted sweet potato
THU	B. Cereal L. Tofu, herbaceous & garlic rice D. Roasted sweet potato	B. Oatmeal L. Stir-fried vegetables D. Roast eggplant and tofu	B. Cereal L. Tofu, herbaceous & garlic rice D. Roasted sweet potato	B. Oatmeal L. Stir-fried vegetables D. Roast eggplant and tofu



August Recipes

Simple Summer Squash



Ingredients:

4 cups sliced yellow squash
 ½ cup chopped onion
 ¼ cup water
 1 teaspoon of olive oil
 ground black pepper to taste

Directions:

Gather all ingredients. Preheat the oven to 400 degrees F (200 degrees C). Lightly grease a 9x13-inch casserole dish; set aside. Place squash and onion in a large skillet over medium heat; pour in water. Cover, and cook until squash is tender, about 5 minutes. Drain well, and place in a large bowl.

Mix cracker crumbs and cheese together in a separate bowl. Stir half of the cracker mixture into the cooked squash and onions. Mix eggs and milk together in a small bowl, then add to squash mixture; stir in ¼ cup melted butter, and season with salt and pepper. Spread mixture into the prepared

baking dish.

Sprinkle with remaining cracker mixture, and dot with 2 tablespoons butter.

Bake in the preheated oven until lightly browned, about 25 minutes.

Serve hot and enjoy!

Nutrition Information: Calories: 198; Total fat 13, Saturated fat 6g; Carbohydrates 12g, Dietary Fiber 3g, Protein 3g, Rich in Potassium, Vitamin A, and C.

Source: <https://www.simplyrecipes.com/three-ingredient-summer-squash-recipe-8661564>.



Avocado and Tomato Salad



Ingredients:

2 ripe avocados - peeled, pitted and diced
 1 sweet onion, chopped
 1 green bell pepper, chopped
 1 large ripe tomato, chopped
 ¼ cup chopped fresh cilantro
 ½ lime, juiced
 salt and pepper to taste

Directions:

Gather the ingredients.

Combine avocados, onion, bell pepper, tomato, cilantro, and lime juice in a large bowl.

Gently toss until evenly coated. Season with salt and pepper. Enjoy!

Nutrition Information:

Calories 126, Total Fat 10g, Saturated Fat 2g, Sodium 9mg, Total Carbohydrate 10g, Dietary Fiber 6g, Total Sugars 3g, Protein 2g, Vitamin C 30mg, Calcium 20mg, Iron 1mg, Potassium 474mg

Source: Allrecipes.com

August Recipes

Garden Salad with Blue Crabs

Ingredients: 1 cup fresh Maryland sweet corn (grilled or steamed, kernels removed)

1 cup Maryland cherry tomatoes, halved

1 cup cucumber, diced

½ cup red onion, finely diced

Directions: Prepare the corn: Grill method: Brush corn with a bit of olive oil, grill for 5–7 minutes until lightly charred, then cut kernels off the cob.

Steamed method: Steam or boil for 3–5 minutes, then cool and cut kernels off.

Assemble the salad: In a large bowl, combine corn, cherry tomatoes, cucumber, and red onion.

Add crab and herbs: Gently fold in the lump crabmeat, basil, and parsley. Be careful not to break apart the crab too much.

Make the dressing: Whisk together olive oil, lemon juice, Old Bay, salt, and black pepper. **Toss & serve:** Drizzle the dressing over the salad and toss lightly. Serve chilled or at room temperature.

Nutrition Information: Calories;210; Carbohydrates: 16 g; Protein18 g; Total Fat8;Saturated Fat 1 ;Fiber 6g, sodium 350mg, use low sodium Old Bay. Rich in Omega 3 fatty acids, High in vitamin C, A, and Potassium.

Source: <https://richmondhillreflections.com/blue-crab-salad-with-herb-vinaigrette/>



Grilled Salmon

Ingredients:

2 (4 ounce) Salmon Fillets or more

Pinch Pepper

1tablespoons Unsalted Butter

3 cloves garlic minced

Fresh Dill or parsley

(optional) Lemon for garnish

Directions:

Pat Salmon dry, remove any bones, season with pepper and rest at room temperature about 20 minutes to remove the chill.

