

Wellsville



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We're making healthy choices!

Get fit and have fun at Wellsville!

Veg Out This Summer

Greetings from Wellsville! Our message to you this lovely month of June: VEG OUT! No, that doesn't mean sit on the couch and watch television!

By VEG OUT, we are talking about eating some extraordinary energy foods-vegetables! Did you know that vegetables are one of the best foods you can eat?

You may say your kids will not eat veggies or that you really don't like them yourself, if so, keep in mind two things: (1) you can't afford not to eat them (as you'll soon read) and (2) you CAN prepare them in a way that you like. If you need to dip raw veggies in some low-fat ranch, do so! What doesn't taste great dipped in ranch?

Also, you can sneak them in to soups or stews and when they're mixed with other veggies and seasonings, your kids won't realize they're eating what's good for them.

Sweet potato "fries" are always a good idea for picky veggie eaters. Slice them thin and bake them with a little sprinkling of olive oil and salt. Also, there are some juices that contain veggies and fruits that are quite tasty. So, your kids might like drinking some of their veggies.

And if you involve the kids in picking out a new veggie at the grocery store and actually helping you prepare it, they're more likely to eat it. Give each kid a week and say, "OK, you're in charge of what veggies we eat this week. Which ones would you like to pick and how do you want to prepare them?"

Now, back to how great vegging out is... Veggies provide not only nutrients we all need, but also natural health benefits. For example, did you know that broccoli is filled with calcium, potassium, iron, magnesium and folic acid, which are excellent for fighting off stress? Also, it contains twice as much vitamin C as spinach and as much as lemons, making it a great immune booster.

Carrots, cucumbers, tomatoes and zucchini are really fresh this time of year. Plus, each vegetable has unique health characteristics, so how about trying some unusual ones, like these listed on the next page...

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Veg* Out This Summer* *Continued from page 1*

1. Artichoke: These green vegetables are a good source of energy for children and athletes. They are rich in vitamins A and B, phosphorus, minerals, and proteins.
2. Bamboo Shoots: These little vegetables are low in calories and fat, containing only 14 calories and 0.5 g fat per half-cup serving. They are also rich in potassium: one cup contains 640 mg of potassium (18% of the recommended daily amount) which plays an important role in maintaining normal blood pressure and heart rate.
3. Bok Choy: This edible plant has large leaves which fan out at the top of the stalk. It is low in calories and high in protein, fiber and vitamin C. You can eat it raw in salads, as you would use cabbage, or try it in soups and stir fries. For buying tips and recipe ideas for bok choy, go to http://www.essortment.com/all/whatbokchoych_rgsv.htm
4. Parsnips: These white carrot-like vegetables are high in protein. Their seeds produce an oil that was traditionally used to cure fever. The root used to be used to treat stomach aches. Treat them as you would a carrot. They can be steamed, mashed, put in soups. Do some internet roving and you'll find all kinds of great recipe ideas!

As you can see, there are some unusual vegetables out there to explore. Your grocery store or health food store should carry most of these vegetables. In addition to trying new veggies, you can try to eat them in a new way. Try putting them on a skewer and grilling them. Mix them into a stir fry! You can learn lots of veggie tips, games, healthy veggie recipes and more by visiting www.fruitsandveggiesmorematters.com and you'll get inspired by all the wonderful benefits you'll enjoy from eating them. In addition, the history of vegetables and unique recipes can be found at www.theworldwidegourmet.com. So, increase your energy this summer by spending some time every day with your family "vegging out"!

Did You Know? (A Little Veggie History)

