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Volume 130



Food and Fitness

Resolve to Go Green in 2013!

Reduce. Reuse. Recycle. Conserve. You've heard it all.

You think that you—

just one person—can't possibly make a difference, yet you've been thinking about doing it. Good. Go ahead.

Relax. You don't have to do it all on January 1, 2013; you can take the whole year to ease into it. What would be the easiest way to start?

Reduce—cut back

on consumption.

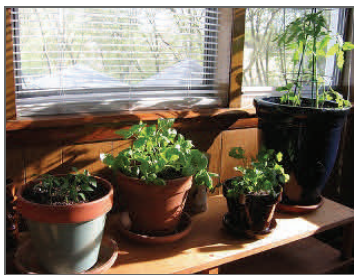
- Shop at resale shops.
- Turn the thermostat down by one degree per week to adjust gradually to a cooler temperature. How low can you go?
- Depend upon daylight when possible rather than having the electric lights on all the time.



from cooling, heating, dehumidifying systems to water plants.

Reuse—can we find another use for it or donate it rather than sending it to the landfill?

- Repair rather than replace broken appliances.
- Upgrade rather than replace old computers.



- Collect water

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Websites of interest:

- epa.gov/recycle
- wvrecycles.org
- adoptahighway.com
- dep.wv.gov
- ewg.org

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Grumpy Gardeners? Not!

It's time to set the story straight! Gardeners are some of the happiest people on the planet! Why?

First of all, to be outdoors on a sunny day is happiness. Watching little plants peek out from the soil and later become food for the table is awe-inspiring. And the exercise involved is good for your heart, mind and soul.

But hey, it's January and the weather is far too cold to make anything grow outside. So how about bringing a little sunshine inside? It's not too late to add something GREEN---or red or white blooms-- into your home, using a few simple gardening tools.

Narcissus and amaryllis bulbs are plentiful, inexpensive and available for indoor planting as well as growing in your outdoor flower gardens. Too cold to go digging? You can force the bulbs to bloom early inside and have something pretty and sweet-scented in

time for Valentine's Day.

Here are some tips for forcing bulbs, compliments of Martha Stewart.

<http://www.marthastewart.com/267670/how-to-force-amaryllis-and-narcissus>

How to Force a Narcissus

If you are unable to plant bulbs right away after purchase, store the bulbs in a cool dry place, even the refrigerator, but not with your vegetables! There are several ways to force a narcissus to bloom indoors.

Water

Fill a vase to the top of its neck with water. Place the bulb at the top of the vase making sure the roots are just barely touching the water. No need to water or soak the bulb—it would surely rot!

Containers with Stones

There are actually containers designed specifically to force and grow bulbs. But you can use almost anything from nature—shells or even a hewn out wooden log are

unique possibilities!

For multiple bulbs pick a larger container and place bulbs close together. A tall glass container makes an excellent choice because it will support the green leaves as they grow.

Or try using a glass container such as those sold in floral supply or craft stores.

Start by placing gravel, stones, or marbles into the glass container. Place bulbs close together, pointed side up. Fill with water up to base of the bulbs, making sure not to soak the bulb in water. Then add more rocks to keep the bulbs in



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Grumpy Gardeners? Not!

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place.

This kind of container is fun because you can see



the roots through the glass and watch the whole plant growing!

Note: Don't be worried if you open the package and the bulbs have started to sprout already and look a little curved. They will straighten out and grow toward the source of light in a matter of one week.



For a continual source of blooms you might start some bulbs, then a few weeks later, start some more in a different container in another spot.

How to Force an Amaryllis

For single bulbs, the

bulb should be nestled in a small pot. A pot about 1 inch bigger than the bulb is ideal.

Amaryllis should only be forced in soil. The soil should be able to drain quickly and have plenty of sand, offering a stiff support around the bulb.

Fill the bottom of the pot with soil so the bulb will rest at correct depth. Spread out the roots of the amaryllis bulb. Place bulb in the partially filled pot and continue to pack with soil. Be sure to leave the top one third of the bulb above the soil line.

Water thoroughly until soil is moist. Place the pot in a sunny window and watch it grow! However, do not water again until signs of life begin or until three weeks have passed. Time until blooming varies depending on the type of bulb you purchase. It may take anywhere from 3 to 12 weeks.



While you are inside waiting for something to grow, make a delicious broccoli chowder that will keep your family warm and well-fed on a cold January evening. Broccoli is chock-full of nutrients and shipped to su-



permarkets throughout the country from more southerly locales. Recipe Corner p.4.

Fresh cabbage is also available this time of year, and can be braised for a hot and healthy side dish. This month's recipe corner also marries two underground vegetables, turnips and potatoes. Extend your environmental concerns to the table in January by serving soups and sides from the garden. If it's green it's got to be good!

