



Family and Consumer Science Newsline

Washita County OSU Extension Center
125 W. Main · Cordell, OK 73632
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April, May and June 2006

Fruits and Vegetables are Essential Parts of a Healthy Diet

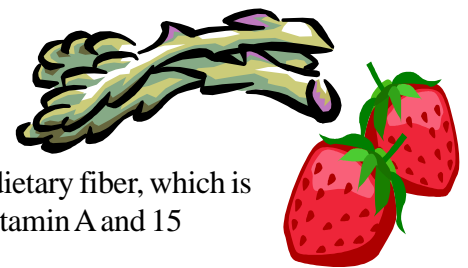
Eating a variety of fruits and vegetables as part of an overall healthy diet has many benefits. In addition to the great taste, eating a diet rich in fruits and vegetables may reduce the risk for type 2 diabetes, certain cancers, stroke, heart disease or other cardiovascular diseases. On average, a person should consume two cups of fruits everyday, based on a 2,000 calorie diet and about two and one-half cups of vegetables should be consumed.

Consumers may be hearing information about juicing their fruits and vegetables in order to consume the recommended number of servings per day. "It's important to keep in mind that whole fruits and vegetables contain needed fiber, which you don't get if only the juice is consumed," states Dr. Janice Hermann, Oklahoma State University Cooperative Extension Service Nutrition Specialist. "For a healthy diet, limit your intake of fruit and vegetable juice to no more than a cup a day and get the rest of your recommended daily servings by eating a wide variety of fruits and vegetables. A great way to start the day is to mix a cup of berries or other fruit with a cup of low-fat yogurt. It's nutritious, tastes great, and you'll be starting the day with one serving of fruit under your belt."

Asparagus and Strawberries

Why Asparagus and Strawberries Are Good For You

Five spears of asparagus have only 25 calories and no fat. It provides 2 grams of dietary fiber, which is 8 percent of your recommended daily allowance. It also provides 10 percent of vitamin A and 15 percent of your vitamin C.



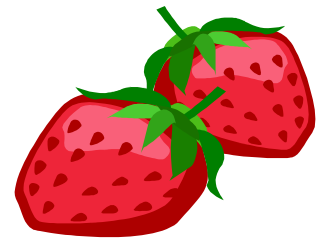
Eight medium strawberries have only 45 calories and no fat. They contain 12 grams of carbohydrate and 4 grams of dietary fiber. They provide over 100 percent of the recommended daily allowance of vitamin C.

Buying and Storing

Avoid asparagus with a wilted appearance or spreading tips. Asparagus should be fresh and firm with compact tips. Spears should be straight and round, and snap easily when bent. Contrary to popular belief, spears with larger diameters are just as tender as slender spears. Keep asparagus refrigerated. To prolong shelf life, stand asparagus, butt-end down, in 1 inch of water.

Avoid strawberries with green or white color, or those that appear mushy, shriveled, or leaky. Strawberries should be plump and firm with a bright red color and natural shine. Caps should be fresh, green, and intact. Keep strawberries refrigerated. Strawberries do not ripen further after harvest. Do not wash berries until just before use.

Strawberry Salad



2 - 3 ounce packages of strawberry gelatin
2 cups of boiling water
2 small boxes frozen strawberries
2 bananas smashed
1 small can crushed pineapple in juice
1 cup nonfat sour cream
½ cup pecans, chopped

Mix jello and boiling water, stir until dissolved. Add strawberries, bananas and pineapple. Add nuts. Pour ½ of this mixture into a large mold. Set jello and spread with sour cream. Pour remaining jello over this and chill until firm. Serve on lettuce, if desired. Makes 8 servings.

Nutrition information: 255 calories; 5g total fat; trace saturated fat; 3mg cholesterol; 52g total carbohydrate; 3g dietary fiber; 5g protein; 81mg sodium; 240mg potassium; 59mg calcium; 1mg iron; 38mg vitamin C; 134RE vitamin A; 30mcg folacin

No Guilt Asparagus Guacamole

10 ½ oz. Asparagus, fresh, trimmed (or frozen)
¼ tsp. Garlic powder
2 tsp. Lime juice (lemon juice may be substituted)
2 Tbs. Canned green chili peppers, drained and chopped
1 Tbs. Onion, chopped
2 tsp. Tomato paste
⅛ tsp. Salt
¼ tsp. Ground cumin
⅛ tsp. White pepper



Cook asparagus. Drain well; pat dry with paper towel and place in blender. Add remaining ingredients. Blend until smooth. Dip will become less thick upon standing and will need to be stirred. Makes 4 servings.

Nutrition information: 25 calories; 0g fat; 0mg cholesterol; 2g fiber; 142mg sodium



March – National Humor Month

Laughter is a Drug that Cures. Laughing has been found to improve emotional health and to act as a strong medicine for curing social ills. Specific benefits of laughter can include reduced stress hormones and stress-like symptoms; decreased risk of blood clots, heart attacks and strokes; improved immune systems; lowered blood pressure and prevention of hypertension.

The following are three steps that people can follow to make themselves laugh more and improve their health and happiness. Referred to as the “three Rs” (remind, remember and retell), this guide can help one recognize humor and pass it on.

Remind yourself to look for something humorous in your life and from others. Then, remember the humor when it occurs, and finally, retell what happened to someone else.

Remember, laughing is contagious. Those who laugh or smile make others laugh or smile.

HCE NEWS

May Leader Lesson... “Look Your Best”

by Rebecca Anderson
Roger Mills Extension Educator

Wednesday, April 26th, 2:00 P.M.
OSU Extension Center Conference Room

HCE Smorgasbord & Auction

The upcoming HCE Smorgasbord and Auction flyers, tickets, etc. are enclosed. The Annual Smorgasbord will be held **Friday, May 12th** at the **Washita County Activity Center (fairgrounds) in Cordell**. Eating time is from 11:00 am – 1:00 pm. The auction will begin at 11:45 am. Tickets for adults will be increased to \$6.00 and children will remain at \$2.00.

- **Meat & Potatoes.** The County HCE will buy briskets and Debbie Wedel will cook them. The council will also buy 100 potatoes and Dirk Webb will cook them for us. (This will help stretch the meal since there are less members.)
- **Each member needs to bring 3 LARGE DISHES.** Meat and baked potatoes will be provided by the HCE County Council. Members **do not** pay \$1.00 to eat t his year.
- **Every club needs to donate a minimum of three items to be auctioned.** This can be crafts or baked goods. (The smorgasbord is the Friday before Mother’s Day!)
- **Sell tickets ahead of time!!!** This insures the success of the smorgasbord.

KITCHEN SCHEDULE:

10:30 a.m. – 12:00 p.m.: Dill Work & Play and Modern Homemakers

12:00 p.m. – 1:30 p.m.: Willing Workers & Cloud Chief

Please have all of your members’ food there at the beginning of your work shift. Two work shifts will allow for everyone to have time to eat.

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