

Summer 2018

Healthy Carroll Families



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The Partnership
for a Healthier Carroll County

Welcome to the new and improved Healthy Carroll Families for Summer 2018.

Healthy Carroll Families is our media campaign with information designed to help you take the next step in your family-based approach to healthy living.

We encourage you to make copies and distribute these handouts to your clients, customers, students, PTA, family, friends...everybody!

These materials may also be downloaded for free from our website, **HealthyCarroll.org**.

Please call or email me any questions, feedback, or suggestions you may have about Healthy Carroll Families. I look forward to hearing from you.



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Mediterranean Diet

The Mediterranean diet is the traditional style of eating seen in countries that border the Mediterranean Sea and is abundant in foods that are readily available in the area.

Research has shown that this way of eating reduces the risk of heart disease by lowering low-density lipoprotein (LDL) cholesterol — the "bad" cholesterol that is more likely to build up in your arteries.

The Mediterranean diet has also been associated with a reduced incidence of cancer, Parkinson's and Alzheimer's diseases. Like any healthy diet, the Mediterranean diet encourages the consumption of fruits, vegetables, fish, whole grains and limits trans-fats and processed foods.

A traditional Mediterranean diet includes an average of 9 servings of fruits and vegetables a day. Unfortunately, less than 12 percent of Americans consume the recommended 1½ to 2 cups of fruit and 2 to 3 cups vegetables a day. Nuts and fish are high in Omega-3 fats and have cardio-protective effects by decreasing blood pressure, lowering triglyceride levels and decreasing clot formation in the blood vessels.

Interested in implementing the Mediterranean way of eating? Start by making these simple changes to improve your health!

- ◆ Eat plenty of fruits and vegetables, whole grains, legumes, and nuts
- ◆ Replace butter and margarine with healthy fats, such as olive oil and canola oil
- ◆ Decrease salt intake and use the spices in your spice rack
- ◆ Decrease the amount of red meat in your diet
- ◆ Eat lean proteins like fish and poultry
- ◆ Consume low fat dairy products
- ◆ Get plenty of exercise (150 minutes of moderate intensity exercise a week)

Before implementing dietary changes, consult your primary care physician. Some items may not be appropriate for children, specifically those under the age of 2.

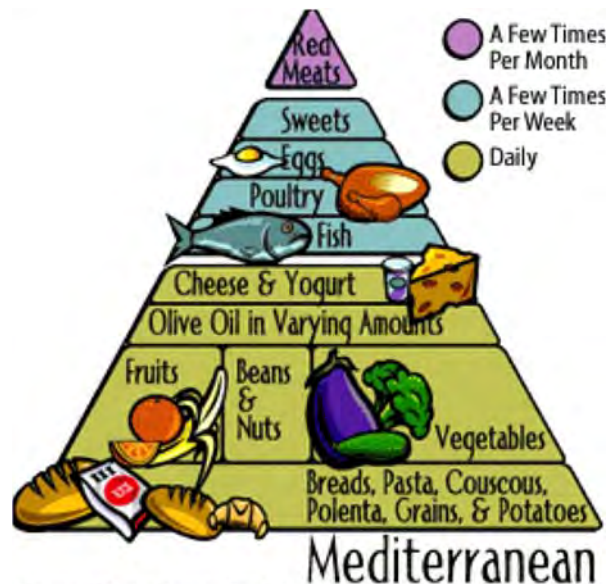
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References:

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801> & <https://oldwayspt.org/traditional-diets/mediterranean-diet>

Ramón, E., et.al. (2013). Primary prevention of cardiovascular disease with a Mediterranean diet. *New England Journal of Medicine*, 368, 1279-1290



Source: Oldways Preservation & Exchange Trust and The Harvard School

PROTECT ALL THE SKIN YOU'RE IN

Skin cancer is the most common cancer in the United States, **but most skin cancers can be prevented!**

Every year—

- ▶ Nearly **5 million** people are treated for skin cancer at a cost of more than **\$8 billion**.
- ▶ There are about **76,000** new cases of and **9,000** deaths from melanoma, the deadliest form of skin cancer.



Exposure to **ultraviolet (UV) rays**—from the sun or from artificial sources like tanning beds—is the most common cause of skin cancer.

Anyone, no matter their skin tone, can get skin cancer.

Enjoy the Outdoors!

Being physically active outside is healthy and can help prevent conditions like obesity. But it's important to be sun smart when playing and working outdoors.



Use a Layered Approach for Sun Protection.



Seek shade, especially during midday hours.



Wear a hat, sunglasses, and protective clothing to shield skin.



Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.



Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Facts on Sun Screen



Use a sunscreen with an SPF of 15 or higher that says “broad spectrum”, meaning that it blocks both UVA and UVB rays.



UVB rays (Ultraviolet B radiation) are the primary causes of sunburn, skin cancer, & premature aging.



