Domestic Engineer

Prairie County MSU Extension * PO Box 7 * Terry, MT 59349 * (406) 635-2121

April 2019

Prairie County Homemakers,

Spring is officially upon us! If you have spring fever, we have a wide variety of Extension lawn, garden, and ornamental publications available for free.

Stop by the Extension Office and pick some up to get a head start on your yard and garden planning this spring.

The Homemaker Spring Council Meeting is scheduled for April 24, 2019 at 7 p.m. at the Prairie County Courthouse. An agenda was included with the March newsletter for your club to review.

Sincerely,

Sharla Sackman
Prairie County Extension Agent

Inside this issue:

- The Power of Positive Thinking 2
- Soil Sampling 3
- Prairie Fair 4
- Spring Potpourri 6
- Spring Time Planting Publications 6
- Dark Green, Red & Orange Veggies 7

Save the Date!
Spring Council Meeting
April 24, 2019 ~ 7:00p.m.
Prairie County Courthouse

Happy Easter!

The Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and educational outreach provider.
The Power of Positive Thinking
From www.hopkinsmedicine.org

Are you a glass-half-full or glass-half-empty kind of person? The answer could make a difference in your heart health, say Johns Hopkins researchers. Check out their findings—plus simple ways to boost positivity in your life.

Here’s heartwarming news: People with a family history of heart disease who also had a positive outlook were one-third less likely to have a heart attack or other cardiovascular event within five to 25 years than those with a more negative outlook.

That’s the finding from Johns Hopkins expert Lisa R. Yanek, M.P.H., and her colleagues. The finding held even in people with family history who had the most risk factors for coronary artery disease, and positive people from the general population were 13 percent less likely than their negative counterparts to have a heart attack or other coronary event.

Yanek and her team determined “positive” versus “negative” outlook using a survey tool that assesses a person’s cheerfulness, energy level, anxiety levels and satisfaction with health and overall life. But you don’t need a survey to assess your own positivity, says Yanek. “I think people tend to know how they are.”

Hope and Your Heart
The mechanism for the connection between health and positivity remains murky, but researchers suspect that people who are more positive may be better protected against the inflammatory damage of stress. Another possibility is that hope and positivity help people make better health and life decisions and focus more on long-term goals. Studies also find that negative emotions can weaken immune response.

What is clear, however, is that there is definitely a strong link between “positivity” and health. Additional studies have found that a positive attitude improves outcomes and life satisfaction across a spectrum of conditions—including traumatic brain injury, stroke and brain tumors.

Can You Boost Your Bright Side?
Although a positive personality is something we’re born with and not something we can inherently change, Yanek says, there are steps you can take to improve your outlook and reduce your risk of cardiovascular disease.

Simply smile more. A University of Kansas study found that smiling—even fake smiling—reduces heart rate and blood pressure during stressful situations. So try a few minutes of YouTube humor therapy when you’re stomping your feet waiting in line or fuming over a work or family situation. It’s difficult not to smile while watching a favorite funny video.

Practice reframing. Instead of stressing about a traffic jam, for instance, appreciate the fact that you can afford a car and get to spend a few extra minutes listening to music or the news, accepting that there is absolutely nothing you can do about the traffic.

Build resiliency. Resiliency is the ability to adapt to stressful and/or negative situations and losses. Experts recommend these key ways to build yours:

Maintain good relationships with family and friends.
Accept that change is a part of life.
Take action on problems rather than just hoping they disappear or waiting for them to resolve themselves.
Soil Sampling

To obtain meaningful and accurate soil test results, it is important that you correctly collect soil samples from multiple locations within your yard and garden. A minimum of ten samples should be collected and mixed from your garden, or from each 1,000 square feet (sq ft) of lawn to obtain a representative sample. Be sure to remove any mulch or lawn thatch before collecting your soil samples. If there is a visual or textural difference from one side of your garden or lawn to the other, submit separate samples. Samples may be submitted moist or dry. If you decide to soil sample in mid-summer or fall, it is best to wait at least two months after fertilization to give the fertilizer a chance to dissolve, disperse and be used by plants.

