

# PINAL COUNTY QUARTERLY NEWSLETTER

OCTOBER-DECEMBER 2018

Volume 5, Issue 4

## INSIDE THIS ISSUE:

|                         |      |
|-------------------------|------|
| ASPIRE Youth            | P.2  |
| Child Care Health       | P.3  |
| 4-H YD Program          | P.4  |
| Master Gardener         | P.5  |
| Strengthening Families  | P.7  |
| First Smiles            | P.9  |
| Developmental Screening | P.10 |
| AZ Health Zone          | P.12 |
| Office Outreach         | P.14 |
| MAC Family Farm Day     | P.15 |
| Connect With Us         | P.16 |

Main Office  
820 E. Cottonwood Lane, Bldg. C  
Casa Grande, AZ 85122  
Phone: (520) 836-5221  
Fax: (520) 836-1750

Satellite Office  
820 E. Cottonwood Lane, Bldg. E  
Casa Grande, AZ 85122  
Phone: (520) 836-4651  
Fax: (520) 836-4233

Pinal County Extension Website  
<https://extension.arizona.edu/pinal>

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeffrey C. Silvertooth, Associate Dean & Director, Extension & Economic Development, Division of Agriculture, Life and Veterinary Sciences, and Cooperative Extension, The University of Arizona.

The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, sexual orientation, gender identity, or genetic information in its programs and activities.

Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting (Cooperative Extension, Pinal County, 820 East Cottonwood Lane, #C, Casa Grande, AZ 85122, 520.836.5221). Requests should be made as early as possible to allow time to arrange the accommodation.



Cooperative Extension, the outreach arm of the University of Arizona, brings the university to the people.

The faculty and staff in the Pinal County Extension office are part of a non-formal education network bringing research-based information into communities to help people improve their lives.

Cooperative Extension is committed to delivering high-quality, relevant educational programs and information to Pinal County citizens and communities.

Welcome! This issue of the Pinal County Cooperative Extension newsletter will cover the upcoming months of October - December, 2018. Within the following pages, you will find highlights of several key programs that our team of professionals are now delivering to stakeholders throughout Pinal County.

Cooperative Extension is a multifaceted and locally-based source of tried and true information, that can help people address important issues in their lives. Our three program areas of: agriculture and natural resources; family, consumer, and health sciences; and 4-H youth development, have long standing and excellent track records in helping people help themselves.

We invite you to read about our programs and come see how you can become a part of our Extension family.

*Rick Gibson*  
-Rick Gibson





## WHAT IS THE ASPIRE PROGRAM?

*Submitted by David Lieder, Program Coordinator*

Achieving Success by Promoting Readiness for Education and Employment (ASPIRE) is a program designed to help foster independence in youths with disabilities between the ages of 14 and 17, and ultimately improve their educational and employment opportunities. While the program involves multiple interventions, the University of Arizona Cooperative Extension in Pinal County was selected to facilitate the self-determination training portion of the project

After a full year of delivering these lessons, we can certainly say this was the busiest quarter for the ASPIRE Program so far! In addition to running our normal calendar full of self-determination trainings for these teens throughout Arizona, we also successfully completed four regional conferences for the families involved with Aspire.

Part of the University of Arizona's scope of work within the program was to coordinate a statewide conference during 2018. After careful consideration it was deemed to be a more strategic approach to break up having one large, statewide conference into several regional conferences. While it certainly added to the coordination efforts involved, it is believed to have fostered more participation and engagement with the families.

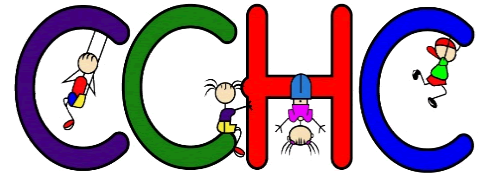
Locations in Tucson, Flagstaff, west metro Phoenix and east metro Phoenix were selected and arranged based on the concentrations of enrolled families. Meaningful presentations were given by a host of very knowledgeable people, while good food and fellowship was enjoyed by all that attended...That is success!

On a similar note, THREE separate lessons used in the self-determination trainings were selected for presentation at the 18<sup>th</sup> Annual Transition Conference, hosted by the Arizona Department of Education in Phoenix on August 28<sup>th</sup>. The three trainings were well attended by mostly professionals within the special education field and appeared very well received based on the feedback afterwards.

As we arrange and coordinate more trainings into this next quarter, our goal is to bring the lessons to as many of the Aspire youth as possible before this research project comes to its conclusion in 2019!



# CHILD CARE HEALTH CONSULTANTS



## TAKING CARE OF YOU

*Submitted by Janet Jepsen, Health Educator*

Have you ever taken the time to investigate observances we celebrate each month? Everything from health to food to recreation to pets. For example, did you know that September is national blueberry popsicle month and in October we celebrate national toilet tank repair. Not to mention national beard month in November. How silly these things are but there are other observances that are extremely important.

