



Preserving Summer's Bounty

By Lisa ShROUT, 4H Educator



As spring planting begins and our area explodes with home gardens, farmers markets, and farm stands this is the perfect time to learn more about food preservation. How do we take the bounty of harvest season and make it last through the cold winter months? Food preservation is the answer.

Hot water canning allows us to can fruits, jams, jellies, pie fillings and pickled products. This method of canning uses hot water to safely seal and preserve our high acid foods. These foods will last one year without losing quality or nutritional value.

Pressure canning allows us to can vegetables, spaghetti sauce, fish, shellfish and meats using steam and pressure to safely seal and preserve our low acid foods. These foods will last one year also without losing quality or nutritional value. With both canning methods the foods are safe and may be kept much longer than a year, though they will lose some nutritional value and quality. Another advantage for canning is that storing the food requires no electricity. As long as the jars are kept someplace cool and dark they will be safe and keep fine, allowing them to be stored in any out of the way nook in your home. Food may become unsafe if not canned properly.

Freezing is one of the easiest and most convenient ways to preserve food. Freezing does not sterilize food, but it does slow the growth of microorganisms, and the rate of chemical changes that affect quality or cause food to spoil. Learning how to properly freeze food greatly increases the storability and quality of the food you are freezing. The down sides to freezing are that it requires electricity, it requires quite a bit of space, and you have to have a freezer that is in good working order. If your food becomes unfrozen, it must be inspected for spoilage, used quickly, and discarded if quality has degraded. The more a freezer is opened and closed the more the food will degrade, so having a freezer solely for the storage of your frozen foods and not for everyday use is the best option.

Dehydrating is becoming popular once again as a means of preserving foods. It is the oldest method of food preservation and is easy to learn. Dehydrating works by removing the moisture from food, which stops bacteria, yeasts and molds from growing and spoiling food. Drying food to make jerky, fruit leathers, dried nuts and seeds, vegetables, and fruit and vegetable chips can be done year round with the use of modern dehydrators. Dried foods need to be stored somewhere dark and dry, so a pantry or tote under a bed is perfect. Dried foods are light weight and take up very little space. They can be eaten as is, or they can be rehydrated for cooking.

You can learn more about these skills through Cornell Cooperative Extension. Cornell Cooperative Extension of Schuyler County has recently trained several local residents to be Master Food Preservers. These individuals will be doing pop up preservation events over the next few months. These events will be available to the public and you can find them on the CCE website: <http://cceschuyler.org/>. CCE of Schuyler has also started a waitlist for anyone who wishes to take the Master Preserver training next spring.



Please submit articles and HEAL Schuyler events to scph@co.schuyler.ny.us.

Eggplant Pizza

Ingredients

- 1 medium eggplant (about 1 pound)
- Olive oil cooking spray
- 2 tsp dried Italian seasoning, for sprinkling on eggplant before roasting
- 1/2 tsp garlic powder, for sprinkling on eggplant before roasting
- 2 cups tomato sauce
- 3/4 cup chopped vegetables such as bell peppers, mushrooms, onions
- 1/3 cup freshly grated Parmesan cheese
- 1/3 cup finely grated low-fat mozzarella cheese
- Hot red pepper flakes (optional)
- 2 Tbsp chopped fresh basil (optional)

Materials

Cutting board & sharp knife, measuring cups & spoons, small mixing bowls, grater, baking sheet

Instructions

Preheat oven to 400 degrees.



Combine Italian seasoning and garlic powder in small bowl.

Cut both ends off the eggplant, and slice the eggplant into 1/2 inch thick rounds.

Spray a baking sheet with cooking spray, and lay eggplant slices on it. Spray top of eggplant rounds with olive oil, and sprinkle with seasoning mixture.

Roast the eggplant rounds in the oven for 25 minutes until browned and softened, flipping rounds half way through so both sides are browned.

Remove eggplant from oven, and turn up oven to broil.

Top each eggplant round with about 3 Tbsp sauce, 1-1/2 Tbsp chopped vegetables of your choosing, 1-1/2 tsp each grated mozzarella and Parmesan cheese.

Broil eggplant rounds until cheese is melted and slightly brown. Top with hot pepper flakes and fresh basil, if desired.

Refrigerate the leftovers within 2 hours to maintain food safety.

Choose HEALth Eatery– The Elf in the Oak

Looking for a healthy dish this summer?

Check out Elf in the Oak in Burdett. Cody Evan and his staff work hard to make sure they have healthy dishes available for their customers. They have met the Silver Star Status which means they

- Meet all of the Bronze level requirements
- Meet the added sugar requirement of less than 32 grams.
- Meet calorie requirement
 - Adult Snack <250 calories
 - Kids snack <200 calories
 - Kids entrée <350
 - Adult entrée <700 calories

The silver dishes that The Elf in the Oak serves include:

- Chickpea Shawarma Salad
- Black Bean Burrito

To find out more information about the Choose HEALth program and all participating restaurants, please visit the HEAL Schuyler website.

