

BITS & PIECES

Williams County Family and Consumer Extension Newsletter

Family & Community Education

NDSU
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MARCH

TIDBITS

National Nutrition Month



Remember eating habits were not built over night but rather in time. Start with a few small changes to see overall results:

Make half your plate fruits and vegetables

Focus on Whole Fruits

Vary your Veggies

Make Half your Grains Whole Grains

Move to Low-fat and Fat-free Dairy

Vary your Protein Routine



St Patrick's Day History

Every year on March 17, the Irish and the Irish-at-heart across the globe observe St. Patrick's Day.

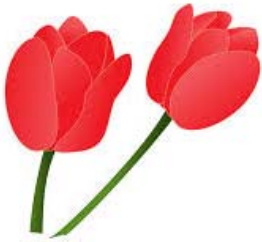
What began as a religious feast day for the patron saint of Ireland has become an international festival celebrating Irish culture with parades, dancing, special foods and a whole lot of green.

Coming Events

3/5-3/13	Photography Exhibit and Contest
3/15-16	Farm & Ranch Show 2016
3/17	Shamrockin' the Bakken Taste of Williston
3/31	1st Annual Women's Ag Night
4/15-17	Home and Garden Show



www.ag.ndsu.edu/williamscountyextension/



Scholarship Reminder!!

Williams County Homemakers scholarship applications are due into the office on April 1st. If you need a copy please call the office and we will mail it out.

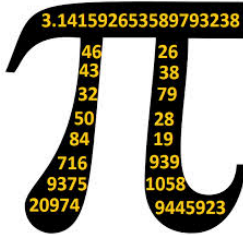
BABYSITTING CLASSES ARE COMING!!

Saturday April 9th

Saturday May 14th



To register please see the Community Education Catalog from Williston State College



Pi Day

A fun day to celebrate the inner math nerd in you. Enjoy some pie on Pi Day (3.14). Apple, pumpkin, chicken/beef pot pie, pecan or even cherry pie!
Enjoy the math-tastic day!

Green Tomato Pie

This healthy recipe comes from NDSU Extension Service

Makes 8 servings

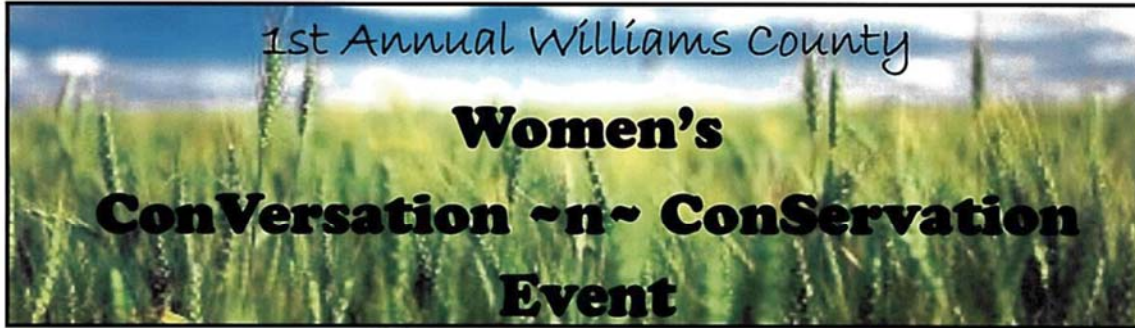
Ingredients

8 medium green tomatoes, sliced
1 apple, peeled and thinly sliced
1 cup sugar
3/4 tsp cinnamon
1/8 tsp ground cloves
1 Tbsp butter
1 tsp tapioca
1 Tbsp lemon juice
Pastry for a 2-crust 9 inch pie

Directions

Preheat oven to 400 ° F. In a bowl, make a mixture of sugar, tapioca and spices. Wash and prepare tomatoes and apple. Arrange half the tomato and apple slices in the bottom of the unbaked crust. Sprinkle half of the sugar mixture over the layer. Arrange the remaining tomato and apple slices as a top layer. Sprinkle the remaining sugar mixture over this layer. Dot with butter and sprinkle with lemon juice. Place top crust on pie, seal and flute the edges. Make some slits in the top for steam to escape. Sprinkle with sugar if desired. Bake for 35 minutes or until crust is golden and juices bubble through. Cool on rack for at least one hour. Serve with ice cream or whipped cream.

