

# Living Well Williamson

Volume 3, Issue 2

Summer Newsletter

**SAVE  
THE  
DATE**

- July 1—Canning Basics Workshop
- July 4—HOLIDAY OFFICE CLOSED
- July 18—Healthy Eating Working Group @ 8:30am
- July 11—Williamson EEA Meeting
- August 1—FCS Advisory Board Meeting
- August 1—4-H Awards Banquet



## Protect Your Eyes From The Sun

For most of us, the eyes are the most cherished of our senses. Yet we potentially expose them to danger simply by going outside. Over time, the sun's rays can seriously damage the eyes and surrounding skin, sometimes leading to vision loss and conditions from cataracts and macular degeneration to eye and eyelid cancers. However, simple daily protective strategies will help keep our eyes and the sensitive skin around them healthy.

### Are You At Risk:

The fairer your skin, the greater your age, and the lighter your eyes, the higher your long-term risk, especially if your work or recreation involves prolonged sunlight exposure. Light eyes are at increased risk for skin cancer and certain eye diseases because they contain less of the protective pigment melanin.

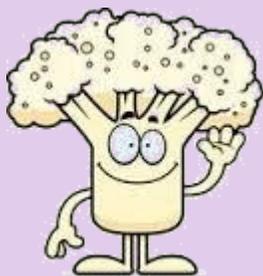
### How Sunlight Damages The Eyes:

Although designed to protect the eye, the eyelid's skin is thin and contains many fragile tissues vulnerable to UV light. Inside the eye, the lens and cornea, both transparent, filter UV rays, but years of UV absorption can damage them. The lens, the eye's focusing mechanism, can turn yellowish and cataractous. The cornea, the area in front at the outer layer of the eye, admits light and images to the retina.

### Best Defense:

Lenses that absorb/block UV offer strong defense against eye and eyelid damage. It's best to wear sunglasses year-round in the sun. UVA light can damage the eyes and the skin around them throughout the year. Even on overcast days, UV can penetrate through clouds and haze. Check if the glasses meet ANSI and/or ISO standards for traffic signal recognition, meaning they permit good color recognition. Sunglass lenses come in many shades, with neutral gray, green, or brown usually offering the most comfortable vision. Choose the color that works best for you. Before purchasing sunglasses, check tags, labels, or packaging to make sure the lenses provide proper UV protection.





## Everyone's Talking Cauliflower

Cauliflower is often considered one of the healthiest foods on earth- and there is good reason why. With its rich supply of health-promoting phytochemicals, high level of anti-inflammatory compounds, and ability to ward off cancer, heart disease, brain disease, and even weight gain- it seems there isn't much cauliflower can't do. Cauliflower is a member of the cruciferous vegetable (or *Brassicaceae*) family- along with broccoli, cabbage, kale, Brussel sprouts and some other less common varieties.

Recent studies suggest that cruciferous vegetables are an excellent source of natural antioxidants due to their high levels of various phytochemicals, as well as good suppliers of essential vitamins, carotenoids, fiber, soluble sugars, minerals, and phenolic compounds. In fact, it's believed that brassica vegetables are the largest source of phenolic compounds in the human diet.

A one-cup serving of cauliflower contains 29 calories and 0 grams of fat, sodium or sugar.

Luckily cauliflower is one of the most versatile vegetables there is, therefore add more of it to your diet on a regular basis should not be very difficult.

Ways to try in your recipes:

Mash cauliflower with probiotic-rich yogurt into a velvety smooth texture that can take the place of potatoes. Grate it into rice-like particles to make "cauliflower rice". Use it as a meat substitute by dipping it in a batter of eggs, spices, and almond flour to make cauliflower "nuggets". Or use as a moisture, as a binding agent, and a texture-enhancer in "cauliflower pizza crust". Either way you are still reaping the many benefits that this superfood vegetable has to offer.

**Ingredients**

- 1 Large head of Cauliflower
- 2 cups of Shredded Mozzarella Cheese
- 2 eggs
- Food Processor
- 2 Mixing Bowls
- Parchment Paper
- Pizza Pan



**Instructions**

Chop washed cauliflower in to small pieces, then place in food processor and blitz until its about the size of rice grains. Put cauliflower in a bowl and microwave for 7 mins

Dump out on to dish towel and let cool for a bit then wrap in dish towel and squeeze out excess juice. In a larger bowl mix cauliflower with eggs and cheese. Then press into pizza shape on a pan lined with parchment paper.

Bake in oven for about 20 minutes at 425F or until brown and crispy. Take out and top with whatever pizza toppings you like then bake again until cheese is bubbly and brown.



## WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

## TEXANS WALK THE WALK.

**Be a Part of the Walk Across Texas! Program**

Walking is one of the least expensive and easiest ways to get fit. Start now and reduce your risk of cancer, diabetes, heart disease and stroke. Join other Texans and Walk Across Texas! towards a healthier lifestyle.

Visit the website and register today:

[walkacrosstexas.tamu.edu](http://walkacrosstexas.tamu.edu)

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

## Contact Us!

Chelsea Stevens  
3151 SE Inner Loop, Ste. A  
Georgetown, TX 78626

512-943-3300

Email: [cstevens@ag.tamu.edu](mailto:cstevens@ag.tamu.edu)

Website: [williamson.agrilife.org/fcs](http://williamson.agrilife.org/fcs)

TEXAS A&M  
AGRILIFE  
EXTENSION

## Find us on:



## Swimmer's Ear

If you've been splashing around at the lake or beach and your ear seems irritated it may be swimmer's ear, or external otitis. This is a bacterial infection of the skin of the outer ear canal. In contrast to a middle ear infection, swimmer's ear is an infection of the outer ear.

- Swimmer's ear can occur in both acute and chronic forms.
- Excessive water exposure and water trapped in the ear is a risk factor for developing swimmer's ear.
- Frequent instrumentation (like cotton swabs) of the ear canal is another potential cause of infection.

Early symptoms include:

- Itchiness or painful to touch.
- A feeling of fullness or fluid.
- Greenish or yellowish drainage.
- Hearing loss.



Things to do:

- Take measures to keep the ears dry at all times.
- Don't scratch the inside of the ear because this may make the condition worse.
- Always follow your doctor's instructions before any use of drops or medications.