“Waterproof” or “Sunproof” is not an accurate claim. No sunscreen has “instant protection” and they only protect you from harmful rays if used correctly and reapplied within a certain amount of time.



Apply sunscreen 15 to 30 minutes before going outside.



Make sure to reapply sunscreen every two hours, more often if you're sweating or jumping in and out of the water.

What is a CSA?

Local Farmers' Markets and Farms located on back cover!

Community Supported Agriculture, or what is commonly known as a CSA has become more and more popular since its beginning over 25 years ago. To break it down, farmers offer “shares” to the public that usually includes their farm grown vegetables/fruits. Each farm offers something different, but in return for your membership/subscription, you receive a box or bag of their fresh produce every week during the farming season. Because each farm is different, there are several options to your CSA experience. Some farms offer a “mix and match” or “market-style” CSA where the consumer has the ability to pick and choose what produce they would like. For a full list of CSA's in Carroll County, take a look at:

<https://www.localharvest.org/westminster-md/csa>



FARMERS' MARKETS AND LOCAL FARMS

Farmers' Markets

Carroll County Farmers' Market
Westminster, MD · 410-848-7748
carrollcountymarket.com

Carroll Hospital Farmers' Market
Westminster, MD (Thursdays)
410-871-6472

Downtown Westminster Farmers' Market
Westminster, MD · 410-903-3921
westminstermd.gov

Local Farms

Baughers' Orchard & Farm Fruit Market
Westminster, MD · 410-848-5541
410-848-7490
baughers.com

Briar Ridge Farm
Union Bridge, MD · 410-775-1855

Bro-Kor Valley Farm
Westminster, MD · 410-871-1625
bro327@hotmail.com

Buppert's/Doran's Chance Farm
Eldersburg, MD · 410-795-6815
bupperts.com

Carolyn Farm & Orchard
Finksburg, MD · 410-795-4228

Carroll County Farm Fresh
Eldersburg, MD · 410-875-7502
carrollcountymarket.com

Chestnut Creek Farm
Westminster, MD · 410-746-5768
chestnutcreekfarm.com

Hampstead Farmers' Market
Hampstead, MD · 443-821-1339
hampsteadfarmersmarket.com

Mount Airy Main Street Farmers' Market
Mt. Airy, MD · 240-449-6435
mountairymainstreetfarmersmarket.org

Deep Run Farm
Hampstead, MD · 443-340-6231
deeperunfarmmaryland.com

Evermore Farm
Westminster, MD · 443-398-6548
evermorefarm.com

Knill's Farm Market
Mt. Airy, MD · 301-829-6799

Lehigh View Farm
Union Bridge, MD · 410-775-7058
lehighviewfarm.com

Local Homestead Products
New Windsor, MD · 410-635-2011
lhp.farm

Nev-R-Dun Farm
Westminster, MD · 443-340-7212
nevrdunfarm.com

Richfield Farm
Manchester, MD · 410-374-8675

Sykesville Farmers' Market
Sykesville, MD · 410-259-3515
sykesvillemainstreet.com/events

Taneytown Farmers' Market
Taneytown, MD · 410-751-1100
taneytown.org

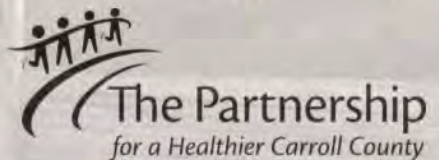
Rock Hill Orchard
Mt. Airy, MD · 301-831-7427
rockhillorchard.com

Sewell's Farm
Taneytown, MD · 410-756-4397
sewellsfarm.com

Thorne Farm
Westminster, MD · 443-386-0244
thornefarm.com

Truck Patch Farms
New Windsor, MD · 443-340-0971
truckpatchfarms.com

White Rose Farm
Taneytown, MD · 410-756-9303
whiterosefarm.com



WHAT'S IN SEASON?

SPRING

Artichokes	Rhubarb
Asparagus	Spinach
Broccoli	Strawberries
Green Beans	
Lettuce	
Morel Mushrooms	
Oranges	
Peas	
Pineapple	

SUMMER

Beets	Green Beans
Bell Pepper	Nectarines
Blackberries	Radishes
Blueberries	Raspberries
Cherries	Summer Squash
Cucumbers	Sweet Corn
Eggplant	Tomatoes
Grapefruit	Watermelon
Grapes	Zucchini

FALL

Acorn Squash	Pomegranates
Broccoli	Pumpkins
Brussels Sprouts	Sweet Potato
Cauliflower	Turnips
Cranberries	Winter Squash
Grapes	
Mushrooms	
Pears	
Persimmons	

WINTER

Brussels Sprouts
Clementines
Collard Greens
Grapefruit
Kale
Kiwifruit
Oranges
Sweet Potatoes
Turnips