



Illinois Extension

JULY 2023

Connections Newsletter

The College of Agricultural, Consumer and Environmental Sciences

Henry/Stark Counties

358 Front St. Galva, IL
(309) 932-3447
Tues, Wed, Thur. 8 am - 4 pm

Mercer County

910 13th St. Viola, IL
309-513-3100
Tues, Wed, Thur. 8 am - 4 pm

Rock Island County

321 W 2nd Ave. Milan, IL
(309) 756-9978
Mon-Fri. 8am - 4 pm

Visit our website: extension.illinois.edu/hmrs



Stay Hydrated this Summer: Tips for All Ages

Kristin Bogdonas, nutrition & wellness educator

As scorching heat becomes a summer staple, it's time to talk about the importance of staying hydrated, especially for older adults and children who are more susceptible to the health risks associated with extreme weather. We've compiled essential information to keep you informed and hydrated during the sizzling season.

Medications and Heat: What You Need to Know

If you're taking medications, it's crucial to be aware of any heat-related warnings. 83% of adults in their 60s and 70s use prescription drugs, with one-third relying on five or more, as per CDC.

- Certain medications can increase the risk of heat-related illness by interfering with body temperature regulation, suppressing thirst, or disrupting fluid balance.
- Medications such as ACE inhibitors, anticholinergic medications, antipsychotics, and loop diuretics require caution. Anticholinergics, for example, reduce sweating, leading to increased body temperature.
- Extra precautions should be taken while exercising, taking hot baths, or during hot weather when using these medications.
- Adjusting medications should only be done under the guidance of a healthcare provider.

Hydration for Older Adults: Drink Up and Stay Cool

- Aging leads to decreased water content in the body and a reduced sense of thirst.
- Carry a reusable water bottle to combat dehydration.
- Men should aim for approximately 13 cups (3.0 liters) of fluid daily, while women should strive for around 9 cups (2.7 liters).
- Watch out for signs of dehydration: dark-colored urine, flushed skin, muscle cramps, dry mouth, dizziness upon standing, fatigue, constipation, and frequent urinary tract infections.
- Stay hydrated to prevent serious health conditions.

Tips to Keep Kids Cool and Hydrated

Caring for little ones this summer? Ensure their well-being by recognizing the signs of heat-related illness suitable for their age.

- Signs of heat stroke in infants (under one year old): restlessness, rapid breathing, fatigue, irritability, vomiting.
- Signs of heat stroke in older children: dangerously high body temperature, lack of sweating, confusion, flushed and dry skin, loss of consciousness.
- Seek immediate medical attention if heat stroke is suspected.
- Contact your child's pediatrician for signs of severe dehydration or heat exhaustion.
- Watch out for signs of dehydration in infants: fewer than six wet diapers a day, sunken soft spot on the head, drowsiness, dry lips/mouth, few or no tears when crying.
- Dress infants in lightweight UV-protective clothing, apply sunscreen, offer fluids frequently, keep their skin cool with misting fans or damp cloths, provide hydrating foods (watermelon, blueberries, cucumbers, bananas).
- For older babies (6 months and up), consider drinks with electrolytes like coconut water or cucumber water.
- Consult a pediatrician before giving oral rehydration solutions (ORS) to children under 1 year old.

Stay Cool, Stay Hydrated

As summer heats up, prioritize hydration to beat the heat. Remember these essential tips: dress light, carry a water bottle, be mindful of medication risks, and keep an eye on children's well-being. Let's make this summer a safe and refreshing one for everyone. Stay hydrated, stay cool, and enjoy the season responsibly! Check out some tasty "Summer Sipper" hydration recipes on our website at go.illinois.edu/SummerSippers

3 reasons to add summer color to your recipes

Summertime brings gardens, farmers markets, and stores bursting with colorful produce! Caitlin Mellendorf, Illinois Extension nutrition and wellness educator, says that eating a variety of fruits and vegetables in different colors helps meet your nutrition needs as each color offers a unique mix of vitamins and minerals. By incorporating a range of colors, you increase your chances of getting a diverse array of nutrients.



Eating with color makes eating enjoyable

Food is not just about nutrition, but also about pleasure. Adding a vibrant assortment of fruits and vegetables to your recipes makes them visually appealing and enjoyable to eat. It's a great way to make mealtime more exciting, especially for children who may be encouraged to try new foods.

Eating the same food in different colors adds variety

Summer brings a wide range of colorful produce options, such as tomatoes in different hues, cauliflower in various shades, and carrots in multiple colors. While the taste may not differ significantly, incorporating different colors adds variety to your meals. Don't hesitate to try something new by picking up a color you don't usually buy while shopping.

Remember to savor the summer season!

Explore these recipes from Illinois Extension that showcase the vibrant colors and flavors of in-season fruits and vegetables:

Tuna-Stuffed Tomato Melt

(serves 4)

Serve these tomato melts with bread rolls and summer fruit, like peaches or melon.



Ingredients

1 (5 oz.) can tuna in water, drained
1/2 cup chopped cucumber 1/2 cup diced red onion
1 small jalapeno pepper, seeded and diced
1/4 cup cilantro, chopped 1/4 cup light mayonnaise
1 Tbsp lemon juice
4 medium tomatoes
2 oz reduced-fat cheese, cut into 8 pieces (Cheddar, Monterey, or Pepper Jack suggested)
1 avocado, sliced (optional)

Directions

1. Preheat oven to 350°F.
2. Wash hands with soap and water.
3. Wash produce under cool water. Prepare as directed in Ingredients.
4. In a large bowl, mix tuna, cucumber, red onion, jalapeno, cilantro, mayonnaise, and lemon juice until combined.
5. Cut off stem end of tomatoes and scoop out inside with a spoon. Discard tops and insides, or use in another recipe.
6. Fill each tomato evenly with tuna salad. Top each tomato with two pieces of cheese. Place tomatoes in a 13x9-inch oven-safe pan.
7. Bake 10-15 minutes or until cheese is melted. Serve with a slice of avocado, if desired.
8. Cover and refrigerate leftovers within 2 hours. Eat within 4 days.

Nutrition Facts per serving (with 2 slices avocado):
240 calories. 15g fat. 360mg sodium. 14g carbohydrate. 5g fiber. 15g protein

Nutritional analysis per serving (without avocado): 160 calories. 8g fat. 360mg sodium. 9g carbohydrate. 2g fiber. 14g protein

Citrus Kebabs

(serves 8 - 4 chicken kebabs, 4 shrimp kebabs)

Enjoy these kebabs with sweet corn, cooked rice, coleslaw, fruit, or your favorite side dishes.



Ingredients

For Chicken: 2 Tbsp oil, 2 Tbsp lemon juice
1 tsp fresh minced garlic (or 1/2 tsp garlic powder)
1/4 tsp ground black pepper
1 lb boneless, skinless chicken breast, cut into 1 inch cubes

For Shrimp: 1 lb deveined raw shrimp (thawed if frozen)
2 Tbsp oil, 2 Tbsp lime juice
1 Tbsp fresh minced cilantro (or 1 tsp dried cilantro)
1/4 tsp ground black pepper
1 medium fresh red onion, cut into 1-inch pieces
1 medium bell pepper (any color), cut into 1-inch pieces
1 medium fresh zucchini, cut into 1-inch slices
1 medium fresh yellow summer squash, cut into 1-inch slices
1 8-oz package fresh whole mushrooms, cut in half or keep whole

- Wash hands with soap and water.
- In a medium container with lid, combine oil, lemon juice, garlic, and black pepper. Add chicken pieces and toss to coat.
- In another medium container with lid combine oil, lime juice, cilantro, and black pepper. Add shrimp and toss to coat.
- Cover containers with lid and refrigerate for at least 1 hour.

Directions

1. Pre-heat grill to medium heat.
2. Prepare 8 wood or metal kebab skewers according to package directions.
3. Wash hands with soap and water.
4. Thread alternating pieces of chicken or shrimp with vegetables in any combination desired.
5. Add assembled kebabs to grill. Cook on one side for 5-7 minutes. Turn and cook for another 5 minutes, or until chicken reaches 165°F and shrimp reaches 145°F.
6. Divide leftovers into small containers. Cover and refrigerate within 2 hours. Eat within 4 days.

Nutrition Facts per 1 chicken kebab: 190 calories. 7g fat. 55mg sodium. 5g carbohydrates. 1g fiber. 27 grams protein

Nutrition Facts per 1 shrimp kebab: 140 calories. 5g fat. 650 mg sodium. 6g carbohydrates. 1g fiber. 17 grams protein

Nature & Environment

Transform your lawn into a vibrant, eco-friendly oasis with the power of natural lawn care.



Discover the secret to creating a lush, environmentally friendly lawn while saving on water, fertilizer, and pesticide costs. Implement these natural lawn care methods to promote a healthier and more environmentally friendly lawn. Learn more about it in Illinois Extension's Summer 2023 Gardener's Corner newsletter where Nancy Kreith, horticulture educator, offers these simple steps for sustainable and cost-effective lawn care.

- **Start with healthy soil:** Get a soil test to understand its chemistry and drainage. Add nutrients and amendments based on the results.
- **Improve soil through maintenance:** Core aerate in May or September, recycle grass clippings instead of bagging them, top-dress with compost in September, and mow over fallen leaves in October.
- **Practice proper lawn care:** Mow high, removing no more than 1/3 of the leaf blade. Regularly sharpen and clean your lawnmower blade.

- **Seed at the right time:** Overseed in August or May using a 50/50 mix of soil and compost. Keep the seed moist with light watering.
- **Limit watering:** Water efficiently in the early morning and only provide 1 inch of water per week, including rainfall. Let the lawn go dormant in July, reducing watering to ½-inch every four weeks.
- **Accept some weeds:** Clover in the lawn benefits bees and provides nitrogen. Hand-remove or spot-treat problematic weeds, using fewer toxic chemicals and considering natural controls.
- **Monitor and treat pests:** Check for weeds, diseases, and insects twice a month. Treat problems during their early stages and monitor for specific pests like white grubs in July and August.
- **Fertilize as needed:** Use a soil test to determine fertilizer requirements. Apply fertilizer in late May and early to mid-September for medium and high-maintenance lawns, and in early to mid-September for minimal maintenance lawns.
- **Monitor and learn:** Observe your lawn's progress, noting areas for improvement. Refer to the Illinois-Indiana Sea Grant lawn care calendar and consult your local Illinois Extension county office for research-based information.

Implement these natural lawn care methods to promote a healthier and more environmentally friendly lawn. Read more gardening tips in Illinois Extension's Summer 2023 Gardener's Corner newsletter at go.illinois.edu/SummerGardenersCorner

Fields of Potential: Utilizing Cover Crops for Sustainable Agriculture

Thurs. July 13 | 5 - 7 pm
Woodhull Town Hall
330 N Division St., Woodhull, IL

Dinner | Farmer Panel
Discussion | Q&A

Register by July 7 at:
go.illinois.edu/CoverCropsJuly13
or call IL Extension at
(309) 756-9978



Attention Farmers:

Maximize Your Field's Potential with Cover Crops!

Discover the untapped benefits of cover crops for your fields, including enhanced soil retention, nutrient management, and improved soil health. Gain valuable insights from local farmers who have successfully integrated cover crops into their production systems.

Join us for a captivating panel discussion featuring three accomplished local producers who will share their first-hand experiences and valuable lessons learned along the way.

- Learn about cover crop mixes to consider depending on your goals.
- Hear about different application and termination methods to consider for your operation's unique needs.
- Connect with like-minded farmers at various stages of their cover crop journey.
- Get answers to your questions about cover crop integration.
- Explore potential cost-share opportunities.

Plus - we've got you covered with dinner included!

Don't miss this chance to learn more about how you can enhance your field's productivity. Secure your spot by July 7th for this FREE, must-attend event sponsored by:



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Illinois Corn
Growers Association





Explore Summer Blooming Trees July 11, 1:30 p.m.

After spring blooms fade and summer arrives, trees are often showing green foliage and offer the opportunity for shade from the summer heat. Trees are more than that, as summer blooming trees and shrubs are just getting started. Discover different summer-blooming trees that provide a boost of color and ornamental features in the landscape over another season.

Register at go.illinois.edu/BloomingTrees

In-person Canning Classes

July 17 at 2:30 pm | Wyoming Public Library

July 20 at 2:30 pm | Geneseo-Atkinson Food Pantry



Are you interested in preserving your own food at home? Canning is a great option for surplus produce.

There are various types of canners for home use but certain requirements must be made to ensure a safe food product. Let us take the guess work out of

canning! Kristin Bogdonas with University of Illinois Extension will cover the types of canners and equipment needs, where to find research tested recipes, and how to safely use these canners when processing food at home. Participants will receive materials to take home for future reference. If you need your pressure canner gauge tested, she can quickly test it for you after class.

To Register:

- For Wyoming : Call Mary at the library 309-695-2241
- For Geneseo Atkinson register at go.illinois.edu/CanningGeneseo or call (309) 756-9978.

Build knowledge of environment, natural resources with summer series

The Everyday Environment series from University of Illinois Extension explores natural resources and provides steps anyone can take to help improve the environment. Upcoming webinars include:

July 13 at 1 p.m.

Which Grass is Which?

Explore Annual Grasses

While many grasses are perennial and return year after year, other grasses are annual and only live for one year. Many of these annual grasses emerge, grow, and flower in the summer, while others grow in the winter and spring. Learn the basics of grass identification to dive into the identification of grasses in Illinois, including both summer and winter annuals. Register at go.illinois.edu/Grasses



August 10 at 1 p.m.

A Storm is Always Ready, Are You?

Get a head start on National Preparedness Month, held each September, by participating and learning tips for staying safe before, during, and after a storm. Explore generator safety, how to avoid deadly carbon monoxide poisoning, how and when to test smoke alarms, and leave with a checklist to help youth and adults prepare for storms. Presented by Safe Electricity. Register at go.illinois.edu/stormsafety



Do you Have Gardening Questions?

Fill out an Ask the Master Gardener form online to get your gardening questions answered @

go.illinois.edu/AsktheMasterGardener

Or call the IL Extension Master Gardeners



HORT HELPLINE
217-300-0240



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Free online tips and resources for you and your family

**EAT.
MOVE.
SAVE.**

Healthy Text Program
go.illinois.edu/HealthyText



Monthly e-newsletter
go.illinois.edu/EatMoveSave





Learn by doing!



It's 4-H fair season! That means youth around Illinois are busy presenting projects on everything from robotics to public speaking, with one of the most popular topics being livestock. 4-H members spend months preparing pigs, cattle, goats, sheep, rabbits, horses, and poultry to show them in front of the judges. They learn what it takes to raise an animal and take care of daily chores such as grooming, feeding, and training. Good luck to all of our 4-H members who are putting their showmanship skills to the test at their county shows and fairs!

Here's where you can see them in action

4-H Shows at the Mercer County Fair, Aledo, IL

Monday, July 10

8:30-11 a.m., General Projects Judging, Merchant's Building
General Projects will be on display in Exhibit Hall from Tues - Sat, 10 a.m. - 8 p.m.

Tuesday, July 11

8 a.m. Poultry Show, Swine Barn
10 a.m. Rabbit Show, Show Ring
4 p.m. Sheep Show, Sheep Barn

Wednesday, July 12

9 a.m. Beef Show, Show Ring
1 -2 p.m. Open House Celebrating Hamlet Handy Helpers 4-H Club's 100 Year Anniversary, and Joyce Smith's 50 years of 4-H leadership

Thursday, July 13

9 a.m. Goat Show, Goat Barn
9 a.m. Swine Show, Swine Barn
4 p.m. Jr. & Sr. Showmanship Contest



Friday July 14

9 a.m. Dairy Show
6 p.m. Mercer County Youth Livestock Auction

Saturday, July 15

9 a.m. Dog Obedience & Showmanship, Pavilion east of the Secretary's office

Sunday July 16

9 a.m. Horse Show, 4KPlus Arena, 2492 75th Ave, Viola, IL

4-H Shows at the Rock Island County Fair, East Moline, IL

Saturday, July 15

9 a.m. - Noon, General Projects Judging
Projects will be on view in the Copeland Building during the fair. Stop in for Whitey's ice cream malts and water for sale to benefit 4-H!

