

Healthy Tips! – September 2017

K-STATE

Research and Extension

Master Food Volunteer
Johnson County

Upcoming Classes

September— **What's for Dinner? Meal Planning and Prepping Ahead**

Is it always a rush after work to get dinner on the table? Do you like a home-cooked meal but not all the work that it takes to make? Join the Extension Master Food Volunteers to learn some great tips and tricks to get a delicious, nutritious meal made faster and more efficient.

Tues., Sept. 19 @ 6-8pm
Fee: \$20

October— **Cast Iron Skillet Cooking**

From a kitchen to a campfire, cast iron cooking is fun and can make any dish taste better. Join the Extension Master Food Volunteers to learn tips and tricks of the trade to make your dishes have that extra flare.

Tues., Oct. 17 @ 6-8pm
Fee: \$20

To register, call: 913-715-7000
or visit: www.johnson.k-state.edu

September: National Whole Grains Month

Did you know that people who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases? Grains provide many nutrients vital for health and it is recommended that at least half of all the grains eaten be whole grains. September is whole grains month, and on average most Americans eat enough grains, but few are whole grains. Check out the following tips to help increase your intake of whole grains.



What are grains? Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Examples include bread, pasta, oatmeal, breakfast cereals, tortillas and grits. Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal and brown rice.

What are the health benefits? Consuming whole grains as part of a healthy diet may reduce the risk of heart disease, help with weight management and reduce constipation. Grains are important sources of many nutrients, including dietary fiber, several B vitamins and minerals .

Whole grains at meals. Use whole-grain breads for sandwiches, try brown rice stuffing in baked green peppers or tomatoes, or put whole-wheat macaroni in macaroni and cheese. Try rolled oats or a crushed, unsweetened whole-grain cereal as breading for baked chicken, fish or veal cutlets.

Whole grains as snacks. Snack on ready-to-eat, whole-grain cereals. Add whole-grain flour or oatmeal to baked treats. Try 100% whole-grain snack crackers. Popcorn, a whole grain, can be a healthy snack if made with little or no added salt and butter.



What to look for on food labels. Choose foods that list a whole grain (such as brown rice, oatmeal, bulgur, wild rice, whole-grain corn, whole oats, whole rye or whole wheat) first on the ingredient list. Multi-grain, stone-ground, seven-grain or bran are usually not whole-grain foods. Also, choose products with a higher percent daily value (%DV) for fiber.

To broaden your food horizons with whole grains, try substituting a whole grain product for a refined one and using the Nutrition Facts Label to help you choose more whole grains at the grocery store.

Source: Lisa Franzen-Castle, RD, PhD, Nutrition Specialist UNL
Panhandle Research & Extension Center



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What's Happening with the Master Foodies!

Lenexa Public Market Tour

Presenting a dynamic and interactive destination for the community to gather, connect, learn and celebrate!

Nearly 50 EMFVs were members of three touring groups that took advantage of the opportunity to visit the new Lenexa Public Market on July 21. Carmen Chopp, the city's public market manager, welcomed each group in the lobby of the new City Hall and then conducted the tours.

The market is scheduled to open Sept. 1 and is part of the 200-acre Lenexa Civic Center which, in addition to City Hall is (or soon will be) home to a branch of the Johnson County Library, a recreational center, a public safety complex and a Park University campus center. It is located at 87th Street Parkway and Renner Boulevard.

The City Council initially envisioned this extensive project as an opportunity to enhance the growth of Lenexa nearly 20 years ago. Conceptually, they were looking for a location close to the geographic center of the city.

The tenants of the 11,000-square-foot indoor market are all local merchants and all establishments will be owner-operated. Primarily it is a food hall, only four spaces have been allotted for non-food businesses. The anchor tenants are these familiar local entrepreneurs:

CHEWOLOGY {Gyoza Bar & Kushiyaki} offers Japanese gyoza (pan-fried dumplings), grilled skewered appetizers, specialty East Asian dough-based dishes and drinks.

Foo's Fabulous Cafe features an array of locally made products. Patrons may enjoy waffles and breakfast sandwiches, the popular roasted red pepper and smoked Gouda cheese soup, signature sandwiches, gourmet burgers and, of course, Foo's famous frozen custard.

Marilyn's Mad Treats is a dessert bar and soda fountain. It features baked desserts, custom-made ice cream using liquid nitrogen and sodas made with house-made syrups, as well as several non-dessert items.

The Roasterie will operate a coffee kiosk inside the food hall. Offerings will include specialty coffee and espresso drinks, teas and canned Cold Brew, along with an assortment of from-scratch baked goods.

Topp'd Pizza + Salads will serve signature custom-made pizzas using locally sourced and fresh ingredients. In addition to pizza, the menu includes fresh salads and sub sandwiches, as well as a selection of small plates and appetizers.

On the mezzanine level, overlooking the market, there is event rental space with an adjacent prep kitchen. That level also accommodates the state-of-the-art test kitchen. We have several EMFV classes coming up that are booked for the venue.

In the works are plans for outdoor seating with fire pits and other inviting amenities. Coming in 2018 will be an outdoor seasonal farmers' market. There is an outdoor amphitheater and there will be year-round programming to bring people to the market.



A general consensus was that we appreciated the opportunity to get a behind-the-scenes look at local economic development in action and most are anxious to visit again in early September.