



June 2009

HCSF Newsletter

Summer is finally here! Take the family outside and enjoy the beautiful weather. Enjoy our COOL treats for HOT summer days that are both healthy and fun to make. Turn your thumb green with Tub Gardening! Get out and support local farmers and your health by visiting a Farmer's Market. Read on for tips for a safe and healthy BBQ season.

Mock Ice Cream Sandwiches



Ingredients:

- 1 tub fat-free Cool Whip
- 1 box Jell-O fat free, sugar free pudding
- ¼ cup skim milk
- 1 box low-fat graham crackers

Directions:

- In a small mixing bowl combine Cool Whip, Pudding and skim milk, beat until smooth.
- Break each rectangle graham cracker into two squares
- Spoon one teaspoon full of mixture on each cracker square. Place another cracker square on top to form a sandwich
- After assembling all sandwiches, wrap them individually and freeze for 2 hours.

Easy Lemon Ice



Ingredients:

- 1 package sugar free JELL-O Lemon Flavor Gelatin
- 1 cup cold seltzer water
- Juice from 1 lemon
- Sugar Free or Light Cool Whip Topping
- Strawberries

Directions:

- Add 1 cup boiling water to gelatin mix in medium bowl; stir for 2 minutes until completely dissolved. Stir in seltzer water, lemon juice. Pour into 9 inch square pan and cover.
- Freeze for three hours or until firm. Remove from freezer and let stand at room temperature for 10 minutes.
- Use spoon or fork to scrape gelatin mixture into small pieces; spoon into 6 dessert dishes. Top each with 1 Tbsp. Cool Whip and strawberries. Serve immediately. Re-freeze any remaining portions.

No place for a large garden plot in your yard? Want more produce than will fit in small flower pots?

Try Tub Gardening!

Buy a light colored Rubbermaid™ or other rubber type storage bin. Use a large carpentry nail and a hammer to poke 10-12 holes in the bottom for drainage. (**Parents only, please!**) If you have access to them, place some rocks at the bottom of the bin to help with drainage (optional). Fill the bin with good quality potting soil. Set bin outside in a sunny spot, on top of bricks to keep bin off the grass and encourage drainage.

Plant "starters" from the local farmers' market or nursery. (Starters are plants like peppers, tomatoes or cukes that have already been grown from seeds and are ready for transplant into a garden plot or tub garden). Lettuce, herbs and flower seeds can be planted directly into the soil.



Got an old kiddie pool that won't hold water?? You can fill it with soil!

Water regularly and enjoy!



Mythbusters



Grill Masters Take Note!

Myth:

"My wife says that I should be careful when I cook hamburgers on the grill. I've been grilling hamburgers for years and no one has gotten sick. I know what I'm doing. "

Truth: Even the most seasoned grill masters should still take care as the summer barbeque season gets underway.

Undercooked hamburger has been implicated in many of the 20,000 cases of illnesses caused each year by *E. coli* which causes diarrhea, abdominal cramps, and in extreme cases, death.

To keep your hamburgers safe:

- Ground beef should be cooked until the interior is no longer pink and until the juices run clear (to a minimum of 155 degrees F);
- Don't put cooked hamburger on the same plate that held raw meat;
- Wash, rinse, then sanitize all utensils that have touched the raw meat; and
- Wash your hands after handling the raw meat.

These easy steps should ensure a safe, fun barbeque.

Locate a Local Farmer's Market Near You!

Farmers Markets are a great way to get local fresh fruits and vegetables and they can also be a fun family outing! Because you don't have to pay for storage and transport, the food at farmers markets is usually cheaper than the grocery store price too!

Log onto <http://states.farmersmarket.com/category/wi/page/1> to find a farmer's market in your area!

Onieda Farmer's Market

Located at the Oneida One Stop
At the intersection of Highway 54 and Seminary
Approximately 6 miles west of Green Bay

Opening on June 25th
Thursdays 2 pm-6 pm

For more information
call (920) 869-6294

Eagle River Farmer's Market

Held on Highway 45
(north of the bridge in Eagle River)

Wednesdays
8:30am-1 pm

Contact Rita Fritz
(715) 477-0645 for more information

Shawano Farmer's Market

Located at the Fairview Plaza

Open May-October
Saturday 8 am-1 pm

For more information
call (715) 524-2139

Ashland Area Farmer's Market

200th block Chapple Avenue,
(between Main and 3rd Street)
Ashland, WI

Opening on June 20th
Saturday 8 am-12 noon

For more information
call Landis Spickerman
(715) 492-5968
Watch for mobile markets in Odanah too!