September is also self-care awareness month. October is Emotional wellness month and November is PTA Healthy Lifestyles month. As child care providers we tend to put others needs ahead of our own which can cause stress. These observances are to remind us that taking care of ourselves, first and foremost is essential. To use an old metaphor, you can't fill another's cup when your vessel is empty.

Begin taking care of yourself by eating properly and getting enough sleep. Exercising on a regular basis is also important. Do activities that you enjoy, like reading a book, listening to music, journaling or meditating. Treat yourself to something special, like getting a massage, going to a movie or eating out with a friend. But above all, maintain a positive attitude. Negativity will only bring you down and cause more stress.

Stress at work is, sometimes, picked up by the children in our care, which can cause them to be confused and act out. When we get stressed there are things that we can do that can help us to regain our composure and focus:

- 1) Take scheduled breaks
- 2) Take slow, conscious deep breaths
- 3) Laugh out loud
- 4) Slow down-be present in the moment
- 5) Concentrate on one thing at a time to gather your thoughts

Self-care is not being self-centered or selfish; it is simply keeping your own life in focus. It's about paying attention to how you feel and what you need. It's about communicating clearly, speaking up for yourself and saying yes or no...guilt free.

Self-care knows no boundaries. It is something that everyone can benefit from and should practice on a daily basis.

# 4-H YOUTH DEVELOPMENT



## WE'RE SOCIAL—FOLLOW US!

*Submitted by Misti Todd, Program Coordinator*

Like, Love, Comment, Share, Pin, Tag, Tweet, Repeat!

Let's Socialize! Be the first one to know what is happening with The University of Arizona, Cooperative Extension, Pinal County 4-H. Join our online community, stay in the know and get exclusive news/updates! Help us spread the word, you are just a scan away! For more information, contact Misti Todd at [mltodd@email.arizona.edu](mailto:mltodd@email.arizona.edu).



Website:

<http://extension.arizona.edu/4h/pinal>



Instagram:

[pinalcounty4h](#)



Twitter:

[@Pinal\\_County\\_4H](#)



Facebook:

[@pinalcounty4h](#)

## 4-H ENROLLMENT DEADLINE

Pinal County 4-H Club leaders and members are gearing up to begin enrollment in August through October 31, 2018, for the upcoming 4-H year. Sign up today!

4-H CloverBuds ages 5-8 years old of the current year, participate in non-competitive contest.

4-H Members ages 9-19 years old of the current year, participate in competitive contests.

4-H Enrollment: [az.4honline.com](http://az.4honline.com)

## HOW DO I GET STARTED?

Check out our website to decide what projects your child is interested in and wants to learn more about.

Narrow your decision to realistic projects for their age, household setting (it may not be feasible to raise livestock if you live in an apartment) and interest of your child.

Now that you have some realistic projects, contact our office at 520.836.5221 or click our website below.

4-H Website: [extension.arizona.edu/4h/pinal](http://extension.arizona.edu/4h/pinal)

# MASTER GARDENERS



## EARLY DECISIONS ARE CRITICAL TO KEEPING TREES AND SHRUBS HEALTHY

*Submitted by Rick Gibson, Agriculture Agent*

Healthy trees and shrubs are a valuable addition to any landscape, but any hope of maintaining them in good condition over long periods of time is entirely dependent upon the care that they receive.

Trees and shrubs that look good and perform well add value, shade, and a pleasant appearance to any landscape, but sick plants can do exactly the opposite. It is important to keep trees and shrubs looking their best by giving them good care throughout their lives. Early decisions though can pretty much determine whether new additions to a landscape will succeed or fail. Two of the very first keys for developing successful landscape plants are the selection and planting of good stock.

Selection of good, quality plants before planting is absolutely critical to the long term health and development of trees and shrubs. A plant that has inherent weaknesses or health problems at planting really has a low chance of survival to maturity. Improper planting techniques can add additional problems that may tip the balance against even otherwise healthy plants.

When selecting potted or boxed trees it is important to ask several key questions. What is the history of the plant? How long has it been in the container? Does the plant have any obvious defects? Most people do not purchase a car unless they have checked on the parts that are not readily seen. The same is true for plants.

Two major weaknesses that are not easy to see are girdling and kinked roots. Girdling roots are roots that loop around the root ball and encircle the trunk of the tree. Girdling roots can actually be enveloped into the trunk proper as the tree grows causing the trunk to become weakened and constricted. Just as a snake which envelopes and squeezes the life from its prey, girdling roots can slowly but surely squeeze the life from growing plants.

Kinked roots are roots that make quick turns in one direction or another. Sometimes these roots will double back on themselves and then grow in a direction that is at a wide angle from the original direction of growth. Just like a kinked water hose, kinked roots have difficulty in moving fluids from one part of the plant to another. This often results in stunted, weak plants that can quickly die, especially in the early years of growth.

Girdling and kinked roots occur when a plant outgrows its pot. When the roots grow to the edge of the container, because they can not grow through the barrier, they either turn to begin the long circle around the edge of the pot, or they double back in the direction from whence they came. Plants left too long in a container that is too small for the root system will often have girdled and kinked roots. Because a strong, wide and deep root system is critical for physical support of the tree, these problems must either be avoided or corrected at the time of planting.

Sometimes kinked or girdling roots are visible on the soil surface in the containers but more often than not, these problems will not be immediately apparent. Check for root problems before purchasing the plant by gently but firmly moving the trunk of the tree back and forth in the pot. Make sure to keep the container stationary. If girdling roots are present, you will likely see the soil heave or move in the same diameter and shape of the girdling roots.



# MASTER GARDENERS

*Continued from page 5*

Before planting and after the container has been removed, check the exposed roots near the edge of the root ball for signs of sudden changes of root direction. Sometimes it can be helpful to use hard sprays of water to remove a small quantity of soil. The water is much less likely to damage the tender feeder roots than a hard tool like a shovel or a hand trowel. Removing a small amount of soil will provide a better view of conditions just under the soil surface.

If girdling roots are encountered, consider taking the plant back to its source. If this is not possible, reclaim the plant by cutting the root off cleanly just before the point in which it makes its radical turn. A sharp clean cut is very important because a shredded or mashed root is much more likely to die back after pruning. It will also be less likely to send out new roots to replace those which were cut off. Hand shears are an ideal tool but occasionally larger loppers or a saw may be needed.

Proper planting is also critical to long term plant health. When planting, ensure that the hole is wider than it is deep and that the hole is no deeper than the depth of the soil in the container. It is no longer considered essential to dig a deep hole for drainage because the settling of soil after planting will often drag the tree deeper into the soil. This exposes tender trunk tissue that should be well in the air to soil borne plant disease microbes.

Be careful of placing too much torque, twisting and jerking, on the root ball because the feeder roots contain tiny root hairs that do the business of taking up water and nutrients. Torque can rip and tear these important structures and lead to transplant shock.

Backfill the planting hole with the same soil that came from the planting soil and add mulch, not to the soil returned to the soil, but to the surface of the soil to cool the soil surface and cut down on water loss through evaporation. Mixing mulch to the planting soil can create more problems than it is worth. For example, soil organic matter does not last long in our desert soils because of the feeding of soil microflora. Besides, some native desert plants, like mesquite and palo verde, seem to do much better in native soil alone.

Please remember this one last thought. Larger trees that fail because of root problems stemming from pot bound conditions can become potential safety and liability problems. I once saw an Aleppo Pine with a trunk diameter of 24 to 36 inches snapped off during a windstorm. The loss of this beautiful tree was caused by a girdling root that had prevented the proper development of trunk wood. The total diameter of healthy wood that was supporting the larger than average tree was about 4 inches! Fortunately, the tree fell towards the street and not towards the home.



# STRENGTHENING FAMILIES

## KOHL'S CARES VOLUNTEERS

*Submitted by Esther Turner, Program Coordinator, Sr.  
(Courtesy of the Casa Grande Dispatch)*

Every Tuesday and Thursday for 14 weeks, volunteers with Kohl's department store serve up salad, entrees and dessert in a program that aims to strengthen families through meal-time bonding and other activities. "We make salad and side dishes," said Alexis Ruiz, volunteer coordinator with Kohl's in Casa Grande. "And we pick up whatever entree the program has scheduled for that day. Then we serve the meals to the families in the program."



Strengthening Families is a skill-building program for parents or caretakers.

Through the program, which is in its eighth year, participants learn how to be better parents and more effective communicators with their children. The nationally and internationally recognized program meets twice a week for 14 weeks with anywhere from 15 to 20 families doing activities, games and skill-builders and eating a family-style meal together.

"We have seen many lives changed through this program," said Program Director Esther Turner. While the program is run by the University of Arizona's Cooperative Extension program, it relies on volunteers to keep it going.

Employees with the Casa Grande Kohl's have volunteered with the program for all eight years of its existence. "Usually there's anywhere from five to 10 Kohl's employees with us when we're volunteering at Strengthening Families," Ruiz said.

The group of volunteers also contribute money to the program and recently made a \$5,000 donation. "They are wonderful community partners that have supported SFP from the beginning," Turner said. "When they surprised us with the \$5,000 check, we felt they needed to be recognized so more people knew how special they are."

The volunteers earned the check through a Kohl's program that encourages community involvement and volunteerism. In 2017, the Casa Grande Kohl's employees were the top participating store in their region, having volunteered at more than 100 events.

"It feels great to volunteer in the community," Ruiz said. Strengthening Families focuses on effective communication between parent and child in an effort to reduce behavior problems, delinquency, alcohol and drug abuse and other issues among young people.

"We teach a lot about communication, punishment versus discipline, developmental milestones and realistic expectations for our children. We discuss stress and how it affects our parenting and a child's response. There are many changes that happen over the course of this 14-week program," Turner said.

The program is free for participants and open to any at-risk family. Some parents enroll in the course because their young children are having behavior problems, like tantrums or crying fits; others simply want to learn to be better parents or better communicators. "Evidence-based family skills training programs significantly improve parenting skills and family relationships," Turner said. "Child maltreatment also decreases as parents strengthen bonds with their children and learn more effective parenting skills."

At the end of the program, families celebrate with a graduation ceremony. Kohl's employees are often on-hand at the ceremony, celebrating with the families and serving food. "We always have a lot of fun volunteering at Strengthening Families," Ruiz said. The Casa Grande Kohl's employees volunteer with other organizations as well, including with Seeds of Hope, the Arizona City Fire District, the Boys & Girls Clubs of the Casa Grande Valley and with various school parent-teacher organizations.

New cycles of the Strengthening Families classes are set to begin in January in Casa Grande and Eloy. For more information or to enroll, call Turner at 836-5221, ext. 211.

# STRENGTHENING FAMILIES



## Family, Fun and Free!

*Submitted by Esther Turner, Program Coordinator, Sr.*



THE UNIVERSITY OF ARIZONA  
**Cooperative Extension**  
Pinal County

### ABOUT THE **STRENGTHENING FAMILIES PROGRAM (SFP)**

The **Strengthening Families Program** consist of three skills courses: Parenting, Children's Life Skills, and Family Skills. Skills Building Program for children ages 3-5 and their parents (14 sessions / 7 weeks). Parents and children have fun while learning valuable bonding techniques. Family style dinner at each class and Family Graduation Celebration. All parents or primary caregivers must register and attend classes. Child care available for children whose families are participants of the program.

### LOCATIONS & TIMES OF THE NEXT **SFP**

#### Option A

Classes will be held every Tuesdays—Starting January 15, 2019 at 5:30pm & continues through mid-May 2019

Eloy Head Start, 103 North E Street, Eloy, AZ

#### Option B

Classes will be held every Thursday—Starting January 17, 2019 at 5:30pm & continues through mid-May 2019

United Methodist Church, 1515 North Trekell Road, Casa Grande, AZ

### FOR MORE INFORMATION ABOUT THE **SFP**

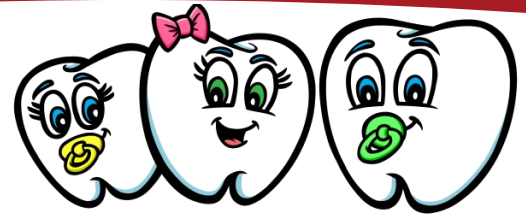
University of Arizona, Cooperative Extension, Pinal County  
820 East Cottonwood Lane, #C, Casa Grande, AZ 85122  
(520) 836-5221, x211 / [eturner@cals.arizona.edu](mailto:eturner@cals.arizona.edu)

SUPPORTED BY

 **FIRST THINGS FIRST**



# FIRST SMILES



## DENTAL EMERGENCIES

*Submitted by Greeta Mills, RHD Med, Oral Health Professional*

We probably know what to do when a kid scrapes their knee or bruises their arm. What about when they bump a tooth or cut their lip? Most tooth emergencies need the care of a dentist. A few need the care of a doctor in the Emergency Department at the hospital. In fact, about 80% of dental emergencies seen in the Emergency Department are best managed by your dentist in the office.

But how do you know which emergencies need which kind of care? What do you do when your child bumps her tooth?

Here are a few common dental emergencies that might happen at home and ways you can manage the emergency.

### Toothache

- Rinse the mouth with warm water, warm salt water is helpful. Use about ½ teaspoon of salt to a cup of warm water.
- Gently use floss or a toothpick to take out anything caught between the teeth.
- Do NOT put medicine on the tooth. It may damage the tooth or gums.
- See your dentist as soon as you can.

### Knocked-Out Tooth

- Find the tooth.
- Hold the tooth by the part that was not in the gums.
- Gently rinse the tooth with water.
- If you can, put the tooth back in the socket. If you aren't able to, put it in some milk.
- Take your child and the tooth to the dentist ASAP. It may be possible for the dentist to put the tooth back in.

### Broken Tooth

- Rinse the mouth with warm water.
- Use a cold cloth or ice pack on the face near the tooth area.
- Go to the dentist ASAP.

### Cut Lip or Tongue

- Gently put pressure on the area.
- Use a cold cloth or ice pack on the area.
- If the bleeding doesn't stop, go to the dentist or the hospital ASAP.

### Something Stuck Between the Teeth

- Gently use floss or a toothpick to remove the object.
- Do not put anything sharp in the mouth to try to remove it, you might damage the teeth or gums.
- If you can't get it out, go to the dentist.

### Possible Broken Jaw

- Use a cold cloth or ice pack on the area.
- Go to the hospital Emergency Department ASAP.

# DEVELOPMENTAL & SENSORY SCREENING



## USE TECHNOLOGY TO ADVANCE TODDLER & PRESCHOOLER LEARNING

*Submitted by Esther Turner, Program Coordinator, Sr.  
(Courtesy of First Things First-Beverly Gomez Arriaga)*

For families of babies, toddlers and preschoolers, saying no screen time is easier said than done. Technology isn't going away and neither is the desire to make sure that kids are prepared for a world filled with computers at every turn. The American Academy of Pediatrics recommends no exposure to screens for children under 2 years old. But as the child gets older, families can use technology and interactive media to support learning and, ultimately, relationships. By managing screen time and choosing developmentally appropriate technology, adults can actually extend children's learning, according to the National Association for the Education of Young Children and the Fred Rogers Center for Early Learning and Children's Media at Saint Vincent College.



It's important to note that not all technology is equal when it comes to use with young children. Early childhood organizations make distinctions between passive, non-interactive technology such as certain television programs and DVDs versus age-appropriate websites, phone apps and television programs that allow for the child to be active, create, think critically and problem solve.

"A great alternative to media use that is non-engaging, such as a child sitting alone watching a television show, is to use an app or other technology that involves age-appropriate learning and allows parents to engage their children in conversations that grow their vocabulary or allow for an exploration of the senses," said Kelly Lubeck, First Things First program manager for family support and literacy.

First Things First reminds families that they're in charge of managing the quantity and quality of screen time. What does that look like in real life? Finding a balance of activities is key. Limit your child's screen time and follow up by allowing time for your child to explore, pick up things and touch things, all ways to stimulate all the senses. For more tips go to [healthychildren.org](http://healthychildren.org) and search screen time. Make sure that an adult is always with your child, providing hands-on engagement with what is happening on-screen. [Zerotothree.org](http://zerotothree.org) tells families to ask questions to engage thinking skills, such as, "What do you think will happen next?" Or after viewing a show about animals, take a walk and talk about the animals you see. A smartphone can certainly engage a preschooler or young child, but an adult should be with the child to make the experience interactive. Using Skype to talk on camera with family members provides an authentic engagement with people in the child's life and their world.

Even television or videos billed as educational do not help children under age 2 learn language. Babies and toddlers learn new words and develop language skills by listening and interacting with caring adults. An FTF video designed to help parents understand why babies learn language best from real people, not TV or videos, can be viewed at: [https://www.youtube.com/watch?time\\_continue=15&v=KXoDdBZggwY](https://www.youtube.com/watch?time_continue=15&v=KXoDdBZggwY).

Ultimately, the quality of screen time interaction for young children depends on the adult. "When you use technology with your child, think of it as another opportunity to further communication and build the relationship with your child," Lubeck said.

###

**About First Things First** – First Things First is a voter-created, statewide organization that funds early education and health programs to help kids be successful once they enter kindergarten. Decisions about how those funds are spent are made by local councils staffed by community volunteers. To learn more, visit [FirstThingsFirst.org](http://FirstThingsFirst.org).

# DEVELOPMENTAL & SENSORY SCREENING



## FINDING QUALITY CHILD CARE FOR YOUR YOUNG CHILD

*Submitted by Esther Turner, Program Coordinator, Sr.  
(Courtesy of First Things First-Beverly Gomez Arriaga)*



For the majority of Arizona families, all the adults in the home work outside the home. That leaves many parents with young children with an important decision to make. How does a parent find a quality child care center or preschool for their young child? This question is even more important as evidence grows that high-quality early learning settings build a foundation for a child's later success. Research shows 90 percent of a child's brain develops before age 5. The positive, nurturing relationships young kids have with adults, from parents to child care and early learning professionals, shape their learning now and throughout their lives. Quality child care and preschool settings help children develop skills like motivation, self-control, focus and self-esteem that are crucial to their success now and once they enter school.

How can families know what a quality early learning setting looks like? First Things First (FTF) can help with some resources to make the search a little easier.

First, visit the child care center or home-based program in person and take the [Quality Child Care checklist](#) with you to help. The checklist includes questions such as asking about the teachers' qualifications the ratio of teachers to students. There are also things to observe at the visit, such as watching for positive, nurturing teacher/child interactions including the teachers making eye contact with the children, smiling and listening without interrupting.

Look for places that build on basic health and safety to include:

- teachers and caregivers who know how to work with infants, toddlers and preschoolers.
- learning environments that encourage creativity and imaginative play.
- hands-on activities that stimulate and encourage positive brain connections in children.
- caregivers who provide regular feedback to parents on the development of their child.

In many Arizona communities, families can also search for programs enrolled in Quality First. As FTF's signature program, Quality First partners with almost 1,000 child care providers and preschools in Arizona to improve the quality of care for children birth to age 5. Over the past six years, the percentage of programs meeting or exceeding evidence-based quality standards has increased from 25 percent to 74 percent.

Through [QualityFirstAZ.com](#), Quality First also provides families with information about the importance of quality in child care and early education; what quality looks like in order to promote learning; and tools to help families find quality child care or preschool programs in their area. And in some cases, a scholarship may be available for the child to attend.

There's an online [search tool](#) available where families can check if there are centers, homes or preschools participating in Quality First in their area. Keep in mind, that Quality First is a voluntary program for child care centers and preschools and FTF does not have the capacity to enroll all providers in Arizona who are interested in participating. There are many quality programs in Arizona not enrolled in Quality First. For more tips to help with their search for quality child care and preschools visit [QualityFirstAZ.com](#).

###

**About First Things First** – First Things First is a voter-created, statewide organization that funds early education and health programs to help kids be successful once they enter kindergarten. Decisions about how those funds are spent are made by local councils staffed by community volunteers. To learn more, visit [FirstThingsFirst.org](#).



## OCTOBER IS HERE!

*Submitted by Lori Lieder, Program Coordinator, Sr.*

October is here and it brings anticipation of the cooler weather and the holidays that are just around the corner. It is always a challenge to eat healthy when everyone is sharing their favorite recipes and holiday goodies; so we wanted to bring you two recipes to make the healthy choice much easier this year. Instead of “Sweet Potato Casserole”, this year give our Maple-Roasted Sweet Potatoes a try – You will find that these sweet potatoes taste great!

### Maple-Roasted Sweet Potatoes

(Recipe Courtesy of [eatingwell.com](http://eatingwell.com))

#### Ingredients:

- 2 ½ lbs. sweet potatoes, peeled and cut into 1 ½ – inch pieces (about 8 cups)
- 1/3 cup maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- ½ teaspoon salt
- Freshly ground pepper, to taste

#### Directions:

1. Wash hands with warm water and soap.
2. Preheat oven to 400 degrees.
3. Arrange sweet potatoes in an even layer in a 9x13 inch glass baking dish.
4. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl.
5. Pour the mixture over the sweet potatoes; toss to coat.
6. Cover with foil and bake for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, approximately 40 – 50 minutes more. Yield: 12 servings (1/2 cup each)



**Day Ahead Method:** Let sweet potatoes completely cool. Cover and refrigerate for up to 1 day. Just before serving, reheat at 350 degrees until hot, about 15 – 20 minutes.

**Nutrition Information Per Serving:** Calories, 96; carbohydrates, 19g; protein, 1g; fat, 2g, saturated fat, 1g; cholesterol, 5mg; fiber, 2g, sodium, 118mg; percent calories from fat, 34.7% **Bonus:** Vitamin A (230 % daily value), Vitamin C (15% daily value).





## FALL IS HERE!

*Submitted by Lori Lieder, Program Coordinator, Sr.*

I know a lot of people that love the Thanksgiving holiday just for the stuffing! This recipe tastes great and is much lower in fat and calories compared to traditional stuffing recipes.

### Healthy Harvest Stuffing

(Recipe Adapted from and Courtesy of *wholeliving.com*)

#### Ingredients:

- 1 lb. whole-wheat Italian bread, 1-inch cubes
- $\frac{3}{4}$  cup walnuts, coarsely chopped
- $\frac{2}{3}$  cup dried cranberries
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- $\frac{1}{2}$  cup celery stalk with leaves, chopped fine
- 8 oz mushrooms, cleaned, stems removed
- 1 Granny Smith apple, cored and diced
- 1 tablespoon dried parsley
- 1 teaspoon dried sage leaves
- 1 teaspoon dried thyme
- Coarse salt & ground pepper, to taste
- $2\frac{1}{2}$  - 3 cups reduced-sodium chicken broth
- Vegetable cooking spray (optional)

#### Directions:

1. Wash hands with warm water and soap.
2. Preheat oven to 400 degrees with oven rack in middle position. Place bread on a baking sheet and bake, tossing occasionally, until crisp, about 10 minutes. Transfer to a large bowl along with walnuts and dried cranberries; set aside.
3. In a large nonstick skillet, heat oil over medium. Add onion, celery, and mushrooms and cook, stirring occasionally, until vegetables have softened, about 5 minutes. Add apple and continue to cook until almost tender, about 5 minutes. Add parsley, sage, and thyme and cook, stirring, until fragrant, about 30 seconds. Remove from heat, season with salt and pepper.
4. Add onion mixture to bowl with bread mixture; stir to combine. Add enough of the broth to thoroughly moisten the bread mixture without soaking it (there shouldn't be any excess broth in the bottom of the bowl). Spoon stuffing into a 2-quart casserole dish, cover with foil, and bake 20 minutes. Uncover, mist the top of the stuffing with vegetable oil spray, if desired, and bake until golden brown, about 15 minutes longer. Yield: 8 – 10 servings

**To safely cook in turkey:** Moisten bread mixture with only 1 cup of chicken broth. Spoon half of the mixture loosely into the turkey. Cook turkey immediately as prepared, until minimum internal temperature reaches 165 degrees. For the rest of the bread mixture, add more of the broth to moisten, being careful not to soak. Transfer into a baking dish. Cover with foil and proceed as above.

**Nutrition Information Per Serving:** Calories, 220; carbohydrates, 30g; protein, 9g; fat, 8.5g, saturated fat, 1g; cholesterol, 5mg; fiber, 5g, sodium, 180mg; percent calories from fat, 34.7%.

# PINAL COUNTY OFFICE OUTREACH

WE BELIEVE IN  
MAKING A **DIFFERENCE**

## PINAL COUNTY ELECTRIC LIGHT PARADES

*Submitted by Esther Turner, Program Coordinator, Sr.*

Pinal County is home to many Holiday Parades and activities. We join families in our community to celebrate the festivities and share holiday cheer. For the past 4 years the University of Arizona, Cooperative Extension, Pinal County has participated in the Casa Grande & Eloy Electric Light Parades.

This annual event is where families, neighborhood groups, and businesses from across the county come together to spread the joy of the holiday season. Experience the holiday joys in our community at one of the many events offered. Who knows...You might see us!

Apache Junction  
Casa Grande  
Coolidge

December 1, 2018  
December 1, 2018  
December 14, 2018

Eloy  
Florence  
Queen Creek

December 8, 2018  
December 7, 2018  
December 1, 2018



**UNIVERSITY OF ARIZONA  
MARICOPA AGRICULTURAL CENTER**

# **MAC FAMILY FARM DAY**

**For questions regarding MAC Family  
Farm Day, please call 520-374-6204**

## **WHEN**

**November 17, 2018  
10:00-2:00 PM**

## **WHERE**

**37860 W. Smith-Enke Rd.  
Maricopa, AZ 85138**

**FEATURING:** Insect Entomology Displays-Face Painting -  
Wildcat Water Lab Educational Station-The MAC Farm Ag-  
Village-Corn Maze Walk-The Maricopa Radio Control Club-  
New Technology in Agriculture-Cotton Gin Demonstration/  
Cotton Picker Display-Cricket Spitting-AND MUCH MORE

**[HTTP://CALS-MAC.ARIZONA.EDU/](http://cals-mac.arizona.edu/)  
[HTTPS://WWW.FACEBOOK.COM/MARICOPAAGCENTER](https://www.facebook.com/maricopaagcenter)**

**FREE  
EVENT FOR  
ALL AGES!!**

**FOOD VENDORS**  
charges do apply.

**RAFFLE TICKETS**  
Stop by the information booth  
to grab a raffle ticket, one per  
family.

## **SPONSORS**



# FIND US. LIKE US. FOLLOW US.

## Facebook Pages:

- [Pinal County Garden and Landscape Program](#)
- [Maricopa Master Gardeners](#)
- [Pinal County 4-H](#)
- [Child Care Health Consultation for Pinal County, AZ](#)
- [Sensory & Developmental Screening](#)

Webpage: [CALS, Pinal County](#)

Twitter: [@RickGibson4](#)

Blog: [ricksgardenspot.blogspot.com](#)



Richard D. Gibson, Interim Regional Director, Cooperative Extension  
Cathy L. Martinez, Area Agent, FCHS/Community Health Programs  
Victor Jimenez, 4-H Youth Development Agent  
Blase Evancho, Field Crops Systems Assistant in Extension

[gibsonrd@cals.arizona.edu](mailto:gibsonrd@cals.arizona.edu)  
[clmartin@cals.arizona.edu](mailto:clmartin@cals.arizona.edu)  
[vicjimenez@yahoo.com](mailto:vicjimenez@yahoo.com)  
[bee1@cals.arizona.edu](mailto:bee1@cals.arizona.edu)

**4-H** provides educational opportunities for youth to become capable and contributing members of a global community. Children, ages 5-19, learn about healthy lifestyles, animals, plant sciences, and leadership.

