



WIA - WOMEN in AGRICULTURE: NIGHT OUT!

Our local Ag community businesses and farm services are planning

the 7th Annual “Women in Ag” evening on Wednesday, July 13th at the Troy Community Building. All women are invited to this fun, free evening of Ag education. The evening will include a free meal, speakers and door prizes. Registration due July 6th to Chris Griffin, Doniphan Conservation District, 785-985-2221 Ext. 3.

Doniphan County Fair will be the week of July 25th - 29th. Trophy Sponsor letters and Superintendent letters were sent out middle April. Fair books will be available the middle of June.



STAY STRONG STAY HEALTHY PROGRAM

Stay Strong, Stay Healthy is an evidence based eight-week exercise program for older adults that meets the recommendation for healthy muscle strength. The program’s goal is to improve health and quality of life. The hour long sessions meet twice each week. They include warm-up exercises, strengthening exercises with or without weights, and cool-down stretches. Participants are also encouraged to do the exercises on their own once more

during the week. Over the eight weeks, participants learn the exercises and begin to improve strength and balance.

***Personal thoughts on this program:** The first Stay Strong Stay Healthy - 8 week program in Doniphan County was held at the Wathena Keen Age Center and ended April 15th. I was extremely pleased with the participants of this first class! Their commitment in attendance and their hard work during the eight weeks, resulted in outstanding post assessments!

I am excited to plan for the next 8 week session starting August 15th through October 6th at the Wellness Center in Highland Kansas. I will be ready with registration packets by July 5th. Cost is \$20/participant. You will need to pick up a packet at the Extension office. Call the office and talk to Kathy for further info.

NUTRITION DIFFERENCE IN COLORED PEPPERS

Bell peppers can add a variety of color to many recipes. But they also add different amounts of nutrition. Red, yellow and orange peppers are the ripe versions of the green pepper. Therefore, they cost more. They are all equal in the macronutrients of protein, fat, and carbohydrate.

The differences are found in the vitamin, mineral and phytonutrient content. In the case of vitamin C, green peppers contain 80mg per 3 ounce serving. Yellow peppers have 184mg per serving. The Recommended Daily



Allowance is so either pepper is a good choice.

Different colors of peppers have different amounts of carotenoids. Red peppers are bursting with beta-carotene. Yellow peppers have very little beta-carotene. Orange peppers have 10 times the amount of lutein and zeaxanthin. Carotenoids are beneficial for eye health. Bottom line, don't skimp on peppers and add color to your meals!

BONE BROTH VS STOCK

Meat bone broth is being touted as the “magic elixir of the decade.” While it's been around for centuries and can warm a cold day, the differences between stock and broth are simmering time and the end use.



Stock is made from meat bones and vegetables, water, and spices. It is cooked for three to four hours and used for gravies, sauces, soups and other dishes. When chilled, it usually gels because of the meat bones.

Broth is also made from meat bones and cooked for a long time, usually 24 hours. It is a stand alone item on menus. Vinegar is also added to help pull minerals out of the bones.

Is it the “magic elixir?” Some health claims include improving joint health, healing wounds quicker, improving the immune system, and rebuilding bones. While it doesn't hurt to consume broth, it can be a part of a healthful diet.

Make your own broth! Learn more at www.extension.iastate.edu/foodsavings/recipes/chicken-broth

HEALTH CARE

While good health is a creation of individual and community decisions and behaviors — and good genes — it is also dependent on the availability of affordable, high-quality health care. Barriers to accessing quality care come in many forms:



- √ There are cultural and language barriers. Consumers and health-care providers don't always speak the same language, and medical language is hard to understand even for those technically speaking the same language.
- √ There are also location barriers. For instance, those in rural communities and in some inner-city communities may have fewer choices among health-care providers.
- √ The financial barriers are usually lessened by having access to insurance, though sometimes insurance does not cover all costs of care. The implementation of the health care law, The Affordable Care Act/Obamacare, has increased the possibility that families are more likely to be insured.
- √ There are barriers caused by not knowing how to use care appropriately.