4 p.m. Dog Obedience & Showmanship

Monday, July 17

6 pm, Dog Fun Show



Tuesday, July 18

10 a.m. Horse Fun Show
10 a.m. Dairy Show
2 p.m. Poultry Show

Wednesday, July 19

9 a.m. Horse & Pony Show
3 p.m. Sheep Show



Thursday, July 20

8 a.m. Swine Show.
9 a.m. Bucket Calf | Breeding Beef | Steer Show
9 a.m. Horse & Pony Show
12:30 p.m. Master Showmanship Contest
3 p.m. Ag Championship Games (open to all 4-H members)

Friday, July 21

10 a.m. Goat Show
2 p.m. Rabbit Show
6 p.m. Livestock Auction for 4-H members

4-H Shows at the Stark County Fair, Wyoming, IL

Friday, July 28th

9 a.m. PeeWee Swine Showmanship, Jr. Fair Swine Show, with 4-H Swine Show to Follow
1 p.m. PeeWee Poultry Showmanship, Poultry Show
1:30 p.m. PeeWee Rabbit Showmanship, Rabbits & Rodents Show **Costume Class to Follow**

Saturday, July 29th

8 a.m. General Projects Check In, 4-H Judging first, then Jr. Fair
1 p.m. PeeWee Goat/Sheep Showmanship Jr. Fair/4-H Goat & Sheep Show

Sunday, July 30th

10 a.m. PeeWee Cattle Showmanship
10 a.m. Bucket Calf & Dairy Show
11 a.m. Beef Show

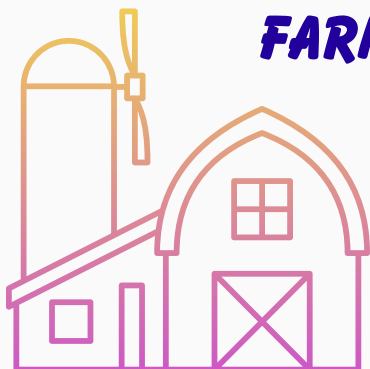


Monday, July 31st

9 a.m. Horse & Pony Show
5:30 p.m. General Project Check-out
6:30 p.m. 4-H Awards Ceremony, Jr. Fair Awards Ceremony
7 p.m. Stark County Sale of Champions

FARM IN THE PARK AT MERCADO OF FIFTH

FRIDAY, JULY 14, 5 - 7 P.M.
423 12TH ST, MOLINE, IL



Join us for Farm in the Park - a fun-filled event taking place from 5 - 7 p.m. during Mercado on Fifth. Our event will be held in the children's section of the night market (next to the Boys and Girls Club.)

Illinois Extension will have a fun lineup of activities! Visitors of all ages will enjoy getting up close with a variety of goats, sheep, rabbits, and other farm animals in the petting zoo. Test your knowledge in our Ag Fun Facts seek and find game and win a prize! Explore hands-on activity stations that focus on agriculture and feature make and take crafts, games, snacks, and more. Pick up valuable resources on recipes, gardening, and nutrition from Illinois Extension that you can take home.

Mercado on Fifth also has bounce houses and other engaging kids' activities, ensuring a fun experience for the whole family. Come and be part of our Farm in the Park and foster a love for agriculture, health, and fun!

There is a cover charge of \$5 ages 13 and up to Mercado on Fifth. Kids ages 12 and under can attend for free with a paying parent or guardian, and anyone ages 17 and younger must be accompanied by an adult. The family-friendly event features food trucks, mobile boutiques and retail vendors, children's activities, and live music and entertainment.

Mercado on Fifth's mission is to inspire Hispanic cultural pride and provide access to bilingual enrichment and educational opportunities for a more empowered and engaged community. It runs from 5 - 10 p.m.

Farm in the Park Galva, IL

Tuesday, August 8, 11 am- 1 pm | Veteran's Park, Galva, IL

Mark your calendars and plan to join us for our annual Farm in the Park in Galva, IL. We're returning with all of your favorite activities including: A Free Petting Zoo, Hands-on Activity stations, Make and Take Crafts, Games, & Prizes! Come for lunch! We'll have a concession stand with hot dogs and more for sale.

It's a great event to bring your family to so they can learn more about the important role agriculture plays in their everyday lives. We look forward to seeing you there!