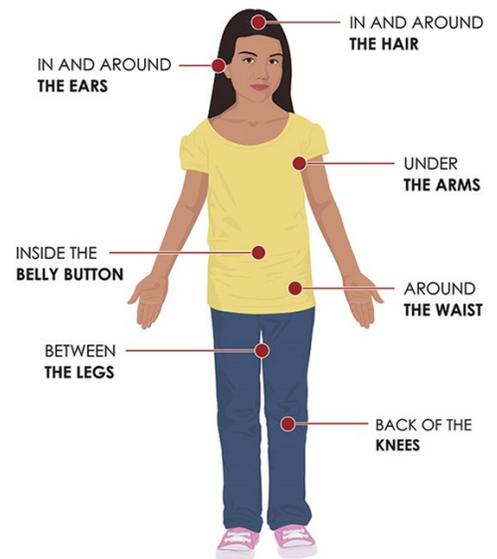


Protect Yourself from Tick Bites this Summer!

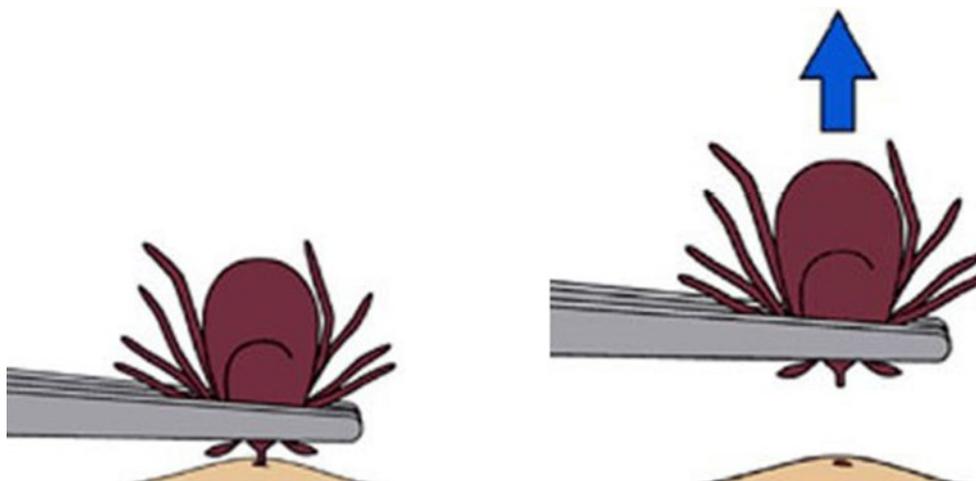
By Ellie Fausold, MPH, Schuyler County Public Health

Summer is a great time to get out and enjoy the outdoors! This warmer weather also means that it's a busier time of the year for ticks, which are most active from April to September. You can help protect yourself and your family from Lyme and other tickborne diseases by following these tips:

- **Know where to expect ticks.** Ticks live in wooded areas and in brushy areas with tall grass and leaf litter, so keep an eye out for ticks if you are active in these areas. Ticks can also be found in your own backyard. You can make your yard less attractive to ticks through maintenance like mowing your lawn often, keeping leaves raked, stacking wood neatly, and removing any trash from the yard.
- **Dress to repel.** When possible, dress in light-colored clothing including pants and long-sleeved shirts. Applying insect repellent that is effective against ticks also helps keep ticks from biting. Use this tool to help you find a product that works for you and your family: <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
- **Check for ticks** and shower or bathe after being outside. Make sure to check less obvious places like in and around the hair, inside the belly button, and under the arms. Don't forget to check pets, too
- **Remove ticks promptly.** If you find a tick on yourself or your child, follow these steps: use fine-tipped tweezers to grasp the tick close to the skin's surface and pull steadily upward to remove the tick; clean your hands and the bite area with rubbing alcohol or soap and water; and dispose of the tick by putting it in a sealed container, wrapping it tightly in tape, or flushing it down the toilet. Contact your health care provider if you develop symptoms like a fever or a rash, and make sure to tell them if you have had a tick bite. Lyme disease is treatable with antibiotics.



To learn more about ticks and Lyme disease, visit <https://www.cdc.gov/lyme/index.html> or <https://www.health.ny.gov/diseases/communicable/lyme/> or contact Schuyler County Public Health by calling (607) 535-8140.



Images provided by CDC

Recipe Contest Prizes

We are looking for recipes that meet the Choose HEALth gold standards, use local ingredients and taste great. To learn about the gold standards nutritional requirements please see the HEAL Gold Standards on our website.

Prizes will be awarded to 1st, 2nd and 3rd place recipes.

Submit recipes to scph@co.schuyler.ny.us with Subject: HEAL Recipe Contest Entry by August 30, 2019.