Preheat the grill to medium-high – around 400 degrees Fahrenheit. Heat butter and garlic in a sauce pot. Add fresh dill once butter has melted.

Season the salmon with pepper, Brush the whole fillet (including skin) with melted garlic butter.

Clean the hot grates with a grill brush and oil the grates.

Place salmon skin-side up on preheated grill. Close lid and grill salmon 3-5 minutes, or until it releases easily from the grates using tongs.

Flip salmon over, brush butter over the surface, close lid, and grill a few more minutes until the salmon is opaque and flakes apart easily. Well-done salmon will register an internal temperature of 140 degrees Fahrenheit on a meat thermometer (see recipe footnote).

Transfer salmon to a covered platter and rest until carry over cooking boosts it to a safe minimum internal temperature of 145 degrees Fahrenheit.

Serve warm garnished with lemon.

Nutrition information:

Calories: 124; Carbohydrates: 7g ;Protein: 28g ;Total Fat: 12g Saturated Fat: 7g ;Cholesterol 31mg ; Sodium;102mg ; Potassium;93mg ; Fiber: 2g ;Sugar: 1g ; Rich in Vitamin A; Vitamin C; Calcium.

Source: <https://thekitchengirl.com/grilled-salmon-recipe/>.





September Themes

National Suicide Prevention Awareness Month

National Suicide Prevention Awareness Month is dedicated to raising awareness about suicide prevention, reducing stigma, and promoting mental health resources. While it is officially observed in **September**, summer is an ideal time to highlight mental health because social isolation, heat stress, seasonal transitions, and lack of routine (vacations, school breaks) can trigger emotional distress.

According to the **CDC (2023)**, suicide is a leading cause of death in the U.S., and rates have been rising, particularly among youth, men, and minority groups. Early recognition and access to support are key to prevention.

Summer Mental Health Focus & Suicide Prevention

1. RECOGNIZING WARNING SIGNS

- **Emotional signs:** withdrawal, hopelessness, sudden mood changes, increased anger or irritability
- **Behavioral signs:** giving away belongings, increased substance use, risky behavior, talking about feeling trapped or being a burden
- **Physical signs:** sleep disturbances, appetite changes, fatigue

2. PROTECTIVE FACTORS & HEALTHY COPING IN SUMMER

Encourage **healthy lifestyle habits** that can reduce risk:

Stay connected – Attend community events, summer wellness programs, or check in with friends/family regularly

Regular physical activity – Swimming, walking, yoga, or outdoor sports (boosts serotonin & endorphins)

Eat nourishing meals – Omega-3s (salmon, walnuts), magnesium-rich foods (leafy greens), and hydration support brain health

Establish a routine – Even during summer break, maintaining sleep and daily structure supports mental stability

Limit alcohol and substance use – Heat & dehydration can worsen mood swings and impulsivity.

Resources to Share:

- **988 Suicide & Crisis Lifeline** (Call or Text 988 – available 24/7)
- **Crisis Text Line** – Text “HOME” to **741741**
- **Veterans Crisis Line** – Dial **988 + Press 1**
- Local mental health clinics, faith-based counselors, and community health outreach programs

Sources: <https://www.samhsa.gov/about/digital-toolkits/suicide->, <https://www.aahealth.org/>

September Themes

Healthy Aging Month

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Healthy Aging Month -is observed every **September** and is designed to encourage adults—especially those over 45—to take proactive steps toward maintaining their physical, mental, emotional, and social well-being as they age. Although it is observed in September, summer and early fall outreach can promote year-round healthy aging habits.

Goals of Healthy Aging Month:

- Inspire **lifestyle changes** that improve health and longevity.
- Promote **regular screenings and preventive care**.
- Encourage **social engagement** to reduce isolation and depression.
- Educate communities about **nutrition, fitness, mental health, and brain health** for older adults..

