

TEXAS A&M AGRI LIFE EXTENSION

HOW CAN WE HELP? HUTCHINSON COUNTY EXTENSION NEWSLETTER

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BURRR!!! HOW DO YOU KEEP WARM WITH JACK
FROST NIPPING AT YOUR NOSE?

January is definitely upon us. With the temperatures constantly dropping into the teens, many of us need to find alternative ways to keep warm. Cranking up the heater to blast constant heat might be an option for so many of us and would be extraordinarily expensive. Here a few ways you can keep warm without breaking the bank on heating!

- Getting a little nutty-Consuming foods that are high in healthy fats, like many nuts, will help you regulate your body temperature.
- Cuddle up with someone-Snuggling next to someone adds extra body heat. This process also releases the “feel-good” hormone, oxytocin. This can help reduce stress and help lower blood pressure.
- Get moving-Go for a walk. Move around your house. Get your blood pumping and circulating through

your body. When its cold outside, circulation in party of your body, like your fingers and toes, decrease, which is why those extremities are the first to feel cold when the temperature drops.

- Drink something warm-Warm up with a steaming mug of tea or coffee. This can help warm you up from the inside out!
- Start with soup-This has the same effect as drinking something warm; however, soup is also filling. Consuming more soup will help fill you up without extra calories.
- Take a warm bath-Escape the cold with a nice long soak in a warm bath. This will help you relax, warm you up, and ease pain and tension in aching muscles. A warm bath before bed



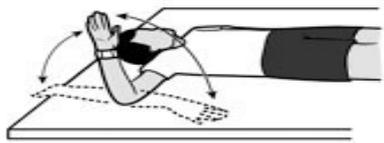
One additional way to stay warm during those long winter days is to add various spices to different things (or add them to your diet in general). Some spices have particular health benefits that can not only keep you warm, but could also help keep those nasty flu and cold germs from attacking your immune system. **Ginger:** Ginger is pretty much the super hero of the herb world. This herb can help with nausea, chemo/motion sickness, arthritis, joint pain, & muscle soreness. Ginger also helps your blood circulation & body temperature. This herb can be found in your local grocery store. **Calendula:** Calendula is a marigold-like, flowering plant that is full of antioxidants called flavonoids. These help fight germs and inflammation & also aides with upset stomachs, can be applied to burns, cuts, & bruises. Calendula may also help with sore throats (because it aide with inflammation). You can find this herb at most health food stores. **Nutmeg:** Nutmeg aides with stomach problems. It helps fight off bacteria & fungi. Nutmeg is also a good source of fiber & has anti-

Spice it Up!

inflammatory properties. Nutmeg can be found in the spice isle at most grocery stores. **Oregano:** This is an antibacterial and antifungal herb. This herb can also be effective against some foodborne illnesses & antibiotic resistant illnesses. Oregano can be found in the spice isle at most grocery stores. **Rosemary:** This herb is an anti-inflammatory herb that may also aid in boosting learning & memory. Rosemary can be found in the spice isle at most grocery stores. **Saffron:** Saffron helps with mild depression, asthma, & coughs. This can be found at most grocery stores. **Thyme:** Thyme is full of antioxidants that help prevent cellular damage. This can aide in boosting overall health. Thyme can also help prevent inflammation, signs of aging, & more! This is a very common herb & can be found in nearly every grocery store. **Turmeric:** This herb is used to treat most everything from depression to liver disease to skin ailments. Turmeric also helps with arthritis & heartburn. This a very common herb that may be found in most grocery stores.

Exercise: It Does a Body Good!

Exercise can be done at any age! It is a vital part of everyday life and has many important benefits. Each month, we will be featuring a new low impact exercise that anyone can do, at any age. This month's feature exercise is the **Shoulder Rotation**. To do this exercise, you will first lie flat on the floor, with a pillow under your head. If your back bothers you, place a rolled towel under your knees. Stretch your arms straight out to the side, on the floor. Your upper arms will remain on the floor throughout this exercise. Bend at the elbow so that your hands are pointing toward the ceiling. Let your arms slowly roll backwards from the elbow. Stop when you feel a stretch or slight discomfort, & stop immediately if you feel a pinching sensation or a sharp pain. Slowly raise your arms, still bent at the elbow, to point toward your hips. Stop when you feel a stretch or slight discomfort. Alternate pointing above your head, then toward the ceiling, then toward your hips in this manner. Begin & end with the pointing-above-the-head position. Hold each position 10-30 seconds. Keep your shoulders flat on the floor throughout. Repeat 3-5 times. Be sure to consult your doctor before engaging in any physical activity, as we do want you to injure yourself. Check back next month for the next monthly exercise!



New Year's Black Eye Pea Dip!

Ingredients:

- 1 can (14-ounce) Can Black-eyed Peas
- 1/4 whole Onion, Chopped Fine
- 1/4 cup Sour Cream
- 8 slices Jarred Jalapenos
- 1 cup Grated Sharp Cheddar Cheese
- 3 Tablespoons Salsa
- Hot Sauce, to taste
- Salt And Black Pepper To Taste



Preparation:

Preheat oven to 350 degrees. Drain black-eyed peas and partially mash, leaving some whole. Add all other ingredients, stirring to combine. Spread into a 1 1/2 quart baking dish and bake for 20 to 30 minutes until hot and bubbly. Serve with tortilla chips!

*Note: if you have them available, you can use the canned black-eyed peas and jalapenos (they're canned together.) If you do this, you can omit the extra jalapenos.

A Recipe for You!

Ingredients:

- * 3 cups cooked beef roast, cut bite size
- * 1 cup beef broth from cooked roast or low-sodium canned broth
- * 1 medium onion, diced
- * 2 medium carrots, sliced
- * 2 stalks of celery, sliced
- * 4 potatoes, peeled and cubed
- * 2 to 3 cups water
- * 1/2 teaspoon pepper
- * 1 can (15 ounces) diced tomatoes with liquid
- * 1 can (15 ounces) green beans with liquid



Preparation:

1. In a large pot, over medium-high heat, place beef, beef broth, onion, carrots, celery and potatoes. Add enough water to cover vegetables. Add pepper and other seasonings if desired. Bring to a boil.
2. When the soup mixture begins to boil turn heat to low. Cover pot and simmer about 1 hour or until vegetables are tender.
3. Add tomatoes, green beans and corn. Turn heat to medium-high and bring to a boil. When the soup mixture begins to boil, turn heat to low, cover pot and simmer about 15 minutes.

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin.

The Texas A&M University, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.