

# A Taste of Scurry County Extension

May, 2015

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Scurry County Family and Consumer Sciences is part of the Texas A&M AgriLife Extension Service, Texas A&M System. AgriLife Extension offers practical information for families; raising children, housing and environment, eating well, managing money and staying healthy.

## Springtime Memories

We are making our way into the close of Springtime and it is time to start thinking about putting all those garden fresh vegetables on your dinner table for your family.

Spring time brings back great memories for me. My family always planted a large garden with all of our favorite vegetables. We worked to prepare the soil and planted each seed and plant. As we began to harvest the vegetables, we couldn't wait to cook them in delicious recipes and enjoy the fruits of our labor.

We also preserved them for later use through canning and freezing.

This was a great way to work together as a family and to create memories to last a lifetime.

Times have changed through the years and canning is not as common as it used to be. However, if you have never had the opportunity to learn this technique, it is not too late to start. From electric canners to colored mason jars, modern technology has

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made great advances in canning supplies and appliances.

Keep in mind, whether vegetables are canned at home or purchased from your local farmers' market or grocer, adding vegetables to your daily diet can bring many health benefits to your family. If you grow them in your garden you can reap even more benefits.

Happy Spring to everyone and enjoy those garden fresh goodies!

## GARDENING

### The Perfect Fitness Tool

Getting in shape does not have to be limited to a gym membership. Gardening provides the perfect way for toning and burning those calories and shedding a few extra pounds.

According to an article by Aggie Horticulture at Texas A&M AgriLife Extension Service, you can burn up to 300 calories per hour with garden activities such as weeding, trimming and raking.

To reap the maximum benefits, try to keep a constant pace while gardening. Also, when raking, alternate which way you rake to use both sides of your body.

Gardening can also provide many other health benefits besides getting in good physical shape, according to [nextavenue.org](http://nextavenue.org).

- Increased zest for life
- Better sleep
- Lowered risk for

osteoporosis and diabetes

- Reduced stress levels
- Therapeutic Benefits

So what are you waiting for? Grab that shovel, put on that sun screen and head out the door.





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## GARDEN FRESH VEGETABLES

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## REAPING THE BENEFITS

According to the Centers for Disease Control and Prevention, few adults and even fewer adolescents are eating enough vegetables. Although it takes more time and energy to have a garden, the benefits can more than outweigh the time and effort spent in raising fresh vegetables.

### Good for Your Health

Most vegetables are low in fat and calories. They have naturally occurring vitamins and nutrients. It is better to get your vitamins from natural sources than from taking supplements. According to an article published in the “American Journal of Clinical Nutrition,” by David R. Jacobs, Jr., nutrients and vitamins from food sources are more balanced and are more easily digested due to their more active state.

### Prevention of Disease

According to the USDA, a balanced diet that includes a healthy consumption of vegetables and fruit can prevent cancer, reduce the risk of heart disease, obesity and diabetes. It can also help prevent other health issues such as blood pressure, bone loss and can affect how the body uses other nutrients.

### Phytochemicals

You may better recognize phytochemicals by their common names; antioxidants, flavonoids, phytonutrients and flavones just to name a few. These are naturally occurring chemical compounds in vegetables and fruits, that prevent disease and some types of cancer. By eating a well balanced diet with a variety of vegetables and fruit in different forms and colors, you can reap the benefits of phytochemicals.





# Canning Class

Time to get your canners geared up and ready for the summer season. Learn how to preserve your home grown garden vegetables and put them up for the winter.

June 23, 2015

1:00 - 4:00

Scurry County  
Extension Office

\$20.00 per person

Please RSVP to the Extension Office

By June 16, 2015

573-5423 or

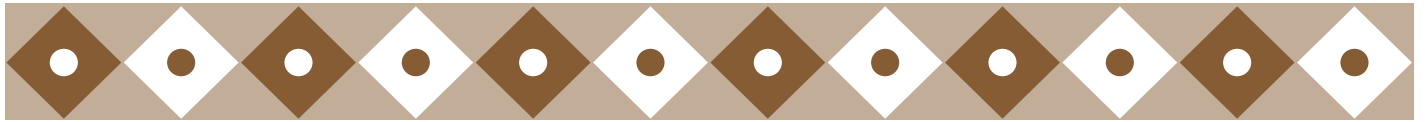
email: [ronda.white@ag.tamu.edu](mailto:ronda.white@ag.tamu.edu)

Limited Class Size Available

Come Join Us for a Great  
Time!

You will receive:

- The NEW 2015 Ball Canning Book
- Hands on Demonstration in canning squash
- Get to see the latest in canning equipment and supplies
- Take home jar of canned squash



## Fresh Squash with Peppers



1 lb. fresh squash, sliced  
1/2 bell pepper, chopped  
1/2 c. onion, chopped

4 slices bacon, cooked and drained  
4 oz. Velveta cheese or shredded  
cheddar cheese  
salt and pepper to taste

Combine squash, bell pepper and onion in a medium size saucepan. Cover vegetables with water and cook until vegetables are tender. Drain water and add bacon and cheese. Stir until cheese has melted. Add salt and pepper to taste. For a healthier dish, omit the bacon.

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