

## Nature's 'Fast Snacks' Are Healthy Choices

For many families in Oklahoma, eating on the run has become a way of life. With children involved in extra-curricular activities, and in many cases, both parents working outside the home, it can be difficult to find time to prepare and eat a meal at home.

When today's families are on the go, it seems they are more likely to simply grab a quick snack instead of taking the time to prepare something healthy, said Janice Hermann, Oklahoma State University Cooperative Extension nutrition specialist.

"Good nutrition is essential for a healthy lifestyle," Hermann said. "A healthy lifestyle coupled with eating nutritious foods and snacks can help reduce the risks of some health disorders later in life. Eating at least five servings of fruits and vegetables is one way to cut the risks of heart disease, obesity and other health problems."

When it is time for after-school snacks or a quick snack in the workplace, keep "nature's fast snacks" in mind. Instead of snack-

ing on potato chips, ice cream and other high fat, low-nutrient foods, reach for fruits and vegetables instead. Purchased convenience food often are high in fat and sodium, and low in fiber and other nutrients. And in most cases, these types of foods cost more.

"We're continuing to see an increase in the number of overweight children," she said. "Incorporating healthier snacks in place of foods that are less nutritious is one way to help combat this problem."

Strawberries, nectarines, raisins, cherry tomatoes, celery sticks, apples, oranges, carrots, grapes, bananas and kiwi are all good examples of quick, heart-healthy snacks.

"Put these great-tasting snacks in small plastic bags for children to eat after school," Hermann said. "A bag of fresh fruit or veggie sticks can be tossed in your purse or brief case for a healthy snack at the office. With spring and summer right around the corner, your local grocery store or farmers' market will have many selections available

for fresh fruits and vegetables."

In order to save time throughout the week, package up several kinds of fruit and vegetables into resealable bags and keep them in the refrigerator. In just a few minutes parents can have a whole week's worth of snacks ready to go.

"Not only are these snacks healthier, but they're more economical as well," Hermann said.

"Young children can help with this task and it provides another opportunity to teach children about good nutrition."

Planning is one of the key elements to getting at least five servings of fruits and vegetables per day. Think about healthy snacks as you make out the grocery list. Look for new snack ideas in the produce department.

"Even though we seem to be living lives with hectic schedules, just a little bit of planning can help your family consume the recommended amount of fruits and vegetables per day," Hermann said. "This is simply another way to help ensure a healthy life for you and your children."

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## A Perfect Place to Relax, Unwind, and Recharge

When we think of relaxation and stress relief, the first things that come to mind are massages, baths, and spa treatments. No doubt these are great stress relievers, but there is another often overlooked hobby that can be just as relaxing. It's gardening! Many women describe gardening as their natural high.

Much of the stress we feel comes from the feeling that life is growing increasingly busy and complex and we can't keep up with all its demands. Gardening is the perfect antidote for today's hectic pace. It teaches us acceptance and patience.

Beyond the physical and mental aspects of gardening, for many...gardening is a spiritual experience. It fuels the soul with a connection to Mother Earth. It's a time of solitude, peace, and reflection. Many women use it as a time to connect with something greater than themselves.

So, if all this sounds pretty good but you're feeling a little "green-thumb challenged," don't worry; it's not as hard as you think.

The best way to start is to pick one thing and get started. If the fragrance of fresh herbs in your yard sparkles your senses, start there. There is nothing like a whiff of Rosemary to bring your senses alive. If it's color you want—then start with flowers. If fresh veggies with your meals sounds good, start there.

### **“Start Small”**

Remember it's not the size of the garden that matters, so don't overwhelm yourself before you even start. The last thing you want is gardening to create more stress.

If you live in the city or just want to start small then consider a window-box or a container garden. These are great for decks, porches, windowsills or rooftops.

Water Gardens are another serious consideration for starters or small spaces. They are the hottest trend in gardening right now. Kits are available that make starting this type of garden a snap.

Yes, there's some work involved in the setup process, but the rewards far outweigh the effort. So why not create a calm beautiful sanctuary for you and your family to enjoy? Here are a few benefits to get you motivated...

**Physical Energy**—an outlet for tensions that build up in your body.

**Self Esteem**—provides a sense of pride and accomplishment.

**Appreciation**—the beauty of a garden delights the eye.

**Soothing**—grounding, giving a renewed appreciation for life and nature.

## Morning Glory Muffins

1/2 cup raisins	2 c. carrots, grated
1/2 c. diced apples (or rhubarb)	
1/2 c. walnuts	1/2 c. coconut
3 eggs	2 tsp. vanilla
1/2 c. melted butter	1 c. white sugar
1/2 c. brown sugar	
1 c. flour	1/2 cup wheat flour
1/2 c. All Bran	

Soak raisins in hot water (to plump); drain. Cream together eggs, vanilla, butter and sugars. Mix together and add flour, All Bran and baking powder. Add raisins, carrots, apples, walnuts and coconut. Bake at 400 degrees for 25 to 30 minutes.

