

MAY/JUNE 2022

SPRING HAS SPRUNG!

*Bi-monthly Family Consumer Science (FCS) Newsletter by
Sarah Bock at Fergus County Extension Office*



Cooking with Pulses - Lentils, Beans, Peas and Chickpeas

Are you interested in learning how to cook new foods using pulse crops such as lentils, beans, peas and chickpeas? Join us for a cooking class where we will talk about methods for cooking pulse crops and how they add nutritional value to our diet. We will also make a pulse dish together. Each participant will get to take home their own "Cooking with Pulses Cookbook" provided by the Northern Pulse Growers Association.

Pulse crops have become more commonly grown in Montana which led to our state being the top producer in the U.S. for dry edible peas, garbanzo beans, and lentils in 2017. Montana farmers have continued growing pulse crops, and learning how to incorporate them into your diet is a great way to support local farmers and eat nutritiously. Here are some reasons to incorporate pulse crops into your diet:

- Excellent sources of fiber
- Packed with protein
- Chickpeas are low fat and lentils and peas are fat free
- Little to no sodium
- Gluten free

The class will be held on Thursday, May 26th at 6 PM. Please contact Sarah Bock at sarah.bock@montana.edu or 406-535-3919 to get registered. There will be a \$5 fee that will help cover the cost of ingredients.

Upcoming Events and Classes:

**Mondays and Fridays
at 9 AM: Strong
People Strength
Training Class at the
Council on Aging**
Everyone is welcome to the Strong People class that is held twice weekly. Contact Sarah with any questions.

**May 25th: Cooking
with Pulses Class**
Come and learn about cooking with pulse crops such as chickpeas, lentils and peas. Contact Sarah Bock to register.

**May 11th and June
8th: Wednesday
Wisdom Estate
Planning Series with
Marsha Goetting**
Join a webinar to learn about new laws around estate planning. Let Sarah know if you'd like more information.

Let's Talk Food Safety

Food Safety Tips of the Month

One of the most important steps for preventing a foodborne illness is to correctly thaw foods. While many of us have grown up watching our families set a pound of ground beef on the counter to thaw overnight, that is not considered a safe way to thaw meat. There are four safe ways to thaw food.

1. **Refrigeration** - The safest way to thaw food is to thaw it in a refrigerator that has a temperature of 41 degrees Fahrenheit or lower. This requires planning ahead as it can take a couple of days for some foods to thaw using this method.
2. **Running Water** - When thawing food with running water, you must submerge the food in drinkable water that is 70 degrees Fahrenheit or lower. The water must continue to run at a strong enough pressure to wash loose bits of food into the drain. When using this method, be sure that the sink has been cleaned and sanitized. It is also important to never let the temperature of the food go above 41 degrees Fahrenheit for longer than four hours.
3. **Microwave** - You can use a microwave to thaw food as long as you will be cooking the food immediately after thawing. The food must be cooked as soon as it is thawed in conventional cooking equipment, such as a stove or oven.
4. **Cooking** - With some foods, you may thaw the food as part of the cooking process. Some examples would be burger patties or mozzarella sticks.

Keep an eye out for more food safety tips in the next newsletter!



Recipe of the Month: Fruit Salsa

Ingredients

- 1 pound of strawberries*
- 2 peaches*
- 8 ounces blueberries*
- 3 Tablespoons of sugar-free strawberry preserves

* You can use other fruits, depending on what is fresh or on sale. Or choose the fruits your family likes best. Other good fruits to use are apples, blackberries, raspberries, grapes, and melon.



Directions:

1. Wash your hands well with soap and hot water.
2. Rinse all the fresh fruit with cool water. Drain in a colander.
3. Peel the peaches and remove the pit.
4. Cut all the fruit into small pieces.
5. Put the fruit into a large bowl.
6. Add the strawberry preserves to the fruit.
7. Stir gently until the fruit and the preserves are mixed well.
8. Serve with baked tortilla chips.
9. Refrigerate leftovers within 2 hours



This recipe was found on the Mississippi State University Extension Website.

Strength Training - Benefits and Why It Is Important

Did you know that the U.S. Department of Health and Human Services recommends that adults not only get at least 150 minutes per week of moderate-intensity aerobic activity, such as walking or running, but also recommend that adults take part in a muscle-strengthening activity at least two days per week? You may be thinking "I do my daily walk of 2 miles, I'll be just fine." While walking and other aerobic exercises are great for your heart and physical well-being, it is also crucial to engage in strength-training to prevent muscle loss and build strength.

Beginning around the age of 45, adults lose one-quarter to one-third pound of muscle per year and gain the equivalent, or more, in fat. At this same age, adults may start to struggle with other issues such as arthritis and osteoporosis.

Consistent strength training can help with these challenges. The Strong People program is a strength training program for adults that focuses on resistance, balance and flexibility. The classes are one hour long and occur twice a week. This program has been proven to increase strength, muscle mass, bone density and balance. In addition to the physical benefits of strength training, group exercise can also be very beneficial for your mental health.

Please join us for the Strong People class that takes place every Monday and Friday at the Lewistown Council On Aging at 9 AM. The class is open to every skill and strength level. Call Sarah Bock at 406-535-3919 with any questions.



Strong People Classes Every Week!

When: Every Monday and Friday from 9 AM - 10 AM

Where: Council on Aging, Lewistown

Who: Mid-life and older individuals

Cost: FREE

Please contact Sarah Bock at sarah.bock@montana.edu for more information

MAY

National Mental Health Month

1 Happy May Day!	2 Strong People - 9 AM at COA	3	4	5 Happy Cinco De Mayo!	6 Strong People - 9 AM at COA	7 National Fitness Day
8 Happy Mother's Day!	9 Strong People - 9 AM at COA	10	11 Wednesday Wisdom with Marsha Goetting	12	13 Strong People - 9 AM at COA	14
15	16 Strong People - 9 AM at COA	17	18	19	20 Strong People - 9 AM at COA	21
22	23 Strong People - 9 AM at COA	24	25	26 Cooking with Pulses Class	27 No strong people class - COA is closed	28
29	30 Happy Memorial Day! No Strong People Class	31				

JUNE

Alzheimer's & Brain Awareness Month

			1	2	3 Strong People - 9 AM at COA	4
5	6 Strong People - 9 AM at COA	7	8 Wednesday Wisdom with Marsha Goetting	9	10 Strong People - 9 AM at COA	11 Family Health and Fitness Day
12	13 Strong People - 9 AM at COA	14	15	16	17 Strong People - 9 AM at COA	18
19 Happy Father's Day!	20 Strong People - 9 AM at COA	21	22	23	24 Strong People - 9 AM at COA	25
26	27	28	29	30		