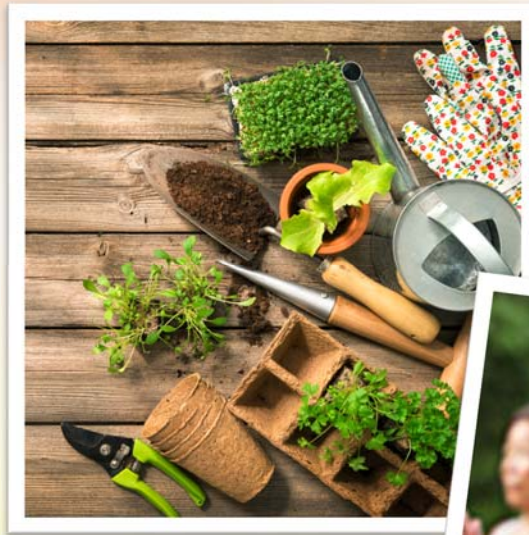


Spring 2019

Healthy Carroll Families



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Welcome to Healthy
Carroll Families for
Spring 2019.

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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SPRING TIME IS GARDEN TIME

The snow has melted away, birds are chirping, and the grass is turning green. All sure signs that spring is upon us! Now is the time to start thinking about starting a vegetable garden.

Having easy access to healthy vegetables from your own garden increases chances that your family will get the recommended 5 servings per day of vegetables. When kids help plant and grow their own vegetables, they're more likely to eat them. Growing your own vegetables can also save you money at the grocery store. In addition, maintaining a vegetable garden is a great form of physical activity. One hour of gardening can burn as much as 400 calories!

Gardening is a great way to spend time with your family. To turn gardening into family time:

- Let your kids choose what vegetables to plant in the garden
- Have your kids dig the holes and plant the seeds
- Take time every day to go check on the garden with your kids

Many delicious and nutritious vegetables can be grown in the fertile soils of Carroll County, like:

- Arugula
- Beets
- Corn
- Cucumbers
- Eggplant
- Green beans
- Lettuce
- Peppers
- Potatoes
- Radishes
- Soybeans (edamame)
- Squash
- Sugar snap peas
- Tomatoes
- Zucchini



For fast results, plant early spring vegetables such as lettuce, peas and radishes as soon as the ground begins to warm – usually during April in central Maryland. No space for a garden? Explore container gardening. Plan now! These websites will help you get started:

- veggieu.org/family-fun/gardening-together
- extension.umd.edu/hgic/topics/planning-vegetable-garden

Thanks to Barb Walsh, RD of Carroll Hospital for contributing to this article.

SPRING *into* ACTION

Spring is a wonderful time of year. The weather is getting warmer, the flowers are blooming, and color starts to fill our world. This is the perfect time of year to get up and get moving! Physical activity doesn't have to be intimidating. It can be something you enjoy like gardening or going for walks with your dog. It can be as simple as stretching on your back porch. It doesn't have to be dreadful or painful. It can be creative and fun! Here are some ways to stay fit during the spring:

GARDENING: Gardening consists of twisting motions, squatting poses, reaching movements, and much more. Gardening is a good way to get your body back into motion and your heart rate elevated. Be aware of your limitations and drink plenty of water!

WALKING: Going for walks can improve cardiovascular endurance. A great way to make walking exciting is to walk and enjoy the spring air with friends, family, or a pet.

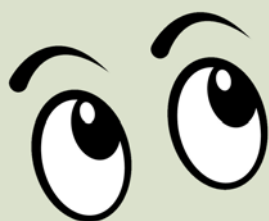
YOGA: Don't underestimate yoga. Yoga is a relaxing and challenging opportunity to stretch, improve balance, and strengthen your muscles. It is also a fantastic way to calm the mind.

BALANCING EXERCISES: As you age it is important to practice balancing techniques. It can be as simple as standing in tree pose (a yoga position when one foot is firmly on the ground while the opposite foot is resting on your inner thigh or inner calf with toes pointing down - make sure your foot is not resting directly on your inner knee) or tandem stance (standing with one foot directly in front of the other) a couple of times a day. Improving your balance decreases your risk of falling.

It only takes 30 minutes of these moderate activities a day, five days a week, to reap health benefits.



**KEEP YOUR EYES OPEN FOR EXCITING NEW
WALKING PROGRAMS COMING SOON!**



HealthyCarroll.org



Walk Carroll





SAFETY FIRST!

As the weather gets warmer our environment starts to change. The sun gets more intense, insects come out, and plants start to grow. These environmental changes can be potentially dangerous for children if we are not careful. A few things to be mindful of while gardening this spring are sun protection, appropriate shoes, hydration, and having access to a first aid kit.

Here are some tips on how to keep your children safe while gardening:

PROPER SUN PROTECTION: Wearing proper sun protection is extremely important for children. If a child experiences a few serious sunburns it can increase their risk of skin cancer in their adult life. Proper sun protection consists of sunscreen, hats, and sunglasses. Another way to protect your child from the sun is to spend some time in the shade.

APPROPRIATE SHOES: When your child is gardening they should wear shoes that completely cover and protect their feet. This will prevent them from getting scratches and cuts. Shoes that expose feet while gardening can make your child more susceptible to injury.

HYDRATION: It is important to have water available for your child at all times while they are gardening. Dehydration is the main reason people experience heat exhaustion. Consumption of water should start as soon as the child wakes up to prevent dehydration throughout the day.

FIRST AID KIT: Having access to a first aid kit while gardening can be crucial if your child gets stung by a bee, touches a plant that causes them to experience skin irritation, or cuts themselves on a sharp object. A well-equipped first aid kit can help prevent infection, stop the advancement of an allergic reaction, and cease bleeding.

Resources: <https://kidsgardening.org/gardening-basics-safe-gardening-guidelines/> · <https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-126.pdf> · https://www.cdc.gov/cancer/skin/basic_info/children.htm



SPRING VEGGIE SALAD

Ingredients

- 1 small bunch asparagus, washed and cut into 2-inch sections (about 1/2 cup chopped)
- 4 cups spring baby greens, well-dried
- 3 - 4 small radishes, sliced
- 1/2 cup sugar snap peas, cut into 1/2-inch pieces
- 4 - 5 green onions, sliced
- 1 5.5 ounce jar artichoke hearts, drained

Directions

1. Bring a medium saucepan half-full of water to a boil. Add asparagus pieces and cook for two minutes. Meanwhile, prepare a medium-size bowl with cold water and ice. Lift asparagus out of the water and immediately plunge into the cold water. This helps keep the asparagus from cooking any longer and keeps that nice, bright green color. Lay asparagus on paper towels to drain any excess water.
2. Place spring greens into a medium salad bowl. Top with asparagus, radishes, sugar snap peas, green onions, and artichoke hearts. Top with your favorite low calorie dressing.

<https://www.kitchentreaty.com/spring-veggie-salad-with-creamy-avocado-ranch/#recipe>