Some of the prizes include donations from HEAL Schuyler members

- Preferred passes to Seneca Thrills at Watkins Glen KOA
- Yoga Classes from Selah Yoga Studio
- 5 person, one day hike in Schuyler County with Ranger Outfitters.
- More to come!

If you have any questions about the contest, please call Public Health at 535-8140 or email scph@co.schuyler.ny.us

25 Low Cost Activities to do this Summer

1. Get a HEAL Schuyler walking trail map and go on a hike (Check our website for details)
2. Visit your local playground
3. Fly a kite
4. Play backyard games such as softball, kickball, capture the flag, tag, and hide and seek
5. Walk around a local festival
6. Go fruit picking at the local u-pick farms.
7. Go swimming at the WG State Park pool or Seneca Lake
8. Attend the HEAL Schuyler Scavenger Hunt this September
9. Have a paper airplane contest
10. Do sidewalk chalk art
11. Blow bubbles with the family and friends
12. Go mini golfing
13. Play water games in the backyard, such as water balloon fight, water guns and slip and slide
14. Try out Geocaching, www.geocaching.com.
15. Check out the HEAL Schuyler physical activity sites on the HEAL website
16. Go stargazing and moon walk
17. Go for a bike ride with friends and family.
18. Create an obstacle course for family and friends to go through with hula hoops and jump ropes.
19. Visit a local farm
20. Go bowling when it's really hot or rainy outside to keep cool or try backyard bowling with some bottles and a ball.
21. Rent a kayak or canoe at the local waterfront.
22. Stream your favorite music through radio or internet and have a dance party with family and friends.
23. Play a game of tennis or basketball at the local school or at Clute park.
24. Do a home/yard maintenance or home decorating project together as a family.
25. Train for a local 5k walk/run with family and friends.



Upcoming HEAL Schuyler activities and events

- July 6– Finger Lakes 50s– Finger Lakes National Forest 50 Mile and 50 K starts at 6:30 am and 25 K at 8:00 am.
- July 14– Push Through 5k– Elks Lodge, Watkins Glen NY at 9 am to 12 pm
- July 20 and 28– Watkins Glen History Walk– 10:00 am at Watkins Glen pier
- July 21– Wild Mushroom Walks and Talks– 1:00pm Schuyler CCE
- July 26 to July 28 Hector Fair
- July 26 to July 28 Mamma Mia! Dream Barn Productions Odessa NY
- July 27– History Walks with Gary Emerson– Montour Falls Library 9 am
- July 27– Finger Lakes Cheese Festival- Odessa NY 10 am– 5 pm
- July 28– Fire up Montour Summer Fireworks and Rock Concert– First Baptist Church Montour Falls NY 5:30 pm
- July 29-August 2 Summer Windsor Chair Class– Chicone Cabinetmakers Montour Falls
- August 9-10,-Farm to Fork Fondo- Burdett NY
- August 9,10,11 Italian American Festival– Clute Park
- August 17 and 25– Watkins Glen History Walk– 10:00 am at Watkins Glen pier
- August 24- Catharine Valley Half Marathon Watkins Glen HS, Watkins Glen NY
- August 24 -History Walks with Gary Emerson– Montour Falls Library 9 am
- Sept 6 - Grand Prix Festival-Watkins Glen NY
- Sept 7- Watkins Glen State park First Saturday Educational Hike-9:30-12:30 pm
- Sept 14-Schuyler Fall Family Fit Festival- Montour Falls Carnival Grounds 10am to 1 pm
- Sept 21-22 Finger Lakes Open Water Swim Festival– Clute Park, Watkins Glen NY
- Sept 21 and 22- Watkins Glen History Walk– 10:00 am at Watkins Glen pier
- Sept 28- History Walks with Gary Emerson– Montour Falls Library 9 am
- Sept 28– HEAL Schuyler Scavenger Hunt starting at Montour Falls Library at 9 am
- Seminar Series: Farrier & First Aid hosted by Painted Bar Stables Jul 5– August 23.
- Concerts in Lafayette Park– Tuesday Nights Lafayette Park Watkins Glen from July-Aug 22
- Montour Falls Farmers Market -Thursday 4:00-7:00pm
- Watkins Glen Farmers Market - Fridays 3:00-7:00 pm
- Yoga for your Health- Tuesday and Thursday at 8am and Thursday at 7 pm Montour Falls Library
- Blankets & Books at Havana Glen Park Tuesday at 10 am June through September
- Youth Empowerment Group– Montour Falls Library every Monday from Jun 17 to August 26. at 3:30 pm.



To the HEAL Schuyler member:

HEAL Schuyler
106 S. Perry St
Watkins Glen, NY 14891

Our mission is: “To Reduce the rate of adult obesity in Schuyler County to less than the NYS average of 25% (2012-2013) ”



Not on our distribution list yet?

Sign up at www.schuylercounty.us/HEAL