

“Harvest for your Health”

October Initiative

Canning and freezing are the most common methods of food preservation, but dehydrating is also a healthy way to preserve food for the upcoming winter months. There are many advantages to dehydrating your harvest. The finished product takes up less space than jars and freezer containers, and being lightweight makes it great to pack for snacks. Drying food also retains valuable vitamins and nutrients as long as they are dried below a temperature of 115 degrees, making it a wise way to preserve food without salt or other preservatives.

There are different ways to dehydrate veggies and fruit. There are the electric and solar dehydrators, and your oven can also serve as a dehydrator. Use what works for you! Follow the link for some ideas and different ways to dehydrate fruits and vegetables. <https://extension.umn.edu/preserving-and-preparing/methods-drying-food-home>

Be creative with your initiative! Create your own veggie chips by dehydrating carrots, beets, and sweet potatoes.

DEHYDRATED VEGETABLE CHIPS

- ☺ 2 zucchini
- ☺ 1 sweet potato
- ☺ 3 carrots
- ☺ 1tsp olive oil
- ☺ 1/2 tsp sea salt & pepper
- ☺ 1/2 tsp of rosemary—optional



1. Using a mandolin, slice all of your vegetables to about 1/8 thickness.
2. Place all vegetables in a large mixing bowl and toss with the olive oil, salt, pepper and rosemary.
3. Once covered, place the vegetables in a single layer on the trays.
4. Dehydrate chips per the instructions on your dehydrator. When finished, let the chips cool and then place them in a freezer bag or mason jar, whatever you prefer. Enjoy!!



Location: Any site including K-12 schools, early care settings, hospitals, colleges/universities, business campuses, state agencies and other organizations across **Minnesota, Wisconsin, Illinois, Indiana, Michigan and Ohio**



Details: Celebrate National Farm to School Month by crunching into locally and regionally grown apples at NOON on **Thursday, October 10.**

Everyone is welcome to Crunch! Although we aim for a collective Crunch on October 10, you are welcome to Crunch **any day or time** in October that works for you.

Join in! Last October 1,564,367 students, children, teachers, and good food supporters across the region crunched. Let's join forces and meet the goal of 1.6 MILLION CRUNCHES this year! Visit the [Apple Crunch Facebook page](#) to get updates and see photos from last year's Crunch.

Send me a picture of your group crunching together at mstamand@calhouncountymi.gov

Everyone in the group gets a point on their fitness ticket.

When we come together around something so simple as a Michigan Apple, we connect to our agricultural heritage, we build local communities, we strengthen our regional economy by keeping our dollars circulating locally, and probably most importantly – we benefit nutritionally from eating a whole, fresh and delicious fruit.



Growing Local Food Systems

Supporting local growers through purchasing their produce not only results in better quality and fresher food, but also builds our local economy. Local food systems fuel rural development through job creation, and importantly inject resilience into our food system. When we value our food and where it comes from we teach our children that eating whole, nutrient dense food is important. And when we value our local farm produce, we keep our dollars circulating in our local economy!

Over the years farmers throughout Michigan have experienced crop loss due to extreme weather, including apple growers. There were two once in a lifetime events within 10 years. There have been hail storms and late frosts since then that have reduced crop yields and values. When we value our farmers we help them invest in the kind of practices that create healthy soil that sequesters carbon.

Together let's support Michigan farmers and the wide variety of apples they grow.

OCTOBER 2019

WELLNESS PROGRAM INITIATIVES

Making Strides Against Breast Cancer Walk

Saturday, October 19th at 10:00 am : Battle Creek - Mill Race Park

For more information go to: www.MakingStridesWalk.org/



People will often cut back on their sleep for work, for family demands, or even to watch a good show on television. But, if not getting enough sleep is a regular part of your routine, you may be at an increased risk for obesity, diabetes, high blood pressure, coronary heart disease and stroke, poor mental health, and even early death. Even one night of short sleep can affect you the next day. Not surprisingly, you're more likely to feel sleepy. On top of that, you're more likely to be in a bad mood, or be less productive at work.

Keep track of how many nights during the month of October that you slept at least 7 hours.

Submit your calendar no later than November 8th to be entered in a drawing for an awesome new pillow.



DON'T FORGET YOUR FLU SHOT

October 2019

Sleep Tracking

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |