

WTNS Radio OSU Extension Update for June 20, 2022
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about creative ways to eat your greens, and as always look at some upcoming programs from OSU Extension.

Last Tuesday I had the pleasure of teaching a webinar with my friend and colleague Candace Heer, Family and Consumer Sciences educator in Morrow County. As members of the OSU Extension Food Preservation Team, we are teaching "Savoring Ohio Produce" webinars from May through September on a variety of Ohio grown produce.

Now I have to admit, when I was asked if I wanted to develop a presentation about greens, I wasn't exactly jumping out of my seat. But Candace and I have both concluded that there is more variety and versatility in serving greens than I imagined.

The most common greens available to us in Ohio include spinach, leaf lettuce, kale, endive, escarole, and leaves from mustard, turnip, beet, broccoli, dandelion, and collard plants.

Greens are an excellent source of vitamins A, C, E, and K. Greens are high in folate, potassium, iron, calcium, and fiber. They also contain phytonutrients that may help prevent cancer and heart disease. Kale, spinach, and turnip greens are high in lutein, a phytonutrient that may reduce the risk of age-related eye disease.

When storing greens in your refrigerator, it is recommended not to wash them first. Keep fresh, unwashed greens in the crisper drawer in your refrigerator with the setting to high humidity. They should last three to five days. Thoroughly wash under running water before consuming to reduce the risk of illness from pathogenic microorganisms like E. coli.

Greens are tasty either sautéed in a small amount of olive oil or then further braised in a small amount of broth or water to increase tenderness. Kale chips are an easy and popular way to add greens to your diet. Though not quite like a potato chip, kale chips still are an easy snack with a light, crisp texture and can be flavored in a variety of ways. Simply wash and dry a bunch of kale and tear the leaves into bite size pieces. Place on a parchment paper-lined baking sheet and lightly spray with olive oil. Sprinkle on a small amount of salt. You could optionally sprinkle a bit of garlic powder, onion powder, smoked paprika, and/or ground black pepper.

My favorite serving discovery is a savory muffin that combines veggies, berries, and cheese. Candace adapted this recipe from fortheloveofbreakfast.com by adding in spinach and blueberries. A delicious savory snack!

The Savory Green Muffin Recipe includes butter, eggs, milk, and flour together with peas, spinach, mint, sharp cheddar cheese, and the berry of your choice – we’ve tried both blueberries and raspberries and they are delicious. Just bake for 15 – 20 minutes until golden brown and serve warm or cold with a little sour cream or plain Greek yogurt.

There is still time to catch a “Savoring Ohio Produce” webinar this summer. All online classes are Tuesday afternoons from 4-5 PM. Topics include: June 28- Beans, July 26- Peaches, August 9- Corn, August 23- Melon, September 6- Broccoli, Brussels sprouts and Cauliflower, and September 20- Potatoes. Join OSU Extension educators for one or more of these free programs. Visit our website to register or watch recorded webinars anytime at coshocton.osu.edu.

And now let’s look at some upcoming programs from OSU Extension. Together with Coshocton Regional Medical Center and the Coshocton County Health Department, OSU Extension will be offering Dining with Diabetes, a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers. The 4-class series includes sampling healthy foods and discussion with a dietitian about skills to manage diabetes.

Dining with Diabetes will be held on Tuesday evenings August 2, 9, 16, and 23 from 5:30-7:30 pm. The cost of the program is \$20 per person and includes all four classes, educational handouts, and small sized meals that feature a variety of recipes. You are encouraged to also register a support person to attend with you for an additional \$10. Paid registration is required by July 25. Registration is limited to 20 participants.

You can find details about future programs related to financial wellness, food preservation, and more at our website coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!