Soil samples are best collected using hand probes or augers. Unless it is the only option, you should avoid shovels and spades because it is difficult to obtain the same amount of soil from each depth and location with these tools, possibly biasing results. Hand augers are useful, especially when sampling at different depths. Many Extension offices have hand probes or augers and may either lend you the tools or assist you in soil sampling. An alternative tool to collect a 0 to 6 inch soil sample is a bulb planter (available at most gardening stores). Tools should be cleaned between each garden or area sampled and stored away from fertilizers to prevent contamination.

Sampling Depth and Time

For home gardens, lawns and trees, soil samples are generally a 6 inch deep core from the soil surface. In some cases, soil samples may also be taken below the 6 inch depth. Because nitrogen (N, in the form of nitrate-N), sulfate-sulfur (sulfate-S) and chloride (Cl) are very soluble and can more readily move down into the soil than other nutrients, deeper soil samples can be collected and analyzed for these nutrients.

You should schedule soil sampling to allow adequate time for soil analysis (~one to two weeks) and fertilizer application, if needed, prior to seeding or planting time. Also, soil tests are representative of current nutrient levels and do not necessarily reflect future conditions. Therefore, soils are ideally sampled yearly in the spring to best estimate growing season nutrient availability; however, it may be more practical to test soil in the fall when soil is dry and there are fewer time constraints. Unfortunately, fall samples do not always represent the true amount of N that will be available at spring planting, because some N is released from organic matter (O.M.) during the winter months in a process called ‘mineralization’. Conversely, soil nitrate can be lost to leaching during wet winters, especially in shallow or sandy soils. Fall N levels will be similar to spring N levels if the fall and winter are cold and dry, because both conditions reduce N mineralization and leaching. Contact your local Extension agent for more information on soil sampling or refer to MSU Extension’s Nutrient Management Module 1 (#4449-1).
“I’m more German than you are Norwegian!” my husband exclaimed, grinning at me.

He sounded a little too triumphant, I thought to myself.

We were reviewing the results of our DNA testing. I looked at his ethnicity pie charts, and he was correct. He was 82 percent German to my 72 percent Norwegian. He was zero percent Scandinavian, poor guy.

How had we survived more than 25 years of marriage?

I could understand why he likes sauerkraut and sausages, I thought to myself.

However, I was more English and Irish than he was, despite his English-sounding last name. The DNA service explained that Viking sailors exploring the coasts were probably the reason for my English and Irish heritage.

My appreciation of corned beef and cabbage on St. Patrick’s Day might be genetic. I began connecting with long-lost and never-met cousins. My husband thought it was a scam and didn’t pay a lot of attention until one day. I had written a note to a person with a name that sounded familiar. She wrote back a story with very specific information about my childhood hobby.

“This is real!” he said with astonishment as he read the message over my shoulder. “No one would know that!”

I had chosen the kit that helped us connect ourselves to our heritage. However, many testing kits are available, and some can provide hints about future health. However, keep in mind that lifestyle, including eating, physical activity and smoking habits, significantly influences our health.

Lately, I have stepped out of my Scandinavian heritage to work on a North Dakota Germans from Russia project.

Here’s a little history I have gleaned from the Germans from Russia collection at the NDSU library, available at http://www.ndsu.edu/grhc. In 1763, Russian Czarina Catherine the Great, a former German princess, invited German colonists to Russia with the promise of farmland and more privileges. Many accepted the invitation and colonized the Volga region first. Then in 1803, Alexander I, grandson of Catherine, issued another invitation and Germans settled southern Ukraine near the Black Sea.

In 1871, Czar Alexander II revoked the preferential rights and privileges given to the colonist settlers by the manifestos of Catherine II and Alexander I. In 1874, universal military conscription was instituted. The Germans began emigrating to North America and settled everywhere from Canada to Texas. By 1910, about 60,000 Germans from Russia resided in North Dakota.

As I read the history, I became a little worried about getting this new ethnic foodways project correct. I know that people don’t like others “messing with” their recipes.

My student interns and I began developing content and testing recipes. We learned many new German recipe names along the way. We gathered recipes from published cookbooks and recipe cards, and we ran the nutrition analysis.

Some recipes just needed a little clarification. As with many old cookbooks, sometimes an ingredient amount wasn’t provided, or the ingredient was mentioned in the directions but not in the ingredient list. “Add some vinegar” is a little vague, for example.

Some of the recipes were fairly healthful “as is” with just a couple of tweaks. Other recipes were fairly high in fat and sodium and low in fiber.