Recipe Corner

Hearty Broccoli Chowder

2 Tbs. olive oil
 2 cups peeled and diced boiling potatoes (about 2 medium potatoes)
 1 small onion chopped
 1/2 cup chopped green onions
 2 Tbs. corn starch
 1 14-15 oz. can chicken broth
 1/2 cup low fat milk
 3 cups broccoli stems and florets, chopped
 1 cup reduced fat white cheddar cheese
 1 tsp. fresh lemon juice
 Salt and fresh ground black pepper to taste

In a large saucepan heat olive oil over medium heat. Add potatoes and onions. Cook, stirring, until onion is wilted and glazed, about 5 minutes.

Add corn-

starch and cook, stirring for 2 minutes longer.

Gradually stir in chicken broth and milk. Mixture will slowly begin to thicken. Bring to simmer



and cook until potatoes are nearly tender, about 5 minutes. Add broccoli and cook until broccoli is tender, about 5 minutes longer.

Remove from heat and stir in cheese. Add lemon



juice and season with salt and freshly ground pepper.

Serve as a hot party dip with your favorite chips—try baked chips for less fat!

Original recipe from Cabot



cheese was modified to reduce saturated fat and cholesterol.

Quick Braised Cabbage with Apples

The original recipe has a German heritage, and is usually prepared with red cabbage. This version is quicker and simpler to prepare.

1 garlic clove, smashed
 2 tablespoons olive oil
 1 small fresh cabbage, cored and shredded

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Recipe Corner

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1 Gala or Fuji apple, cored and cut into 1/2-inch cubes



1/2 cup apple cider
1/8 teaspoon caraway seeds
1/4 teaspoon allspice
1 Tablespoon apple-cider vinegar

Cook garlic in olive oil in a 12-inch heavy skillet over medium heat, stirring, for about 1 minute. Add cabbage, apple, cider, caraway,



allspice, and cook, covered, stirring occasionally, until cabbage is tender, 15 to 18 minutes.

Add vinegar and cook, uncovered, stirring occasionally, until liquid has evaporated, 2 to 3 minutes. Season to taste with salt and pepper.

Turnips and "Taters"

(This recipe omits fats typically found in mashed potatoes. The turnips add

additional fiber and dilute the carbohydrate content of the potatoes.)

4 small fresh turnips
2 large white po-

tatoes

2 1/2 cups chicken broth
Salt and pepper to taste,
Tony's Seasoning

Prepare vegetables by peeling and cubing. Pour about 2 cups broth into medium-sized pot and add vegetables. Cook on low heat with the top on until tender. Mash two vegeta-



bles together by hand or using an electric mixer. Add chicken broth to get a soft

consistency. Avoid over-mixing! Season to taste using salt and pepper.

Garnish with a sprinkle of Tony's Cajun seasoning.



Resolve to Go Green in 2013! (Continued)



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- Donate clothing, cell phones, eyeglasses to charity rather than discarding them.



Recycle—learn what the recycling guidelines are in your community and follow them. Start with just a few types of recyclables.

Newspaper. “If every American recycled just one tenth of their newspapers we would save about 25,000,000 trees a year.”

What to do

- Use newspaper at home to mulch plants in your garden.



- Allow city to pick up recycled newspapers or call your newspaper's office to find out where to recycle your newspapers.

cle your newspapers.

Aluminum cans. In 1960 aluminum waste in the municipal solid waste (MSW) was 340 thousand tons. In 2010 it was 3.4 million tons.

What to do

- Aluminum beverage cans are recyclable and may also be returned for cash in some areas.
- Crush before storing to increase your storage space.



Plastic. In 1960 less than 1% of MSW was plastic. In 2010 12% of MSW or 31 million tons was plastic. Only 8% of total plastic waste was recycled.

What to do

- Start your recycling efforts with plastic water

or soft drink bottles and plastic milk jugs. Most curbside and drop off recycling centers and recycling pick-ups accept number 1 and number 2 plastics.

- Crush milk jugs for easy storage while collecting them.
- Purchase products in glass containers that can be reused for storage.
- Fill reusable water bottles from the faucet to save money and landfill space.



Food Composting 101: “Nature’s Way of Recycling”

Food composting is the biological process of decaying and decomposing organic matter in the presence of oxygen, which results in improving soil structure and providing nutrients. There are four basic ingredients for composting: nitrogen, carbon, water, and air. There is no better place to begin composting than in your own home.



- By decreasing the amount of greenhouse gas emissions such as carbon dioxide, methane, and nitrous oxide
- By improving the quality of soil and reducing the need for potentially harmful chemical fertilizers and pesticides
- By making soil easier to maneuver and till, resulting in less fuel consumption to till the soil. Healthier soil results in healthier plants.
- By reducing waste and landfill pile up

How to Start Composting

A composting bin should be about 1 meter by 1 meter by 1 meter (or bigger). The contents need to be mixed or turned with a shovel about once per week.