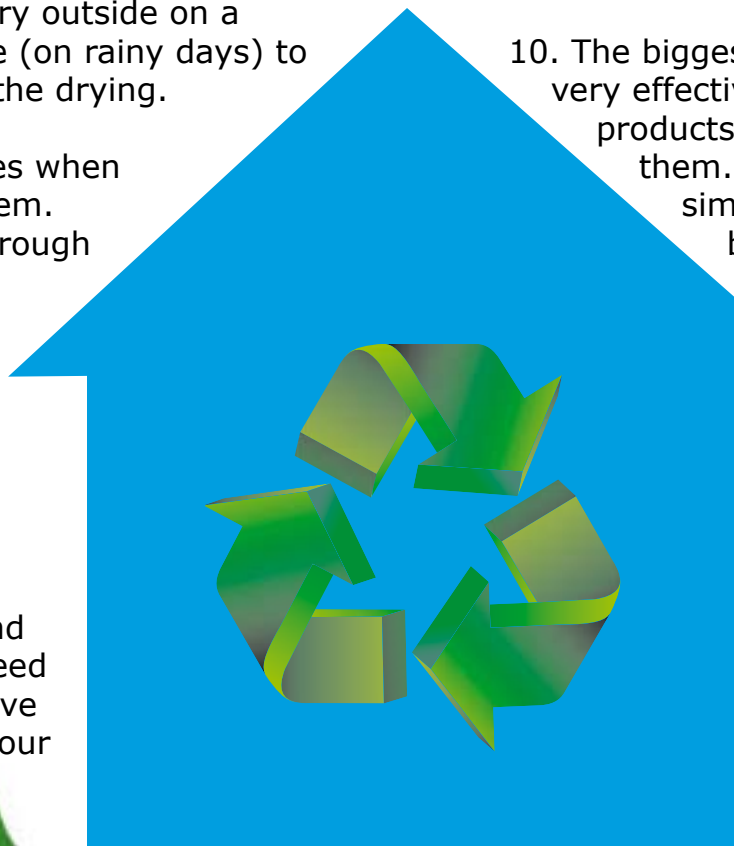
- Celery Root was once considered a symbol of joy and beauty, and later of victory and triumph for the Greeks and Romans.
- The cucumber has been known in India and Egypt for 4,000 years.
- According to the Bible, lettuce was among the plants prescribed by Moses to the Israelites to surround the Pascal lamb, a reminder of the bitterness of exile.
- The potato was discovered in Peru. It is said that Peruvian "papas" (potatoes) are yellow: dried in the sun, these potatoes can keep for years.
- There's a tasty story of economy behind brussel sprouts. About 1550, in the town of St. Filles, then called Obbrussel, market gardeners began growing cabbages to feed the rapidly growing population of Brussels. One hundred years later, in an effort to make the most profit from the available arable land, Brussels sprouts were developed, a little head-like bud that grew in great number all along the stem.



Going Green in Your Home

One of the biggest ways we can help improve our planet is to improve our homes! By "going green," we can help our children and their children to have a happy, healthful planet on which to live! Here are 10 ways to help you do this:

1. Replace your light bulbs with fluorescent ones since they take up less energy to use.
2. Wash clothes in cold water whenever possible. As much as 85 percent of the energy used to machine-wash clothes goes to heating the water.
3. Hang your laundry outside on a clothesline or inside (on rainy days) to save energy using the drying.
4. Unplug appliances when you're not using them. Energy still goes through them even when they're not being used.
5. Take shorter showers to save money and heating costs.
6. Plant flowers and other plants that need little watering to save on water use and your water bill.
7. Walk or bike to work instead of driving, especially if you only live a short distance from your job. This will save you gasoline money but will also help the environment from toxic gasses emitted from your car.
8. Buy locally raised, humane, and organic meat, eggs, and dairy whenever you can. Purchasing from local farmers keeps money in the local economy.
9. Keep electronics out of the trash. Donate or recycle them, such as cell phones or televisions, when the time comes. E-waste contains mercury and other toxics and is a growing environmental problem.
10. The biggest secret: you can make very effective, non-toxic cleaning products whenever you need them. All you need are a few simple ingredients like baking soda, vinegar, lemon, and soap. Making your own cleaning products saves money, time, and packaging—not to mention your indoor air quality.



For more information on going green, visit www.worldwatch.org.



Go Green & Veg Out At the Same Time!

We can "go green" and eat healthy vegetables together by trying out a few recipes from the Wellsville gang:

Garden Salad

Ingredients

- 1 ½ lb mixed salad greens
- 1 cucumber
- 2 stalks celery
- 3 radishes
- 3 scallions
- 2 carrots
- 2 tomatoes

Method

1. Include some firm-textured, crisp lettuce in the mixed greens, such as romaine or iceberg
2. Wash and drain the greens thoroughly. Chill in the refrigerator.
3. Score the cucumber lengthwise with a fork. (Peel if it has been waxed.) Cut into thin slices.
4. Cut the celery into thin slices on the diagonal.

Veggie Wraps

Ingredients

- 1 flour tortilla
- 1 TBSP light cream cheese spread
- 1 large lettuce leaf
- 3 baby carrots
- ¼ cup broccoli
- ¼ cup shredded cheddar cheese
- 1 TBSP light ranch dressing

5. Trim the radishes and cut into thin slices.

6. Trim the roots and tops of the scallions. Slice.

7. Trim and peel carrots. Shred using a grater.

8. Remove the core end of the tomatoes. Cut into wedges, 8-10 per tomato, depending on size.

9. Cut or tear lettuce and other greens into bite-size pieces.

10. Place all ingredients except tomatoes in a large mixing bowl. Toss until evenly mixed.

11. Plate the salads on cold plates or bowls.

12. Garnish with tomato wedges.

13. Hold in refrigerator until ready to serve.

14. Serve with an appropriate dressing.

Method

Place tortilla on cutting board. Spread the tortilla evenly with cream cheese using a knife. Place the lettuce leaf on top and press down gently.

Shred carrots with grater. Grate them over the lettuce.

Chop broccoli and sprinkle over carrots. Sprinkle the cheese over the broccoli, and then drizzle the salad dressing over the top. Then roll!!!

Find More Recipes at:
www.wellsville.tv