### **Optional Substitutions:**

white sugar-brown sugar	white flour-whole wheat flour
diced apples-applesauce	coconut-optional
raisins-cran raisins	apples-pineapple
butter-lite olive oil, grape seed oil	

## POWER MUFFINS

Put 1 c. wheat bran and 1 c. very hot water in mixing bowl. Let set for 2-3 minutes. Then add:

3 eggs, 1/2 c. lite olive oil  
1/2 c. unsweetened applesauce  
1 T. vanilla  
1 1/2 c. buttermilk

Mix wet ingredients. In another bowl mix together dry ingredients.

1 3/4 c. sucanat  
3 c. whole wheat pastry flour  
2/3 c. oat bran  
1 c. ground flax seed  
1 1/2 t. baking soda  
1 1/2 baking powder  
1 1/2 t. cinnamon  
1T. lecithin (optional)

Fold the wet & dry ingredients together until just moistened, then fold in dried tart red cherries, and let sit 10 minutes while the oven is pre-heating. Sprinkle on whole flax seed, and bake at 400 degrees for 22 minutes.

### **Optional Substitutions:**

Sucanat-brown sugar
lite olive oil-grape seed oil, canola, or favorite blend
Dried cherries-raisins, cran raisins

# Update! Bread is Back!

Compliments of the Kingfisher County Home Community Education members, mills can be checked out of the OSU Extension Office.

The mill can be checked out at 1:00 p.m. and must be returned by 11:00 a.m. the following day. There will be a \$10 deposit. The deposit will be reimbursed when machine is returned on time.

HCE members are allowed to use the machine for free, nonmembers will be charged \$10.00 per use. HCE Memberships are \$15.00 per year.

## Mid Oklahoma Coop is carrying cleaned wheat!

Organic Hard Red	25 lb	\$10.00
Hard White	45 lb	\$15.00

**Hard Red** (Spring and Winter) to be used for yeast breads should contain greater than 14% protein. Red wheat in this area contains 11% - 14% protein, which means less gluten and a heavier whole grain loaf. Although hard red is great for bread making and offers a robust taste, it is an acid-based grain and can sometimes cause people digestion problems.

Kingfisher has hard red wheat with 11-14% protein. Protein amounts can vary depending on conditions during kernel development and harvest conditions. That is why it is important to add Vital Wheat Gluten, which can be purchased at United Supermarket. Dough enhancer can be added to add tenderness and texture.

The **Oklahoma Panhandle** produces **hard red** and some **hard white**. It is recommended to use ½ hard red and ½ hard white wheat when baking bread. Red wheat is heavier and white is lighter with a milder flavor.

**Soft white** wheat is low in protein and low in gluten (6-10%). Soft white is used for cookies, cakes, biscuits, muffins, and pastries.

**Wheat Allergies:** Use Spelt or Kumet grain in lieu of hard red or hard white.

### Helpful Hints

- Freshly milled wheat must be used in 3 days or frozen. Wheat germ can spoil the flour!
- Never put bread in the refrigerator.
- Generously oil your hands when shaping the dough, and brush the top of the loaves before letting the bread rise.
- Take bread out of pan right after baking.
- Cool completely before storing bread or bread will mold.
- Buy one bucket of wheat, (red & white) and mill with a friend. Store milled wheat in gallon plastic freezer bag or container.
- To order a mill or mixer, call the OSU Extension Office.

# Recipe for Kitchen Aide Mixer



## Whole Grain Wheat Bread

- 1/3 c. plus 1 T. brown sugar
- 2 c. warm water
- 2 pkg. active dry yeast
- 5-6 c. whole wheat flour
- 3/4 c. powdered milk
- 2 tsp. salt
- 1/3 c. oil

### Preparation

Dissolve 1 T. brown sugar in warm water in small bowl. Add yeast and let mixture stand.

Place 4 c. flour, powdered milk, 1/3 c. brown sugar, and salt in mixer bowl. Attach bowl and dough hook to mixer. Turn to Speed 2 and mix about 15 seconds. Continuing on Speed 2, gradually add yeast mixture and oil flour mixture and mix about 1 1/2 minutes longer. Stop and scrape bowl, if necessary.

Continue on Speed 2, add remaining flour, 1/2 cup at a time, and mix about 2 minutes, or until dough clings to hook and cleans sides of bowl. Knead on Speed 2 about 2 minutes longer.

**Note:** Dough may not form a ball on hook. However, as long as hook comes in contact with dough, kneading will be accomplished. Do not add more than the maximum amount flour specified or a dry loaf will result.

Place dough in greased bowl, turning to grease top. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubles in bulk.

Punch dough down and divide in half. Place in greased baking pan. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

Bake at 400 degrees for 15 minutes. Reduce oven temperature to 350 degrees and bake 30 minutes longer. Remove from pans immediately and cool on wire racks.

