



Are you considering planting a garden this year? Or maybe considering participation in a CSA—community supported agriculture which is buying local seasonal produce directly from a farmer. Perhaps you are considering frequent visits to the area farmer's markets? A CSA can help you to stretch out of your comfort zone and try unfamiliar vegetables and learn ways to prepare them. It can increase the variety and nutrition in your eating! Local Harvest suggests these options in our area

<http://www.localharvest.org/search-csa.jsp?map=1&lat=42.029583&lon=-93.640161&scale=9&ty=6&co=1&nm=&zip=50010>

(I already checked and Farm to Folk is full for the 2009 season!)

Area Farmer's markets and farm Stands

<http://www.amesfarmersmarket.com/>

<http://www.fruitstands.com/states/iowa.htm>

What are the benefits of local produce? In addition to the economic boost to the local area, local food is fresher and better for air quality due to less transportation of goods. Read about other reasons to eat local food:

[http://fogcity.blogs.com/downloadable\\_docs/10reasons.pdf](http://fogcity.blogs.com/downloadable_docs/10reasons.pdf)

If you want to be "green" like the White House and plant your own garden for less expensive and wonderfully fresh tasting vegetables, ISU Extension can offer you some tips: <http://www.extension.iastate.edu/Publications/PM819.pdf> This gives tips on preparing the soil, selecting, sowing and thinning the seeds. The final page of this document indicates the best planting time for various vegetables.

Grilling season has arrived! Grilling can be a healthy option as it is a way to cook without adding much fat and it allows the fat in the food to escape. However, you need to take care of how you use your grill, because careless use can be bad for your health. Cooking meat at high temperatures (charring) causes the formation of chemicals called "polycyclic aromatic hydrocarbons" and "heterocyclic amines" -- both of which are linked to a higher risk of some cancers. Marinating meats adds flavor and helps to prevent the formation of these chemicals. Also, meats usually prepared on the grill include high-fat hamburgers, and processed meats like hot dogs and sausages that contain nitrosamines, which are also linked to cancer risk. Limit your consumption of these items and look for leaner options such as lean beef or pork, skinless chicken or turkey or seafood. And remember that grilling doesn't need to be limited to meats – you can cook your vegetables and even some fruits on your grill as well. <http://bbq.about.com/cs/vegetables/a/aa052497.htm>

The basic rules for healthy outdoor grilling include keeping your grill clean, avoid charring meats, choose healthy foods and cooking meats to the proper temperature (always check with a thermometer!)

Looking for some new grilling recipes?

<http://allrecipes.com/HowTo/Grilling-101-Marinades-Brines-and-Rubs/Detail.aspx>

<http://allrecipes.com/HowTo/Make-Ahead-Marinades/Detail.aspx>

<http://www.mccormick.com/Products/GrillMates/RecipeLanding.aspx>  
<http://www.grilling-recipes.com/>  
[http://www.eatingwell.com/recipes/collections/healthy\\_grilling\\_recipes.html](http://www.eatingwell.com/recipes/collections/healthy_grilling_recipes.html)

### **2009 ISU Recipe Contest Results**

Please note the attached winners in our first annual ISU recipe contest during National Nutrition Month. Also we have gathered the winning and honorable mention recipes for you to try if you wish! Our winners in each category received Hy-Vee gift cards.

### **Upcoming Wellness Events:**

**April Wellness Workshop**-Summer Survival Guide-please note new date!

Wednesday April 29 at noon in Room 08 (ground floor) of Curtiss Hall. Call 4-9625 or e-mail [barclay@iastate.edu](mailto:barclay@iastate.edu) to reserve a seat.

**Health Awareness Event for National Employee Health and Fitness Day-May 20** Great Hall of Memorial Union 11:30 AM to 1 PM

Fitness assessments, blood pressure screening, nutrition info, learn about healthy dining on campus, chair massages, learn about employee recreational opportunities on campus, learn about

**Bike to Work Week May 11-15, 2009** It's a great time to try out bike commuting which is good for the environment, saves gas money and helps your fitness!

<http://www.bikeiowa.com/asp/bike/> Register for FREE and become eligible to win over \$1000 in Bike Bucks!

### **Enjoy Veishea and Happy Spring!**

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