

June 2023



The month of June celebrates various national awarenesses: Alzheimer's and brain health, great outdoors, and fruit & vegetables. This month's newsletter will offer topics relating to each of these three awarenesses.

Investing in our brain health is a long game, but changes made today can help us be sharp in the future. Research has shown that getting outdoors, even if it's just in our back yard can help with anxiety and depression (unfortunately, not mosquito bites). Of course, increasing our consumption of fruits and veggies helps us with our overall health, whether mind or body.

So what do you say to eating some blueberries on your front porch this summer? And don't forget the bug spray!

Here's to our health, the most precious commodity we have!

- Sara

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Howdy! I'm Sara Nicholson, the Family Community Health agent here in Frio County. I live out in Bigfoot on an 8-acre homestead with my husband, son, 3 dogs, 5 ducks, and too-many-to-count chickens. My role at the Extension Office is to educate on various health topics including mental health, diabetes, blood pressure, healthy habits, cooking, gardening, and much more! Interested in taking a class or finding out what Extension has to offer? Don't hesitate to reach out!



Ingredients

2 cups raspberries
 1 ripe banana
 18-ounce container fat-free whipped topping
 1/4cup shredded coconut unsweetened
 1/2cup graham crackers crushed

Instructions

Wash hands and clean kitchen surfaces.
 Rinse raspberries under cold running water and allow to dry.
 Line a mini muffin tin with muffin liners and evenly distribute the crushed graham cracker.
 In a blender, blend together raspberries, bananas, and whipped topping.
 Distribute the raspberry mixture in the muffin tins.
 Top with shredded coconut and freeze for at least 45 minutes.
 Enjoy with someone you love! Be sure to store unused bites in the freezer for no more than 3 weeks.

Ingredients

1 pint fresh blueberries
 2 cups nonfat Greek yogurt lemon flavored
 1 tablespoon honey

Fro-Yo Blueberry Lemon Bites



Instructions

Wash hands and prepping area. Rinse blueberries under cool water, dry completely.
 Line a baking sheet with parchment paper or nonstick mat, set aside.
 Mix together yogurt and honey in a medium size bowl, gently fold in a few blueberries and coat with yogurt mixture.
 Using a fork, slowly lift one blueberry at a time and place on baking sheet apart from each other. Continue with remaining blueberries.
 Place baking sheet in freezer for about 1 hour or until completely frozen.
 Store in an airtight container in the freezer; will last about 1 month.
 **Can also try mixing fruit and yogurt together, pour in small ice cube trays and freeze.

Ingredients

- 2 cups russet potatoes ready to serve
- 2 cups frozen broccoli florets thawed
- 1 1/2 cups shredded Parmesan cheese
- 1/8 cup grated Parmesan cheese
- 1/2 cup dry bread crumbs
- 1 egg white
- 1 tablespoon Italian seasoning

Instructions

Oven Instructions

Preheat oven to 425F, place oven rack in the middle of the oven and line baking sheet with silicone mat or parchment paper.

Steam or microwave the potatoes to the point where a fork is easily inserted but its too tough to eat (20 seconds for ready to eat potatoes in microwave)

Once they are cooked, drain them and set them aside to cool down.

Then place 2 cups of thawed broccoli florets into your food processor and pulse it until the broccoli resembles coarse rice. (should yield 1 1/2 cups chopped) Measure out 1 1/2 cups of the finely chopped broccoli and transfer into a large bowl.

Next, pulse the semi-cooked potatoes and 1 1/2 cups of the Parmesan cheese; pulse just enough to break up the potatoes and combine then with the cheese.

Place the cheese and potato mixture into the bowl with the broccoli. Add seasoning into the large bowl and fold all ingredients with a large spatula to combine all ingredients evenly.

