

NEWSLETTER

HEALTHIER TOGETHER

Georgia

IEA CONSTRUCTORS CELEBRATE EARTH DAY WITH STEWART COUNTY

IEA Constructors chose to celebrate Earth Day at the Wims Community Center, which houses the new Stewart County Extension Office!



IEA is currently in town completing construction of a solar farm in Stewart County.



They planted 10 large crepe myrtle trees and several plants to add to the Community Center entrance. They also added the roof and footing to our shade shelter for the Healthier Together Stewart County Extension Garden that will be planted this summer!



We are thankful for their contribution!

CALHOUN EXTENSION GARDEN OUTDOOR CLASSROOM FINISHED

Healthier Together Calhoun has completed their outdoor classroom at the Calhoun County Extension Garden!

Complete with a greenhouse, work benches, and shaded learning areas, this classroom is ready for some eager minds!

The classroom will be used for local students and community members who want to learn more about how to garden themselves!

We are so excited to watch this wonderful space fill up with perspective students, young and old!



RICHLAND PLANTING DAY WAS A 'BLOOMING' SUCCESS

The Richland Community Garden held a spring planting day on April 12th!

Richland residents came together to help plant summer squash, tomatoes, peppers, okra, zucchini, pole beans, cucumbers, and pollinator flowers.

New signage with the garden rules has also been added to the garden. Remember, ALL Richland residents are welcome to participate in the garden!

Just give Stewart County Extension a call at 229-838-4908 to learn how to get involved!



RICHLAND COMMUNITY GARDEN RULES

1. EACH GARDEN HARVEST WILL BE USED FOR PERSONAL, COMMUNITY, OR FAMILY USE - COMMERCIAL USE IS NOT ALLOWED.
2. CHILDREN SHOULD BE SUPERVISED IF WORKING IN THE GARDEN.
3. THERE IS NO SMOKING IN OR AROUND THE GARDEN.
4. NOTIFY FELLOW GARDENERS BY PHONE OR EMAIL IF PROBLEMS ARISE.
5. PLEASE USE THE WEIGH STATION TO RECORD THE PRODUCE YOU TAKE FROM THE GARDEN.

PLEASE CONTACT STEWART COUNTY EXTENSION AT 229-838-4908 FOR MORE INFORMATION ABOUT HOW TO GET INVOLVED!



DOOLY COUNTY HIGH SCHOOL RAISED GARDEN BEDS ADOPTED

Our school led community garden beds are starting to sprout some spring vegetables at Dooly County High School!

There are currently twelve planted beds at the school, and all of them have been adopted by community members!

At least six more beds will be added this spring to meet further demand for community access to gardening space!

We are so excited to see this project continuing to flourish, and so appreciative of the efforts of Dooly County High School teachers and students!



Are you interested in starting another community garden site in Dooly County?

Give Dooly County Extension a call at 229-268-4171!

BEYOND HARVEST MOBILE MARKET WILL BE COMING TO LUMPKIN

Beyond Harvest Foods Mobile Market will setup on **May 5th in Downtown Lumpkin** with food boxes, dairy, and grocery items to purchase in your community!

- Value Farm box contains an average of 25 lbs seasonal, popular fruits & vegetables at \$25
- Mighty Meat Box contains an average of 25 lbs of locally grown and processed meat at \$60



LUMPKIN MARKET

First Wednesday Monthly
11:30-1:00 pm

LOCAL SELLERS BRINGING YOU
THE FRESHEST CROPS

WWW.BEYONDHARVESTFOODS.COM

PRE - ORDERS RECOMMENDED TO GUARANTEE AN ORDER :

(334) - 298- 6288 | INFO@BEYONDHARVESTFOODS.COM

COUNTY SURVEYS

Each Healthier Together County will be receiving community surveys to gauge knowledge and interest in grant projects in respective communities. These surveys are being distributed on paper throughout your community, and are open to anyone who would like to participate. The information gained from the surveys will be used by the Healthier Together team to help determine the direction of future projects. Keep an eye out for a survey in YOUR community and make your voice heard!

Healthier Together Dooly Survey

Thank you for taking time to tell us what you think.



Contact Information:

Jeremy Register, CEC
229-268-4171
jregister@uga.edu

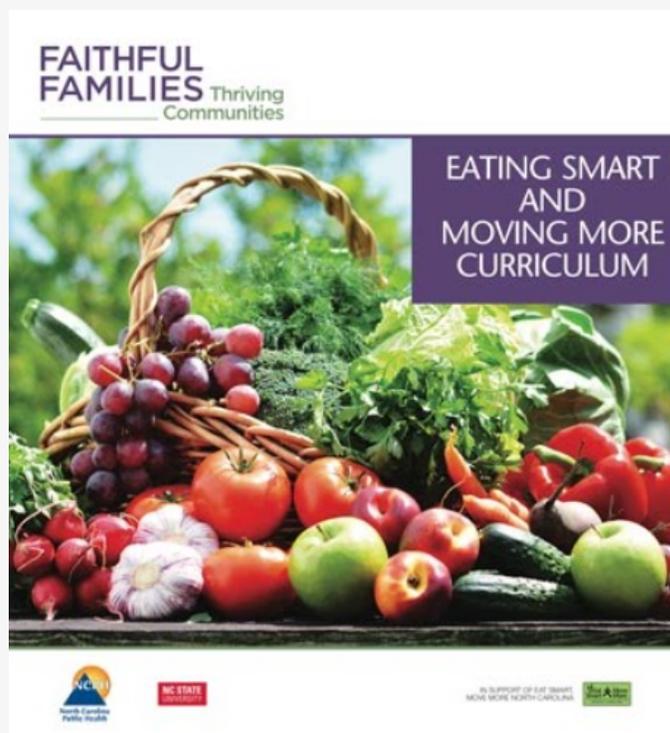
Quadarius Hardy, CEPA
229-268-4171
qhardy@uga.edu

Drop Off Location:

UGA Cooperative Extension, Dooly County
1150 Industrial Drive, Suite 132
Vienna, GA 31092

Your participation in this survey is voluntary and your individual answers will not be shared. Please do not include your name, address, or any other identifying information anywhere on the survey.

Interested in taking a survey, but haven't seen one in your community? Call you local Extension Office!



FAITHFUL FAMILIES

Healthier Together Faithful Families Virtual Programming is Live!

Faithful Families is a nutrition based education program that believes that communities of faith are important health advocates.

The program trains and brings together facilitators and local faith communities to deliver excellent nutrition information in faith settings.

To address the challenges presented by the COVID-19 pandemic, we will be offering the content online on our Healthier Together Georgia website.

Are you part of a faith community that you think could benefit from fun and helpful nutrition education! We can get you everything you need to help make your faith community a healthier place to worship! Just contact your local FACS Agent or Grace Holmes at grace.holmes@uga.edu or 229-386-3551.

<https://site.extension.uga.edu/healthiertogether/resources/faithful-families/>

Quick Tips to Revive Wilted Produce

Do you ever find yourself staring at the drooped, wilted, and overripe fruits and vegetables in your fridge that you paid good money for? Don't be so quick to throw them out!

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Keep reading for some easy tips to use your ugly fruits and floppy vegetables.

Revive Your Produce

Soak wilted carrots, green beans, kale, lettuce, spinach, chives, and other greens in a cold-water bath for 30 minutes in the refrigerator to restore them. Use within 24 hours.

Freezers Love Veggies

Blanching before freezing vegetables is a good idea because it helps to slow the loss of vitamins, flavor, color, and texture. Place your greens in a wire basket and put the basket in a pot of boiling water for about 2-3 minutes. Once blanching is done, the vegetables need to be cooled instantly in cold water. After the veggies are cooled, drain well then freeze them! Blanched fruits and vegetables can be frozen for 8-12 months.

Embrace the Ugly

Overripe bananas? Freeze any peeled bananas and use them to make banana pancakes, banana bread, or banana smoothies later!

Citrus looking discolored? Squeeze the juice into ice trays to use for lemonade, salad dressing, tangy marinade, or flavored water!

Soft tomatoes? Puree them up into a sauce or salsa! Use right away or freeze for future use.

Make it Tonight

Stir-frying is also a great way to use your drawer full of newly restored crisp and no longer wilted veggies. or as long as you want.

Compost

So, you didn't save your produce in time, and there is no hope? Try composting the fruits and vegetables you can't use at home.



Designed by: Grace Holmes and Becca Stackhouse

RECIPE OF THE MONTH

Bean Cucumber Salad

Ingredients

For the vinaigrette:

- 1 tablespoon olive oil
- 2 teaspoons white wine vinegar
- 1/2 cup apple juice
- 1 tablespoon tomato basil garlic seasoning blend, no-salt

For the bean salad:

- 1/2 cup almond slivers
- 2 tomatoes (coarsely chopped)
- 1/2 yellow bell pepper (chopped)
- 1/2 cucumber (peeled and chopped)
- 3 green onions (sliced)
- 2 cans cannellini (white) beans (14.5 oz, no-salt-added, drained and rinsed)
- large lettuce leaves (Boston, Bibb, or romaine)

Directions

1. Whisk together dressing ingredients in a small bowl.
2. In a small saute pan, toast almond slivers until golden.
3. Remove from pan and let cool.
4. In a medium bowl, toss dressing with all ingredients except lettuce.
5. Refrigerate until ready to serve.
6. To serve, place lettuce leaves on individual plates; top with salad.



HAVE A QUESTION FOR HEALTHIER TOGETHER?

CONTACT YOUR LOCAL EXTENSION OFFICE

OR

HEALTHIERTOGETHER@UGA.EDU — 229-386-3551

TO FIND OUT HOW YOU CAN GET INVOLVED!



<https://site.extension.uga.edu/healthiertogether/>