Nutrition information per serving: about 350 calories, 14 grams (g) of fat, 54 g carbohydrate, and 2.6 g fiber



Thursday, March 31st
The ARC, Williston ND
5:30 pm social
6:00 pm supper

Special Guest: *Jessie Veeder*
Jessie is a singer, writer and fifth generation ranch woman. She has a unique perspective on love for place, community and how to tap into your passion to live a fulfilling life.

Please join us for a festive evening of food and fun!

Please RSVP to 701-572-6729 ext. 3 by Monday, March 21st. RSVP required due to limited seating. Please invite other ladies! Must be 21 to attend.



Williams County
Soil Conservation District



ALZHEIMER'S ASSOCIATION MEETING
10 WARNING SIGNS OF ALZHEIMER'S

Tioga Senior Citizen Center

Tuesday April 12th at 11:00 AM

Ray Senior Citizen Center

Tuesday April 12th at 12:30 PM

Grenora Senior Citizen Center

Wednesday April 13th at 12:30

Williston Extension Service (Broadway Commons Building)

Wednesday April 13th at 3:00



This class will provide information about the difference between normal aging and Alzheimer's disease, the benefits of early detection, risk factors for dementia, what is involved in getting a diagnosis, as well as tips to follow up on any concerns that attendees may have about themselves or someone they care about.

Exercise Your Heart, Mind and Body by Michael Blake, Dietetic Intern and Julie Garden-Robinson, Food and Nutrition Specialist,

March is National Nutrition Month. The focus of this month is to improve your health in all aspects of life. This initiative is supported by the Academy of Nutrition and Dietetics (eatright.org).

That goal may seem difficult, but it starts with one small change at a time.

First, fitness experts recommend we accumulate at least 150 minutes of moderate physical activity per week. That 150 minutes can seem unachievable. However, you do not have to do this all at once. One to two exercise sessions per day for 10 to 20 minutes per time count toward the total.

What if I cannot exercise for more than five minutes? In this case, do what you can; five minutes of exercise is better than not being physically active. Begin with what you can handle and slowly build up.

The second part of reaching your goal is exercising your mind. This can be as easy as lending a helping hand when it is needed. Another key to good mind health is maintaining a positive mindset, such as looking for the bright side of things.

The third aspect is to exercise and nourish your heart by maintaining a healthful diet. This includes eating a variety of fruits and vegetables every day in an overall balanced diet. This lifestyle is not restricting but rather is one of moderation and compromise.

Yes, exercising your heart is a part of exercising your body and it also is a part of exercising your mind.

These three areas are all intertwined because our bodies are a network of communication and activity. By exercising one area, you exercise another.

When combined, all three aspects create personal wellness. Remember that every change begins with a small step that you repeated. So happy National Nutrition Month and follow the Academy of Nutrition and Dietetics' recommendation (www.eatright.org) to "savor the flavor of eating right."

Get the Benefits of Green on St. Patrick's Day by Tracey Dillon, Dietetic Intern and Julie Garden-Robinson, NDSU Extension Service

We often wear or decorate with green to celebrate St. Patrick's Day by. So why not eat green foods as well?

Green foods get their color from a pigment called "chlorophyll." Phytochemicals ("plant chemicals") have many health benefits including antioxidant effects and wound healing. The phytochemicals in green vegetables are known as indoles and isothiocyanates which along with antioxidants also can help your body fight against cancer-causing agents.

The lutein in some green foods is good for your eyes and helps prevent macular degeneration as we age. In wound healing, it can slow the growth of some bad bacteria.

Green leafy vegetables are good sources of riboflavin, beta-carotene, vitamin C, iron, vitamin K, folate, B vitamins, potassium, calcium and fiber.

If you're serving for a party or your family, provide appetizing, bright-colored fruits or vegetables. To enhance the green of your vegetables, such as raw broccoli or green beans, blanch them before serving.

To blanch veggies, briefly dip them in boiling water, then quickly put them cold water to stop the cooking process if you are serving them raw. If you prefer cooked vegetables, blanching (boiling) or steaming are great ways to bring out color. However, cooking greens for longer periods of time can cause them to lose their bright color and take on an "olive green" appearance, which may be less appetizing.