Then place grated parmesan cheese and panko bread crumbs into small bowl. Form small balls with a 1 tablespoon size cookie scoop or your hands and a spoon with the folded. Once the ball is formed, roll each veggie tot in the grated cheese and bread crumb coating

Place each veggie tot on the baking sheet, about 1/2 inch apart. Bake 12 minutes, until golden brown. Remove from the oven, let cool for 2-3 minutes and enjoy!



Ingredients

- 1 cup zucchini grated and well drained
- 1 egg
- 1/3 cup breadcrumbs
- 1/2 cup reduced-fat parmesan cheese grated fine
- 1 clove garlic grated fine
- 2 tablespoons fresh chives chopped
- 1 tablespoon fresh parsley chopped
- 1 teaspoon fresh basil chopped
- 1 teaspoon fresh oregano chopped
- 1/4 teaspoon cumin powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Instructions

Preheat oven to 400 degrees and lightly grease a baking sheet.

Grate or shred zucchini into fine pieces.

Pat dry zucchini with a paper towel or ring moisture out in a cheesecloth.

Combine all the ingredients in a medium bowl and mix well.

Form a tablespoon of the mixture into small round balls and place on the baking sheet.

Bake for 15-18 minutes.

Summer Safety: Heat

The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death. In 2021, the National Oceanic and Atmospheric Administration reported 201 people died and 67 were injured in the U.S. from weather related excessive heat, according to Injury Facts.

-People most at risk include:

- Those who work in the heat
- Infants and young children, especially if left in hot cars
- People 65 and older
- People who are ill, have chronic health conditions or are on certain medications
- People who are overweight

If your job requires you to work outside in hot weather, you and your supervisors can take precautions to minimize the risk of heat-related illnesses.

The National Institute for Occupational Safety and Health recommends:

- Working shorter shifts until workers have adjusted to the heat
- Staying hydrated and drinking before you get thirsty
- Watch out for co-workers exhibiting signs of heat exhaustion or heat stroke
- Take time to rest and cool down

Knowing the symptoms and proper response to these illnesses can save a life.

Heat Exhaustion

When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur. According to the free NSC First Aid Quick Reference app, signs and symptoms include:

- Pale, ashen or moist skin
- Muscle cramps (especially for those working or exercising outdoors in high temperatures)
- Fatigue, weakness or exhaustion
- Headache, dizziness or fainting
- Nausea or vomiting
- Rapid heart rate

Uncontrolled heat exhaustion can evolve into heat stroke, so make sure to treat victims quickly:

- Move victims to a shaded or air-conditioned area
- Give water or other cool, nonalcoholic beverages
- Apply wet towels, or have victims take a cool shower

Heat Stroke

Seek medical help immediately if someone is suffering from heat stroke. Signs include:

- Body temperature above 103 degrees
- Skin that is flushed, dry and hot to the touch; sweating has usually stopped
- Rapid breathing
- Headache, dizziness, confusion or other signs of altered mental status
- Irrational or belligerent behavior
- Convulsions or unresponsiveness

Immediately take action:

- Call 911
- Move the victim to a cool place
- Remove unnecessary clothing
- Immediately cool the victim, preferably by immersing up to the neck in cold water (with the help of a second rescuer)
- If immersion in cold water is not possible, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels
- Keep cooling until body temperature drops to 101 degrees
- Monitor the victim's breathing and be ready to give CPR if needed

DO NOT:

- Force the victim to drink liquids
- Apply rubbing alcohol to the skin
- Allow victims to take pain relievers or salt tablets

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days.

According to the Centers for Disease Control and Prevention:

- Air conditioning is the best way to cool off
- Drink fluids, even if you don't feel thirsty, and avoid alcohol
- Wear loose, lightweight clothing and a hat
- Replace salt lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body's ability to cool itself
- Pace yourself when you run or otherwise exert your body

Keep Each Other Safe

In your community, please check in on neighbors who are elderly, house-bound or otherwise may be reluctant to ask for help. You can offer to host them in the air-conditioned comfort of your living room on hot days, drive them to a local cooling center, or call relatives or city services to arrange for them to stay cool.

