

# Growing Stronger Families

Opportunities for Otsego | 3 West Broadway, Oneonta | 607.433.8071 | www.ofoinc.org

## Beet Hash with Eggs

### Ingredients

- 1 lb. beets, peeled and diced
- ½ lb. Yukon gold potatoes, scrubbed and diced
- 2 Tbsp. extra-virgin olive oil
- 1 small onion, diced
- 2 Tbsp. chopped fresh parsley or 2 tsp. dried
- 4 large eggs
- Coarse salt and freshly ground black pepper



### Directions

1. In a high-sided skillet, cover beets and potatoes with water and bring to a boil. Season with salt and pepper and cook until tender, about 7 minutes. Drain and wipe out skillet.
2. Heat oil in skillet over medium-high heat. Add boiled beets and potatoes and cook until potatoes begin to turn golden, about 4 minutes. Reduce heat to medium, add onion, and cook, stirring, until tender, about 4 minutes. Adjust seasoning and stir in parsley.
3. Make four wide wells in the hash. Crack one egg into each and season egg with salt. Cook until whites set and yolks are still runny, 5-6 minutes. Serve and enjoy!

## Beet and Turnip Gratin

### Ingredients

- 9 Tbsp. unsalted butter, divided (1 for the skillet, 8 for sauce)
- 4 ½ lbs. mixed beets and turnips, peeled and sliced thin crosswise
- ¾ cup finely chopped shallots
- 2 tsp. minced garlic
- 1 tsp. chopped fresh thyme
- Kosher salt and freshly ground pepper
- ¾ cup chicken stock
- 1 tbsp. chopped fresh chives or 1 tsp. dried



### Directions

1. Preheat oven to 400° F. Grease a 12-inch cast iron skillet with 1 tbsp. of butter.
2. Working from the outside in, tile sliced beets and turnips in a rosette pattern or lay flat.
3. Warm 3 tbsp. butter in a small skillet set over medium heat. Add the shallots and cook until soft, stirring frequently (about 4 minutes). Add garlic and thyme and cook for a minute more, stirring constantly. Take the pan off the heat, and stir in remaining 5 tbsp. of butter. Once butter is melted and incorporated, season to taste with salt and pepper.
4. Pour the butter-garlic mixture evenly over the prepared beet and turnips, then pour in the chicken stock. Cover the skillet tightly with foil, then bake in the oven for 45 minutes. Remove the foil and cook until the top of the gratin is just starting to brown and get crispy, about 30 minutes. Let the gratin cool for 30 minutes. Sprinkle with chopped chives before serving and enjoy!



### Hours of Operation

Monday	8:00AM – 5:00PM
Tuesday	8:00AM – 5:00PM
Wednesday	8:00AM – 6:00PM
Thursday	8:00AM – 5:00PM
Friday	8:00AM – 5:00PM

We are open on the 4<sup>th</sup> Saturday of the month from 8:30AM – 12:30PM. This month we are open on Saturday, November 17<sup>th</sup>.

### Outreach Days

November 2<sup>nd</sup> & 19<sup>th</sup> Richfield Springs  
9:45AM – 2:00PM\*

November 13<sup>th</sup> Cooperstown  
9:30AM – 2:00PM\*

November 16<sup>th</sup> Cherry Valley  
9:45AM – 2:00PM\*

\*our last appointment on site days is 1:30pm

### Closings

WIC will be closed on Monday, November 12<sup>th</sup> for the Veterans Day Holiday and November 22-23<sup>rd</sup> for Thanksgiving.

## The Importance of Sodium

We often see Sodium as the villain in foods and try to avoid it at all costs. Sodium is a micronutrient that we need in the diet. It helps maintain our electrolyte balance, fluid levels and plays an important part in muscle contraction and nerve impulse control. While important, we do not need a lot to maintain a healthy level. Sodium is a natural part of many foods and is mostly consumed as salt and in processed foods, so we need to be conscious of the source.

The CDC states that the human body only needs 180 to 500 mg of sodium a day; the needs rise depending on how much you lose through sweat. Sweating is the most common way of losing sodium and other electrolytes from the body. Ensuring they are replenished is key. They recommend that no more than 2,300 mg of sodium be consumed per day as that is the highest amount that can be consumed without posing any health risk to healthy adults. For those watching their blood pressure and following a low sodium diet, it is also important not to get too little. The CDC recommends these individuals consume no more than 1,500 mg a day, and concentrate on fresh foods rather than processed foods.

What about how much a child should get? As with any nutrient,

they require less than an adult. Children from ages 2 to 3 should consume 1,000 to 1,500 mg day and those ages 4 to 8, 1,200 to 1,900 mg a day. Children ages 9 and older can consume 1,500 to 2,200 mg a day safely.

So, does high sodium intake cause high blood pressure? No, but it can contribute to the condition. Excess sodium can accumulate in the bloodstream when the body can't effectively remove it. Sodium attracts water which then rushes to the blood stream and increases total blood volume. This increase makes the heart work harder to pump it throughout the body, increasing the pressure in your arteries and resulting in high blood pressure. While reducing sodium is a great way to reduce your blood pressure and maintain fluid balance, it makes no significant difference if your high blood pressure is related to another factor.