Contact: Misti Todd at (520) 836-5221, x213 or [mltodd@email.arizona.edu](mailto:mltodd@email.arizona.edu)

**ASPIRE** (Achieving Success by Promoting Readiness for Education and Employment) is a program designed to help foster independence in youths with disabilities between the ages of 14-16, and ultimately improve their educational and employment opportunities.

Contact: Sally Peoples at (520) 836-5221, x224 or [speoples@cals.arizona.edu](mailto:speoples@cals.arizona.edu)

**AZ Health Zone** is a program designed to influence healthy eating and active living in a positive way that promotes health and reduces disease among all people living in Arizona.

Contact: Lori Lieder at (520) 836-5221, x216 or [llieder@cals.arizona.edu](mailto:llieder@cals.arizona.edu)

**Child Care Health Consultations (CCHC)** develops relationships with childcare facilities to provide training to staff that will improve their knowledge and practice in the childcare setting.

Contact: Janet Jepsen at (520) 836-4651 or [janetj@cals.arizona.edu](mailto:janetj@cals.arizona.edu)

**Choose Health Action Teen (CHAT)** is designed to recruit teens to teach younger children the benefits of healthy eating and active living. Teens also participate in community service events.

Contact: Esmeralda Castillo at (520) 836-5221 or [ecastill@cals.arizona.edu](mailto:ecastill@cals.arizona.edu)

**Developmental Program** reaches out to families with children, ages 0-5, to screen for early developmental milestones such as gross and fine motor skills, communication, personal-social skills, and problem-solving capacities.

Contact: Esther Turner at (520) 836-5221, x211 or [eturner@cals.arizona.edu](mailto:eturner@cals.arizona.edu)

**Expanded Food and Nutrition Education Program (EFNEP)** is a nutrition education class designed to assist limited resource families in eating smart and being active and in acquiring the knowledge, skills, and behavioral changes necessary to contribute to their personal development and the improvement of the total family diet, nutritional and physical well-being.

Contact: Esmeralda Castillo at (520) 836-5221 or [ecastill@cals.arizona.edu](mailto:ecastill@cals.arizona.edu)

**Field Crops Systems** uses research and education efforts to work to improve field crop productivity and global food and fiber supply, farm economic viability, and protecting the environment.

Contact: Blasé Evancho at (520) 836-5221, x215 or [bee1@cals.arizona.edu](mailto:bee1@cals.arizona.edu)

**First Smiles** is an oral health program that provides preventative oral health education, oral screening, referral to dentists for children birth to age five and pregnant women; and fluoride varnishing for children with emergent teeth up to age five.

Contact: Greeta Mills at (520) 836-4651 or [gmills@email.arizona.edu](mailto:gmills@email.arizona.edu)

**MAC (Maricopa Agricultural Center) Farm Ag-Ventures** educational programs include a combination of videos, educational presenters, hands-on learning experiences and tractor-trailer rides around their 2,200 acre farm for a close-up view of what makes a working farm operate.

Contact: Victor Jimenez at (520) 374-6216 or [vicjimenez@yahoo.com](mailto:vicjimenez@yahoo.com)

**Master Gardener Program** trains volunteers to provide up-to-date, locally tested practical information to those desiring to improve the quality and effectiveness of desert gardens and landscapes.

Contact: Rick Gibson at (520) 836-5221, x227 or [gibsonrd@cals.arizona.edu](mailto:gibsonrd@cals.arizona.edu)

**Project WET (Water Education for Teachers)** is a program designed to teach educators how to better integrate water education, water conservation, and best management practices for water use into their curriculums.

Contact: Chuck Dugan at (520) 836-5221, x210 or [cld1@email.arizona.edu](mailto:cld1@email.arizona.edu)

**Sensory Program** provides free screenings of children, ages 0-5, for vision and hearing impairments that could affect developmental growth.

Contact: Esther Turner at (520) 836-5221, x211 or [eturner@cals.arizona.edu](mailto:eturner@cals.arizona.edu)

**Soil Fertility Research and Education** is a program that focuses on the development of research and education on soil testing, nutrient management, and fertilizer and animal waste best management practices.

Contact: Rick Gibson at (520) 836-5221, x227 or [gibsonrd@cals.arizona.edu](mailto:gibsonrd@cals.arizona.edu)

**Strengthening Families Program** is a parenting and family strengthening program for families with children ages 3-5, that focuses on strengthening parental bonds with their children and learning more effective parenting skills.

Contact: Esther Turner at (520) 836-5221, x211 or [eturner@cals.arizona.edu](mailto:eturner@cals.arizona.edu)