Source: Source: <https://www.nia.nih.gov/news/healthy-aging-month-2024-shaping-future-aging..>

National Food Safety Education Month

National Food Safety Education Month (**National Food Safety Education Month** is observed every **September** to raise awareness about the importance of proper food handling, preparation, and storage to prevent foodborne illnesses. It is especially important for **families, food service workers, farmers, and community educators**, including **UME Extension faculty and staff** who work with nutrition, food preservation, and agriculture programs.

Goals of National Food Safety Education Month:

- Reduce the risk of **foodborne illnesses** (salmonella, E. coli, listeria).
- Teach proper **food handling and storage techniques**.
- Educate the public on **clean, separate, cook, and chill** principles.
- Highlight **safe food preservation** practices for home gardeners and canners.
- **Teach Home Food Preservation Education** – safe canning, pickling, and freezing practices.
- Share **Farmers' Market Safety Tips** – educating vendors and consumers on keeping produce safe.
- Teach **Youth & School Programs** – simple food safety lessons for 4-H and nutrition education.
- Provide **Community Outreach** – workshops or handouts for senior centers, churches, and community kitchens.
- **Social Media Tips** – share weekly “Did You Know?” facts during September.

Source: <https://www.fda.gov/food/consumers/food-safety-education-month.>



September Recipes

Zucchini Corn Soup



Ingredients:

2 onions, chopped (2 cups)
4 cloves garlic, minced
1 cup 1-inch pieces green beans
1 cup ½-inch-dice zucchini
1 cup halved cherry tomatoes
1 cup fresh or frozen corn
½ cup dry bulgur or quinoa, rinsed
1 lb. asparagus, cut into 1-inch pieces
12 fresh basil leaves, chopped
2 tablespoons lemon juice
¼ teaspoon sea salt
Freshly ground black pepper, to taste

Instruction:

In a large skillet cook onions and garlic, covered, over medium-low 10 minutes.

Add water as needed to prevent sticking.

Add 6 cups water and the next five ingredients (through bulgur). Bring to boiling; reduce heat. Simmer, covered, 15 to 20 minutes or until bulgur is cooked and vegetables are tender.

Add remaining ingredients. Cook about 2 minutes more or until asparagus is just tender and bright green in color. Garnish with additional fresh basil.

Nutrition Information: (2 cups): 172 Calories, 38 g Carbohydrates, 8.2 g Protein, 1.2 g total Fat, 0.4 g Saturated fat, 0 g Cholesterol, 154 mg Sodium, 8.2 g Fiber, 10.6 g sugar.

Source: <https://>



Watermelon Salad

Ingredients:

3 cups fresh watermelon, small diced
1 long English cucumber, small diced
1 large Granny Smith apple, cored and small diced
Juice of one lime
1 TBSP lime zest
2 TBSP fresh mint, chopped
pinch of salt (optional)

Instruction:

Combine all ingredients in large bowl.

Cover and refrigerate for at least an hour to allow flavors to blend.

Nutrition Information: 51.55 Fat 0.24 g Sat. Fat 0.04 g Cholesterol 0 mg Carbs 13.29 g Fiber 1.53 g Sugar 9.52 g Net carbs 11.76 g Protein 0.94 g Sodium 8.88 mg.

Source:

www.reneeskitchenadventures.com/2011/0



Creamy Cucumber Salad

Ingredients:

2 large cucumbers, thinly sliced
½ red onion, thinly sliced
3 Tablespoons fresh dill, chopped
½ cup plain full-fat Greek yogurt
2 Tablespoons apple cider vinegar
1 teaspoon maple syrup
½ teaspoon sea salt
¼ teaspoon pepper

Directions:

In a small bowl whisk together yogurt, apple cider vinegar, maple syrup, salt and pepper. Drizzle on dressing and toss until everything

is coated.

Serve immediately or cover bowl and chill in the fridge and let sit for 3-4 hours or overnight before serving.