Start composting now by combining all your wastes in an empty bin, place it in your backyard or garage, and add some soil and fallen leaves. The easiest compost recipe calls for blending about equal parts of green or wet material (food—it’s high

in nitrogen) and brown or dry material (yard waste—it’s high in carbon).

What Items Can Be Composted?

- All your vegetable and fruit wastes
- Grains (cooked or uncooked rice, barley, noodles, flour, cereals, etc.)
- Coffee grounds, tea bags, coffee filters
- Fruit or vegetable pulp from juicing (better to eat the whole fruit!)
- Old spices
- Outdated boxed foods from the pantry without meat or fat
- Egg shells, but not egg (crush well)
- Corn cobs and husks (cobs breakdown very slowly)
- Leaves and grass trimmings
- Paper and newspapers
- Worms from soil

What Items Should Not Be Composted?

- Meat or meat waste, such as bones, fat, gristle, skin, etc.

Did You Know?

A typical household throws away an estimated 474 pounds of food each year!

Benefits of Food Composting

Composting benefits the environment in many ways:

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Adopt a Highway to Stay Active!

It's here! - 2013—time to start a brand new year and time to make resolutions! Make 2013 a green year and get more active while you do it (which is always a good thing)! Consider making a resolution to Adopt-A-Highway. It's easy to see what a difference you can make by helping to keep roadsides free of litter.

Adopt-A-Highway originated in Texas in 1985. The two individuals most responsible for starting the program were Bobby Evans and Billy Black. The idea occurred to Bobby Evans, a Texas Department of Transportation (TXDOT) engineer, when he noticed debris blowing out of a pick-up truck he was following. His challenge to local groups to



"adopt" a portion of highway initially went unanswered.

The program took off when Billy Black, a Public Information Officer for TXDOT's Tyler office became involved and developed the Adopt-A-Highway Program. The first highway to be adopted was a stretch of Highway 69 in Tyler, Texas that was adopted by the Tyler Civitan Club.

Today, Adopt-A-Highway programs are in 49 states and also other countries. The program varies state-by-state but volunteers usually adopt 2 miles of highway for 2 years, which may be renewed. In



West Virginia, the Adopt-A-Highway Program is co-sponsored by the Division of Highways and the De-

partment of Environmental Protection. It was established to improve the quality of our surroundings by encouraging the public to become involved in eliminating litter along our highways.

Discarded litter along our state's highways is not



only ugly, it can pose a traffic hazard. When litter blows onto the highway it can injure wildlife. Litter may also pose an environmental threat if toxic chemicals leak into soil or water as containers decompose.



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Adopt a Highway to Stay Active!

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Groups, organizations, individuals, or entire communities may adopt a highway. Once a highway is adopted the participants pick up litter at least 3 times a year, with a minimum of 30 days between each clean up.

If adopting a 2 mile stretch of highway seems overwhelming, there is also an Adopt-A-Spot Program



which allows volunteers to adopt smaller sections of state roads.

There are rules and regulations set up for adopting a highway. Each individual must watch the "Adopt-A

-Highway Safety Training " DVD which is provided by the county office. The state furnishes garbage bags, traffic control signs and plastic gloves.



Nowadays, tourism is becoming big business in WV. It is important to all of us that our state

should make a good first impression on visitors who travel on our state highways.



A key element of that first impression is the condition of our roads and the amount of litter by the roadside. This program gives volunteers an opportunity create a cleaner place in which to live and can be a great source of pride in our beautiful state.

Information on how to adopt a



highway may be found online at dep.wv.gov or by calling 1-800-322-5530.

Sources: WV Department of Environmental Protection (www.dep.wv.gov) and Texas DOT (www.tx.dot.gov) websites



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This newsletter is created by Susan M. Poindexter, MS, RD, LD, CDE, Nutrition Consultant to the WV Bureau of Senior Services, and is funded in part by the West Virginia Bureau of Senior Services. Contributors toward research and writing articles this month include Catherine M. Townsend, MA, Betsy Greer, MS, and Mary Rodavich, BS, Dietetic Intern. Selected narcissus photos from Frannyt. Dedicated to Beth Ristroph who inspired me to recycle 20 years ago.

Food Composting 101: “Nature’s Way of Recycling” (continued)

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- Fish or fish waste
- Dairy products, such as cheese, butter, cottage cheese, yogurt, cream cheese, sour cream, etc.
- Grease and oils of any kind

How to Dry Your Own Herbs

Do you grow herbs and invariably waste more

than you use? Drying your own herbs can be both *re-warding* and *economical*.

Steps:

- Wash the herbs.
- Tie in a bunch at the stem end using a rubber band or thin yarn.
- Hang the herbs with the stem ends up, in a warm, dry, ventilated area of the kitchen or pantry.



- Wait one to two weeks and store the dried herbs in a glass or plastic container.
- Sprinkle the dry herbs into one of your favorite dishes and enjoy!