In earlier history, people used what they had available, and they worked very hard physically to produce and prepare foods. We have many labor-saving devices now and burn fewer calories in our labor.

I need to caution people about using old canning recipes from any cookbook, though. Canning recommenda-
tions underwent a major re-do during World War II and are updated regularly. Some of the canning recipes we find in heritage cookbooks would not meet today’s safety standards. Visit [https://www.ag.ndsu.edu/food](https://www.ag.ndsu.edu/food) and check out the current research-tested recipes.

We had taste-testers try our slightly updated recipes. We added less salt, used whole milk or half and half instead of heavy cream, and used half whole-wheat flour for white flour in the buns and dumplings.

We tried several recipes for knoephla soup, and this is the winner. We added some vegetables for color and nutrition, reduced the butter and used half whole-wheat flour in the dumplings. Note that the dumplings will be light gray as a result of the whole-wheat flour.

By the way, this recipe is German-heritage-husband-approved.

**Knoephla Soup**

**Soup:**

1/4 c. butter, unsalted
6 c. baking potatoes (about 3 large), peeled and cubed
1/2 c. onion (about 1 small onion), diced
3/4 c. celery, diced
3/4 c. carrot, diced
1/2 tsp. pepper (or to taste)
3 c. whole milk
6 c. chicken broth

**Knoephla (dumpling) recipe:**

3/4 c. whole-wheat flour
3/4 c. white flour
7 Tbsp. whole milk, or more as needed
1 egg
2 tsp. dill weed
2 tsp. parsley
1/2 tsp. ground black pepper (or to taste)
1/2 tsp. salt

Melt butter in large skillet over medium heat. Saute potatoes, carrot, celery, onion and pepper until vegetables are tender, about 20 minutes. Stir 3 c. milk into potato mixture and heat until almost boiling, about five minutes. Remove skillet from heat. In separate pot, bring chicken broth to a boil.

To make knoephla (dumplings): Combine whole-wheat and white flour, 7 tablespoons milk, egg, dill, parsley, salt and pepper. Add more milk a tablespoon at a time until dough is stiff. Roll dough into 1/2-inch-thick ropes. Cut ropes into 1/4-inch pieces with a knife or kitchen shears. Drop pieces into boiling broth. Cover pot and reduce heat to simmer until knoephla begin to float, about 10 minutes. Stir potato mixture into broth and knoephla. Simmer until potatoes are tender.

Makes 10 (1-cup) servings. Each serving has 260 calories, 8 grams (g) fat, 9 g protein, 39 g carbohydrate, 3 g fiber and 480 milligrams sodium.
Time for Spring Planting!

Get your mind off all this snow and start thinking about your lawn and garden. The Extension Office has lots of publications on everything from growing garlic to planting annual flowers to maintaining lawns to establishing a bed of strawberries. Stop by or give us a call with any of your horticulture questions.

Here is a list of free MSU Extension Montguides available at the Extension Office:

- Asparagus in the Home Garden
- Bumble Bees in Montana
- Can I Grow That Here? Vegetable Seed and Transplant Schedules for Garden or Container
- Deer-resistant Ornamental Plants for Your Garden
- Fire-Resistant Plants for Montana Landscapes
- Growing Annual Flowers
- Growing Currants and Gooseberries in Montana
- Growing Garlic in Montana
- Growing Lilacs in Montana
- Growing Minor Stone Fruit in Montana
- Growing Raspberries in Montana Gardens
- Growing Rhubarb in Montana
- Growing Serviceberries
- Growing Shrub Roses in Montana
- Growing Tomatoes in Montana
- Harvesting and Saving Garden Seeds
- Heirloom Vegetables for Montana Gardens
- Herbs for Montana Gardens
- Home Composting
- Home Garden Soil Testing and Fertilizer Guidelines
- Hotbeds and Cold Frames for Montana Gardeners
- Japanese Beetle
- Perennials and Biennials for Montana Gardens
- Planting a Successful Home Vegetable Garden
- Poisonous Plants in the Home Landscape

Spring Potpourri with Jody Haidle

Learn about bees & butterflies as pollinators, planting succulents, Easter & Spring decorating ideas as well as tasty spring recipes!