Nutrition Information Serving: 1/4 recipe
Calories: 55g; Carbohydrates 7g,
7g Protein: 3g ;Fat: 2g | Saturated
Fat: 1g | Cholesterol: 4mg; Sodium: 204mg Fiber: 1g ;Sugar: 5g.

Source: <https://www.eatingbirdfood.com/creamy-cucumber-salad/>.

September Recipes

Okra Fritters

Ingredients:

2 pounds fresh okra, sliced into 1/8-inch pieces
1 large tomato, diced
1 onion, diced
6 packets instant grits
2 eggs, lightly beaten
salt and black pepper to taste
½ cup oil for frying, or as needed

Directions:

Combine okra, tomato, and onion in a large bowl. Add grits, eggs, salt, and pepper and mix with your hands until well blended. Shape the mixture into 2 1/2-inch-wide

patties, about half as large as a hamburger.

Heat oil in a cast iron skillet over medium-high heat. Add fritters and cook until golden brown, about 5 minutes. Flip with a spatula and cook until browned on the other side, about 5 more minutes. Drain on paper towels and serve immediately.

Nutrition Information:

Calories 126 Total Fat 10g, Saturated Fat 2g
Cholesterol 68mg, Sodium 469mg, Total Carbohydrate 10g, Dietary Fiber 6g, Sugar 3g
Protein 2g, Vitamin C 30mg, Calcium 20mg
Iron 1mg, Potassium 474mg.

Source: Allrecipes.com.



Grilled Cabbage

Ingredients:

2 cabbage heads
2 tablespoons olive oil
1 tablespoon lemon juice
2 tablespoons honey
1 teaspoon smoked paprika
1/2 teaspoon chili powder
1/4 teaspoon crushed red pepper flakes
Pepper to taste

Instructions:

Preheat oven to 425 degrees F. Cut cabbage in 1 inch slices making 4-5 small disks. In a small bowl whisk together soy sauce, olive oil, lemon juice, honey, smoked paprika, chili powder, red pepper flakes, and salt and pepper. Lay the cabbage disks on a baking sheet and baste the sauce on generously. Bake for 20-25 minutes or until the cabbage is tender and crispy on the outside.

Nutrition Information:

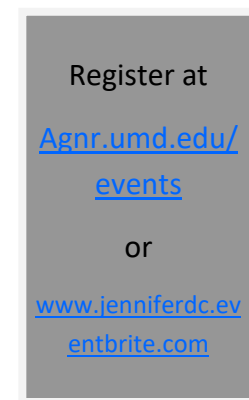
Calories 119 ; Carbohydrates: 37g ;Protein: 7g ;Fat: 8g ;Saturated Fat: 1g ;Polyunsaturated ,
at: 5g ; Sodium: 150mg ;Potassium: 831mg
;Fiber: 12g ;Sugar: 24mg .



Source: Allrecipe.com



Save The Dates! Upcoming Monthly Online Classes



Date	Online Class Description	Time	Cost
June 18th	Nutrition Plus: The Power Plate Plant-based Nutrition Eating Plan	12:00pm	Free
July 9	Capture the Flavor with Herbs and Spices	11:30 am	Free
July 23rd	Nutrition Plus: Summer Health and Nutrition	11:30 am	Free
July 30th	Mindful Nutrition and Chair Yoga	11:30 am	Free
August 20	Nutrition Plus - Food as Medicine: Seasonal, Functional, and Super	11:30am	Free
August 27th	Food as Medicine- Eating for Heart Health & Hypertension Prevention	11:30	Free
September 10th	Food Safety & Nutrition Education	11:30am	Free
In person	Note: Students, Organization that are Interested in our classes and series Programs' Dinning with Diabetes, Fresh Conversation, Dash Plus, Wellness Plus Session which are ongoing and taught @ our community partnerships locations– Inquire about classes at your location—Check website for more details.		



If you need a reasonable accommodation to participate in any event or activity please contact your local University of Maryland Extension Office at least two weeks in advance.

Contact the Faculty Extension FCS/Nutrition Educator for more information

Jennifer Dixon Cravens, MS email: jdixoncr@umd.edu 410—638-3255

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