

TEXAS A&M AGRI LIFE EXTENSION

FAMILY & COMMUNITY HEALTH

Montgomery County E-Newsletter



RECIPE OF THE MONTH!

Dijon Baked Salmon

Source: <https://downshiftology.com>

Ingredients:

1 1/2 lbs salmon (King, Sockeye or Coho)
1/4 cup fresh parsley, finely chopped
1/4 cup Dijon mustard
1 tbsp avocado oil
3 garlic cloves, finely chopped
salt & pepper

Instructions:

Wash your hands & clean work area before you start.

- 1) Preheat your oven to 375 degrees Fahrenheit
- 2) Place the salmon on a parchment lined baking tray & set it aside.
- 3) Mix together the remaining ingredients in a small bowl & generously coat the top of the salmon.
- 4) Bake the salmon for 18-20 minutes (depending on size & thickness), then slice it into individual portions & serve immediately.

HEALTHY TIP: Keep in lean & flavorful! Try grilling, broiling, roasting, or baking - they don't add extra fat. Avoid breading or frying seafood & creamy sauces, which add calories & fat. Using spices or herbs, such as dill, chili powder, paprika, or cumin, & lemon or lime juice, can add flavor without adding salt. (<https://www.choosemyplate.gov>)

Nutrition Information:

Calories: 249.7, Total Fat: 1.7 g, Saturated Fat: 1.7 g,
Cholesterol: 87.1 mg, Sodium 371 mg, Total Carbohydrate 1.9 g,
Dietary Fiber 0.5 g, Protein: 30.5 g

Walk Across Texas 2019 Montgomery County Community Challenge



The weather is getting warmer and the days are getting longer. It's the perfect time to get outside and work on a healthier lifestyle. The Annual Montgomery County Community Challenge to "Walk Across Texas" will begin April 1 and continue for 8 weeks.

Enjoying a healthier lifestyle is easier than it seems. A daily walk can improve overall health, strengthen bones and muscles, prevent high blood pressure, lower diabetes, and it's simple! All you need to get started is a good fitting pair of athletic shoes and you're set. Walking with friends, co-workers, or family is fun and encouraging. Also, knowing you are participating with hundreds of other Montgomery County residents offers extra motivation to keep going.

Walk Across Texas (WAT) is an 8-week program designed to help people of all ages establish the habit of regular physical activity. Register a team of up to 8 people by April 1 to walk 830 miles or the distance it would take to walk across Texas at <http://HowdyHealth.org>. General information can be found at <http://walkacrosstexas.tamu.edu>. Incentives are awarded to all participants who sign up. Weekly prizes are given based on random drawings from participants who have met weekly goals. Other types of physical activity can also be counted toward miles. Basically, any moderate to vigorous physical activity that increases your heart rate slightly and is done continuously for 20 minutes counts as a mile. Creative team names add to the fun.

Walk Across Texas is more than an event, it's an educational experience that motivates you and your family/friends/co-workers to develop healthier habits of increased physical activity. It's a great way for work groups to build teams and create healthier environments at work. If you work in an office, get your leadership team involved and provide a contest between peers. A simple daily walk can add to increased motivation at the office. At home, families in your neighborhood or social groups can participate as a support network.

"I tried Walk Across Texas years ago because I was overweight and had been told I needed to go on a statin for high cholesterol", said past participant Ruby Chandler. "I decided to try walking instead. After the 8 week challenge my cholesterol number was lowered and I did not need medication. This is the perfect way to lose those extra pounds."

"Walk Across Texas is about doing just a bit more physical activity than you are doing now and developing healthy habits", said Amy Ressler, County Extension Agent Family and Community Health. "Who couldn't use a little more 'healthy' in their lives?"

Learn more about Walk Across Texas at www.WalkAcrossTexas.TAMU.edu. Contact Amy Ressler at the Texas A&M AgriLife Extension office of Montgomery County at a-ressler@tamu.edu.

Follow Healthy Living in Montgomery County on Facebook
www.Facebook.com/@mocohealthyliving

WHAT IS FCH UP TO?

Oooooops! The end of February and first of March was so busy, we forgot to send a newsletter! Spring does seem to stay really busy around here, but we are always happy to make room for you! If you have a request for a program or presentation, please do not hesitate to ask!

It's time for **Walk Across Texas!** The annual Montgomery County Walk Across Texas Community Challenge began April 1, but teams start "on or about April 1st" so if you are seeing this a little late, don't worry you can still sign up. We have great incentives for people who participate. The goal is for teams of up to 8 members to walk, or do other types of physical activity that equates to miles, to reach 832 miles in 8 weeks. Find more general information at www.walkacrosstexas.tamu.edu and the registration site at www.HowdyHealth.org If you would like to be connected with a team, contact Jenni. Also, check out our Facebook page for reminders.

FRED celebrations! We'll have our **Families Reading Every Day** celebrations at the local head start sites on April 10, 11, and 12. We need volunteers to be "celebrity" readers for the children on those days. Let us know if you would like to help.

"**Do you know what you are eating?**" will be presented at the Academy for Lifelong Learning in the Woodlands on April 11 and in New Caney on April 16

KidzFest is April 27! We'll be out there in the Health Village and the Safety Village. Be sure to stop by and say "Hi!" if you are out there. The event is totally free and great for families. Gates open at 10am and Close at 5pm in the Downtown Conroe area.

Coming in May: **Big Time in D9** is the District 9 4-H event that includes over 20 popular 4-H contests. The event is held May 2, 3, and 4 at the Lone Star College – Montgomery Campus in the Woodlands and includes around 500 youth from a 19-county area. We need volunteers to help with running and judging contests. Let us know if you are interested!

Canning Workshop! We'll host a canning work shop on Tuesday, May 14, 10am-2pm at the Extension Office. The workshop will focus primarily on the process of water bath and pressure canning so it's ideal for beginners. Hands-on activity will allow participants to take home products canned in the class. The cost is \$35 including a light lunch as well as supplies. Also, we will have copies of "So Easy to Preserve" books (what we call our canning "bible") available for purchase for an additional \$20.

IMPORTANT! In order to ensure that the programs we plan and implement are on point we solicit input from community members every 5 years through a long-term strategic planning process called the **Texas Community Futures Forum** or TCFF. Your opinion is highly valued in relation to all the roles you fulfill in your life: professional, volunteer, county resident, neighbor, family member, and individual and so on. We'd like to invite you to complete an online survey asking the question: "**During the next 3-5 years, what are most critical issues affecting Montgomery County?**" Please use this link to share your ideas with us between now and May 5th.

https://agrilife.az1.qualtrics.com/jfe/form/SV_0rEahmatPJZySTX



4-H: ; Montgomery County Fair 3/29-4/7

Agriculture: 4/2 Private Pesticide Applicator Training; 4/25 Pond Management Program

Horticulture: April Horticulture Classes on 4/13 "The Which, What & How of Spring Blooms" 8-10 am, "Multiplying Your Blooms" 10:30 am-12:30 pm

What's Going on in Extension Land?