- April 11 @ 2:00
- American Legion Banquet Room
- Clubs please bring a recipe to share
Dark Green, Red, and Orange Vegetables

Even though a healthy diet consists of fruits and vegetables of all colors, one of the key recommendations of the 2010 USDA Dietary Guidelines specifically mentions eating a variety of dark green, red, and orange vegetables. MyPlate guidelines suggest eating 1½ to 2 cups of dark green vegetables and 4 to 6 cups of red and orange vegetables each week.

Why should we eat dark green vegetables?
Dark green vegetables are rich in vitamins A, C, and K, and folate. These nutrients protect bones, decrease inflammation, help with vision, improve immunity, and protect against some types of cancers. Some of these vegetables are good sources of vitamin E, which is also important for immune health and protection against heart disease.

What are some examples of dark green vegetables?
• bok choy
• broccoli
• collard greens
• dark green leafy lettuce
• kale
• mustard greens
• romaine lettuce
• spinach
• turnip greens
• watercress

What is a ½ cup serving of dark green vegetables according to MyPlate?
• 1 cup uncooked leafy vegetables
• ½ cup cooked greens
• ½ cup broccoli

Why should we eat red and orange vegetables?
Red and orange vegetables are high in beta-carotene, which the body turns into Vitamin A. Vitamin A helps protect against infection and some types of cancer. Many of these vegetables also have high levels of vitamin C, potassium, and vitamin K. Vitamin C promotes healing, potassium can lower blood pressure, and vitamin K helps with blood clotting.

What are some examples of red and orange vegetables?
• acorn squash
• butternut squash
• carrots
• hubbard squash
• pumpkin
• red peppers
• sweet potatoes
• tomatoes

What is a ½ cup serving of red and orange vegetables according to MyPlate?
• ½ cup mashed acorn squash, butternut squash, hubbard squash, or pumpkin
• 6 baby carrots or 1 medium carrot
• ½ of a large red pepper
• ½ of a large sweet potato
• ½ of a large tomato
How can we add more dark green vegetables to our diet?

- **Green smoothies**: Toss a handful of spinach into fruit smoothies.
- **Salads**: Chop greens like kale into fine strips and mix them with other greens. Or try a massaged kale salad. Massage a small amount of oil into raw kale for three minutes, until the kale softens. Toss with lemon juice and parmesan cheese.
- **Steam**: When cooking green vegetables, cook for just a short time, until the greens are tender and bright green.
- **Kale chips**: Remove the kale stems and tear the leaves into small pieces. Wash and thoroughly dry the leaves. Massage in ½ Tablespoon of oil. Spread in a single layer on a baking sheet. Bake at 350°F for 10-12 minutes, until the edges are brown.
- **Stir fries**: Add some broccoli or chopped or torn greens to stir fry recipes.
- **Soups**: Add chopped or torn greens just before serving and cook just until bright green.
- **Pasta**: Toss chopped or torn greens with the cooked pasta and hot sauce to wilt the greens.
- **Grains and beans**: Mix chopped or torn greens into hot grains or beans.

How can we add more red and orange vegetables to our diet?

- **Raw**: Carrots, tomatoes, and red peppers are delicious raw. Eat them in salads, sandwiches, or with a lowfat dip. Keep ready-to-eat vegetables in your refrigerator.
- **Roasted**: Cube acorn squash, butternut squash, hubbard squash, pumpkin, or sweet potatoes, toss with a little olive oil, and roast at 400°F for about 25 to 30 minutes.
- **Burritos**: Lightly cook red pepper slices and add to burritos.
- **Baked**: Substitute sweet potatoes for traditional baked potatoes or fries.
- **Omelets**: Stuff omelets with vegetables like carrots, red peppers, and tomatoes.
- **Stir fries**: Try carrots, red peppers, or even squash in stir fry recipes.
- **Other main dishes**: Add grated, shredded, chopped, or pureed carrots, red peppers, tomatoes, or squash to lasagna, meatloaf, mashed potatoes, pasta sauce, soups, stews, casseroles, and rice dishes.

Contact Us

MSU Extension, Prairie County
Sharla Sackman, Agent
406-635-2121
sackman@montana.edu

Visit www.buyeatlivebetter.org for more information.

This institution is an equal opportunity provider.

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran’s Preference Employer and Provider of Educational Outreach.