Sodium is an important nutrient needed for your body to function. It is important to know how much you are getting. Proper nutrition and food preparation is key to making sure you get the right amounts. Processed foods are loaded with added salt and often 1 serving will give you all you need for the day. Scary huh?

## Breastfeeding Peer Counselor Section

### Breastfeeding Babies & Mamas Benefit from Support

How can you help them?

1. Deflect negative comments from Family & Friends
2. Calm the fussy baby, while Mom gets ready to nurse, or takes a short break afterward.
3. Head off discouragement. Remind Mom of her goals, offer positive encouragement.
4. Care for a tired and busy Mom: Make sure she has a comfortable spot to nurse, with plenty of body support (pillows, blankets, stools, etc.), a drink of water, a healthy snack, etc.
5. Take care of household tasks that need attention.
6. Encourage visitors to be helpful and encouraging, and to keep their visits short and not-bothersome.
7. Find activities that can be special for yourself & baby. Perhaps you'll be a parent who plays with baby in the bath, or chooses the day's clothing and dresses them, or reads a naptime story, or sings/hums a special tune when they need to snuggle. There is much more to loving your baby than feeding them.

Remember that your support can make the difference needed to reach those breastfeeding goals. Reaching those goals can make a long-term difference in both Mama and Baby's health and the family's finances.

Contact your peer counselor, Alice of Ginny, today.

## “Beeting” to a Different Drummer

It is that time of year again when the weather is getting colder and we rely more on root vegetables, beets being one of them. Beets are one of the healthiest foods and are easily identified by their red color. There are different colored beets, each with its own set of antioxidants that provide their color. The deeper and richer the color the more antioxidants they have. Each color depicts the predominant antioxidant; for example, red from anthocyanin and betalain antioxidants.

Beets are more than just a great source of antioxidants. They are also excellent sources of folate and great sources of manganese, potassium, copper, dietary fiber, magnesium, phosphorus, Vitamin C, iron and Vitamin B6. There are some concerns with eating too much as they contain high levels of oxalate, a naturally occurring organic amino acid. Too much accumulation of this amino acid can damage the kidneys and cause kidney stones to form. Excess consumption can also lead to a condition called “beeturia”, a condition that turns your urine pink or red. While it isn't considered harmful, it can interfere with iron absorption and usually occurs when eating beets daily.

Beets contain many unique phytonutrients that function as anti-inflammatory compounds. While inflammation indicates trauma has occurred, there are instance of unwanted inflammation brought on by certain conditions; i.e. heart disease and type 2 diabetes. These phytonutrients work with enzymes that trigger an inflammation response to

block the reaction. Studies thus far into this reaction are preliminary and promising, but more research is needed.

Beets have also been shown to support detoxification during metabolism and show potential anti-cancer and fiber-related health benefits. The combination of antioxidants and anti-inflammatory molecules has shown a risk reduction of some cancer types in the lab setting. Larger-scale human studies are expected to take place. The fiber in beets may provide special health benefits, particularly within the digestive tract and cardiovascular system.

Preparing beets can be tricky. The pigment in beets is water soluble, making them frailer than they appear. First, we need to rinse them under cold water, being careful to not tear the skin. Wearing gloves when preparing them, helps protect your hands from becoming stained. If they become stained, rubbing some lemon juice on them will remove the stain. There are healthier ways to prepare beets to retain most of their nutrients. The best method being quick steaming. Studies show that heat reduced the amounts of phytonutrients over longer periods of times.

There are many ways to prepare beets. You can sauté them, bake them, fry them or any way you can think of. You can pickle them, can them, make them into soup like borscht, or even put them in salads. When cooked they soften and gain a buttery taste. Who wouldn't like that? How will you try them?

## Thanksgiving Crafts and Fun

The holidays are here once again and what better way to spend time together than to make decorations with your kids to get into the spirit. It can be as easy as making a hand shaped turkey, collecting leaves for a centerpiece, making a wreath with pinecones and ribbon or anything you would like to do.

Here are some fun crafts to make with your kiddos.

1. Make pinecone turkeys. All you need are pinecones, fake feathers, some googly eyes, something cute for a nose and some glue.
2. Make a paper wreath with real or fake leaves. Cut a wreath shape and leaves out of paper and glue them on,

3. Have them help make place cards to the table using pinecones. Take pinecones and spray paint different colors. While they dry, take paper and write the names of your guests on slips of paper. Once dry place the names on the pinecones and set as place settings. You can even use spray painted pinecones as a door decoration by gluing them to ribbon and tying some together to hang on the door.
4. To keep kiddos entertained after the meal, take them on a Thanksgiving walk and

have them point out fall items, i.e. leaves, pinecones, any animals they see, it is a great way to get out and explore.



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- (1) mail: U.S. Department of Agriculture  
  
Office of the Assistant Secretary for Civil Rights  
  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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