Article taken from:

<https://www.nsc.org/community-safety/safety-topics/seasonal-safety/summer-safety/heat?>



How to Ward Off Alzheimer's Diseases

Nearly six million Americans, aged 65 and older, have Alzheimer's disease. Estimates show that number can increase to 14 million by 2060. Alzheimer's Disease is the most common type of dementia. Dementia is not a disease but a general term for the impaired ability to remember, think, or make decisions that interferes with doing everyday activities.

In recent years, growing scientific evidence show that following a healthy lifestyle can not only prevent cancer, diabetes, and heart disease, but it may also help with preventing memory problems as well as Alzheimer's disease. Some of the strongest evidence point to exercising regularly, around 30 minutes of moderately vigorous aerobic exercise, three to four times a week.

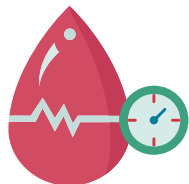
Adopting a healthy diet, one that is low in saturated fats, may also help with a healthier brain. The Alzheimer's Association recommends the DASH (Dietary Approaches to Stop Hypertension) and the Mediterranean diets. The DASH diet includes eating more whole grains, fruits and vegetables, fish, poultry, and nuts. Decrease sodium, red meat, sweets and sugared beverages, saturated fat, total fat, and cholesterol. The Mediterranean Diet consists of eating more fruits, vegetables, nuts and grains, and primarily using olive oil. Fish, seafood, poultry, dairy, and red wine are consumed moderately. Eat red meat only occasionally.

More recently, Rush and Harvard Universities developed the MIND Diet (Mediterranean-DASH Intervention for Neurodegenerative Delay), a hybrid of the Mediterranean and DASH Diets. Initial studies comparing the MIND, Mediterranean and DASH diets showed that participants who strictly followed all three diets showed a decrease in Alzheimer's risk. It also showed that participants who only moderately followed the MIND diet also had benefits. The MIND diet prescribes not just any vegetable but specifically green leafy vegetables. Additionally, the diet recommends berries as the primary fruit. Below is a recipe for a light dessert that features blueberries and walnuts.

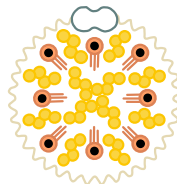
<https://livesmartcolorado.colostate.edu/how-to-ward-off-alzheimers-disease/>



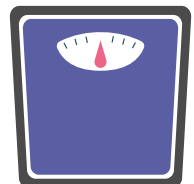
Quit
smoking



Prevent and
manage high
blood pressure



Prevent and
manage high
cholesterol



Maintain a
healthy weight



Get enough
sleep



Stay
engaged
socially



Manage
blood
sugar



If you drink,
do so in
moderation

Summer Gardening: June Checklist

June 20th marks the official flag of summer! For gardeners in Zones 9-10, you've been feeling the heat for a few weeks now, and gardens are in full swing.

By this point in the year, you've likely planted most of your garden, but there are still plenty of things to do in June gardening to keep your yard and garden looking top-notch. Succession planting, maintenance tasks, harvests, and planning are all on the docket this month.

Keep your garden journal handy as you observe, assess, and plan your garden throughout the month of June for continued success and prepping for fall and next year's gardens too.