CE-FCS *Ambassadors* requests donations for the 2005 Silent Auction at OHCE State Meeting, July 11<sup>th</sup> at the Clarion Convention Center in OKC—a fund raiser supporting grants for OHCE & FCS/4-H projects! Please use the form below to provide information on each donated item. Having this form filled in & securely attached to each item prior to arrival will speed up the process of receiving donations and getting people on their way to the day's events! If individuals donate items for the auction, this is tax deductible! Please PRINT (or TYPE):

ITEM FOR AUCTION: \_\_\_\_\_

SUGGESTED OPENING BID: \$ \_\_\_\_\_

Donor's Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Mail or e-mail a completed form to Recia Garcia, Ambassadors Recruitment Chair, 205 W. Maple, Suite 510, Enid OK 73701 or [recia.garcia@okstate.edu](mailto:recia.garcia@okstate.edu) (or FAX to 580 233-9215) so we can prepare bid sheets ahead. Also, securely attach a completed copy to each item to be donated!

## **The Power of Prayer**

A study from Duke University Medical Center of over 800 older patients found that older adults who were deeply religious or spiritual spent less time in a rehabilitation center or nursing home. Following hospitalization, the older adults most involved in religious activities like prayer and Bible reading spent fewer than 12 days on average in long-term care, compared to 27 days for those less spiritual. Source: Health Matters, Spring 2005, a publication of Woodward Regional Hospital.

## **Strengthening Families Divorce is Hard on Children.**

### **We can help you make it easier for your children.**

The family has long been the focus of the OCES. While programs have evolved with the needs and issues of the times, the primary goal remains the same--to enhance the economic and personal well-being of citizens through research-based community and family education. One of the programs that is taught throughout the state is Co-Parenting through Divorce.

### **Co-Parenting**

Co-Parenting is court mandated for anyone with children getting a divorce. In the past, Co-Parenting classes were held every other month in Kingfisher. Classes are now held monthly from 1:00-4:00 p.m. at the Kingfisher County Courthouse, Room 13. The next class will be June 9th. In situations where the divorced couple is experiencing disagreement, taking the class as soon as possible would be helpful.

### **What Will Participants Learn?**

1. To view divorce as a change in the family, not the end of the family. The parents are no longer spouses, they are co-parents.
2. To help parents put their children first and consider the children's needs during and following the divorce.
3. To view the new family lifestyle from the children's perspective.
4. To learn how child development stages relate to appropriate parenting activities, visitation arrangements, the children's understanding of the divorce, the family's lifestyle and the children's social, emotional and support needs.
5. To view co-parenting as a lifelong process, that goes beyond the current issues of the divorce settlement, custody and visitation arrangements.
6. To understand how stress, change, the phases of divorce and the grief process impact adults and children and ways to manage stress.

### **Who Can Attend?**

- Parents who are in the divorcing process.
- People thinking about divorce.
- Grandparents
- Concerned friends
- Family members

Fee for the class is \$25.00.

Please contact the OSU office for more information.

## **OHCE News**

### **State OHCE Meeting**

Mark your calendar for July 11th-12th for the State OHCE Meeting. It will be hosted at the Clarion Hotel and Convention Center, Interstate 40 & South Meridian, Oklahoma City, Oklahoma. Reservations for rooms may be made for the nights of July 10 & 11 at the special rate of \$63.00 FOR UP TO 4 TO A ROOM. Call the Clarion at 405-942-8511 and **you must state you are with OHCE**. Deadline for room reservations is June 26, 2005.

I have been asked to be the Keynote speaker at the luncheon on Tuesday, July 12th. I was very excited to be chosen, and was hoping Kingfisher County have a large group come and celebrate this occasion with me.

### **June HCE Leader's Training Lesson**

#### **Open—Group Choice**

Idea! Enjoy an evening in the park, a cookout, a date with your spouse, or take a tour to Bricktown with your club. You might want to invite another club to go with you. I would be happy to join you, just give me a call.

### **Recycle Your Wardrobe**

Now is a good time to go through your closet before shopping for shorts, Capri's or skirts. Don't throw out that old pair of jeans, long sleeve shirts, or long skirts. Recycle your wardrobe with various hems and trims. A class is scheduled for May 27th, 1-3 p.m. at the OSU Extension office.

### **Check out the OHCE Website:**

**[www.ohce.org/index.htm](http://www.ohce.org/index.htm)**



If you're the curious type and you like to see information 'online', try looking up your state organization's website for information concerning our history, membership, programs, state goals and resources. Links to the Oklahoma Cooperative Extension Service and the OCES Family and Consumer Science web pages also shown.

Don't forget that current Kingfisher County OHCE newsletters are also posted on the Kingfisher County website:

**<http://www.countyext.okstate.edu/kingfisher>**

## **Good News**

As a result on our Spring County Council, all mills and mixers ordered are helping the County HCE funds. This money has purchased a mill for our county. Mills can be checked out at the OSU Extension Center. Call the office for more details.