*K-State Research and Extension provides programming and educational material to address all types of barriers, enhancing better access to care.

Medicine is not health-care—Food is health-care. Medicine is sick-care. Let's all get this straight, for a change. Anonymous

Recipes submitted by the Bendena Homemakers Club

Spaghetti Salad - submitted by Mary Linn Johnson

1 cucumber, diced
2 tomatoes, diced
1 small can ripe olives, drain
4 stalks celery, diced & chopped
1 onion, diced & chopped
Red or green pepper, diced & chopped
1 - 16 oz. pkg. spaghetti, broken in 3-4 inch length
2 cups Italian Salad Dressing

Cook spaghetti as directed (cool). Mix with vegetables and add Italian salad dressing - it does take a lot. Refrigerate - keeps well several days. You may use any veggies that you like in this.

Yield: 16 - ½ cup servings. **Nutrition Facts:** 200 calories. Total fat 9g, cholesterol 0mg, sodium 420mg, dietary fiber 1g, total carbohydrates 24g, sugars 3g, protein 4g.

Grape Salad - submitted by Donna Caudle

½ cup pecan pieces (optional)
6 cups grapes, whole or halved (all colors)
4 oz. Cream cheese, softened
½ cup sour cream
¼ cup sugar
1 tsp. vanilla, (or to taste)

Mix cream cheese, sour cream, sugar and vanilla together and stir into grapes. Refrigerate.

Yield: 12 - ½ cup servings. **Nutrition Facts:** 120 calories. Total fat 6g, cholesterol 15mg, sodium 25mg, dietary fiber 1g, total carbohydrates 15g, sugars 13g, protein 2g.

French Toast Bake- submitted by Betsy Lentz

2 cans cinnamon rolls (diced up)
6 eggs
2 tsp. vanilla
½ cup milk
2 tsp. cinnamon
1 cup Maple syrup
2 Tbsp. butter

Melt butter in 9 x 13" pan. Put cut up rolls in the pan. Pour eggs, milk, vanilla mixture over rolls. Then pour syrup over mixture. Bake at 350° for allotted time on can. Frost.

Yield: 12 servings. **Nutrition Facts:** 320 calories. Total fat 10g, cholesterol 110mg, sodium 510mg,

dietary fiber 1g, total carbohydrates 50g, sugars 30g, protein 6g.

Cake Mix Sugar Cookies- submitted by Beverly Franken

1 box French vanilla cake mix
2 eggs
1/3 cup vegetable oil

Mix everything together and scoop heaping spoonfuls onto a baking sheet lined with parchment paper. Bake 9 - 11 minutes at 350°. Let cool 1 - 2 minutes before removing to wire rack. Let cool completely and frost with butter cream frosting out of a can! Sprinkle, if desired!

Yield: 2 dozen cookies. 2 cookies per serving. **Nutrition Facts:** 230 calories. Total fat 10g, cholesterol 35mg, sodium 290mg, dietary fiber 0g, total carbohydrates 35g, sugars 20g, protein 2g.

Easiest Coffee Cake Ever - submitted by Donna Caudle

1 box yellow cake mix
3 eggs
1 can fruit pie filling
2/3 cup light brown sugar
2 Tbsp. flour
2 Tbsp. butter

Mix cake mix with eggs and pie filling (apple, apricot, or cherry). Pour into a greased 9 x 13" pan and top with mixture of brown sugar, 2 Tbsp. flour and 2 Tbsp. butter. Bake at 350° for 35 minutes.

Yield: 15 servings. **Nutrition Facts:** 260 calories. Total fat 6g, cholesterol 45mg, sodium 270mg, dietary fiber 1g, total carbohydrates 49g, sugars 25g, protein 3g.

Recipes are due by June 15th
from the
Happy Time Homemakers Club.