- We are really feeling the heat, so plan to get out in the garden early and get your garden chores done before the sun becomes too intense and humidity takes hold.
- Walk around the garden with your garden journal and note the pests you see in the garden.
- Jot down what varieties of plants have been successful so far and which types didn't perform. Were certain pests or sunlight amounts a problem? Write down your thoughts in your garden journal so that you will remember these tidbits next year.
- Consider what companion plants will attract good bugs to your garden to combat the pests you see in your garden.
- Jot down the rainfall you have been seeing this month and consider whether investing in a drip irrigation system would be helpful.
- It's not too early to start thinking about fall garden vegetables that you are considering growing from seed. Start perusing seed catalogs for varieties that you are thinking of producing.
- If berry bushes are forming fruits, make sure you have netting ready to set on bushes to protect them from eager birds.
- What crops are you planting this season? As you dream of your future harvests, think about what you will be growing and do some research on recipes, canning procedures, supplies, and jot down ideas on what you will do with your fruits and vegetables once picking time arrives.
- Walk around public areas or neighbor's gardens and get some ideas on some plants that draw your attention. Take photos and add them to your garden journal so that you can identify them at your local garden center or on a plant identification app. Then seek them out as you venture out shopping at your local nursery for fall planting trees, shrubs, and perennials or subsequent season additions.

June Garden Prep & Maintenance

Gardens are in a surge of growth this month for gardeners in Zones 9-10. Here are some June gardening tasks to keep your gardens in tip-top shape as we zoom into the heat of summer.

Garden Maintenance in Zones 9-10

- If you still have any winter garden vegetables taking up residence in your garden, remove them this month and add them to your compost heap.
- Clean up plant debris around your plants to avoid disease and pests.
- Plant cover crops in unoccupied garden beds to improve your soil.



Summer Garden Weeding

Weeds are popping up everywhere throughout the month of June, and they can really invade your garden space, stealing essential nutrients, water, and valuable garden real estate from your prized plantings. It's crucial to eliminate them promptly.

- Walk your landscape and pluck weeds out entirely from the root. They are easier to pull when they are young.
- Weed regularly so that weeds do not have a chance to reseed themselves, leading to more significant problems.
- Use organic weed control methods to kill weeds, like pouring boiling water on weeds or spraying weeds with a mixture of white vinegar and dish soap.
- Add mulch to your garden or plant ground cover anywhere you see bare soil.
- After weeding, if you haven't done so already, add a couple of inches of organic mulch to your garden beds to keep weeds from propagating further.

Fertilizing the Organic Garden

Lots of plants need an additional boost this time of year. It's a great time to fertilize your vegetable garden, perennial gardens, and container plants.

- Add compost and fertilize around fruit trees to give them a boost.
- Reapply fertilizer to flowering annuals, hanging baskets, container gardens, and vegetables.
- Always fertilize after you have weeded so that you are not feeding the weeds!

Watering the Summer Garden

Things are heating up, and summer is rolling in by the middle of June, so be sure that you are keeping up with the watering chores. As always, if you live in an area where there are water usage restrictions, always abide by these guidelines.

- Container plants and hanging baskets need daily watering now that they have established themselves and the temperatures have risen.
- Water perennial plants, vegetable gardens, and shrubs deeply and frequently.
- Ensure that your drip irrigation system is set up correctly and is in good working order.

Pruning the June Garden & Landscape

- It's not too late to prune back spring-flowering shrubs. They will set their buds for next year's blooms by midsummer, so get it done in early June if you haven't done so already.
- Prune the suckers off your tomato plants. Pruning tomato plants encourages them to push more energy into the plant's central stalk and fruiting.
- Pinch off spent blooms on annuals and perennials.
- You can do a hard prune of annuals as well, cutting them back by 1/3 to support bushier and more robust plants.
- Cut fall-blooming shrubs in half so that they won't become too leggy. Cutting them back will encourage bushier and healthier plants. Mums, asters, and monarda are good plants to prune back now.
- It's prime time to thin fruit trees, so that set fruits are a minimum of six inches apart. Don't be surprised if fruit trees have done some of this naturally this month.
- Prune back any overgrown shrubs.
- It's also an excellent time to prune back any annual plants to keep them in check. This will keep them from becoming leggy and force them to branch out into fuller plants.
- By now, you can cut back the withered foliage of spring-flowering bulbs. If they need to be divided, you can do so now. <https://kelloggsgarden.com/blog/gardening/june-garden-checklist-zones-9-10/>

