



# Walk Kansas

*a fitness challenge*

K-State Research and Extension

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## *Get More from Your Walking Routine*

Walking is one of the easiest ways to be physically active. To make sure you approach a walking workout safely and to get more benefit from your minutes, consider the following:

- Dress appropriately. Wear loose clothing with comfortable shoes and socks – even in the hottest weather.
- Start with a simple warmup. March in place or walk at a slow pace.
- Stretch your muscles. A 3- to 5-minute warmup should include basic stretching of the calf muscle (back of your leg, just above your ankle) and thigh muscle (front of your leg, just above your knee).
- Use proper technique. Walk tall, elongate your body, and hold your head up. Focus 15 to 20 feet in front of you. If you need to look closer to where you are stepping, keep your chin parallel to the ground and lower just your eyes. Keep your shoulders back and relaxed, and tighten your abdominal muscles and buttocks as you fall into a natural stride.

If you aim for a moderate-level walk, you should be able to talk but not sing. To improve cardiovascular fitness, elevate your pace to a point where you are breathing hard but not gasping for air. At this level, you should be able to say only a few words without stopping to catch your breath.

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## Get the Most from Walking

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As you approach the end of your workout, slow down the pace. Stopping suddenly might result in stiff muscles, feeling weak and dizzy, or even passing out. Use the end of the workout as a time to really focus on stretching.

For guidelines on stretching and a demonstration of walking technique go to the Walk Kansas page "[Steps to Fitness](#)."

During any kind of physical activity, watch for signs of overexertion. If you feel pain or pressure in your chest, abdomen, neck, jaw or arms, stop exercising immediately and see your physician. Do the same if you experience nausea or vomiting, dizziness or fainting, feelings of extreme fatigue, excessive shortness of breath, or if your recovery from exercise is extremely slow. These are warning signs you should not ignore.

## Drink Up for Better Mood and Movement

As you work toward increased physical activity, be sure to drink enough water to stay hydrated.

A [Tufts University study](#), supported in part by the Agricultural Research Service and a U.S. Army grant, showed that a mild level of dehydration among study participants contributed to poorer performance, negative mood, tiredness and confusion.

For fun, try this Walk Kansas water bottle:  
[www.ksre.ksu.edu/library/misc2/mk19.aspx](http://www.ksre.ksu.edu/library/misc2/mk19.aspx)



## Questions about Food Labels?

More information and videos about reading food labels are available at:  
[www.walkkansas.org/DesktopDefault.aspx?tabid=67](http://www.walkkansas.org/DesktopDefault.aspx?tabid=67)

## Try Planting Irish Potatoes

Irish potatoes can be easily grown in nearly every vegetable garden in Kansas.

Potato plants need to mature before hot summer weather sets in, so early planting is essential. Since the newly emerged plants are frost-tender, planting should not begin more than four weeks before the area's average *frost-free date* – generally *mid-April through early May*.

Potatoes grow best in deep, fertile, well-drained soil. Prepare the soil by tilling deeply, and rake the planting area to remove old plant debris and break up large clods. Apply fertilizer shortly before planting.

When choosing potatoes for planting, look for blue-tag certified seed potatoes to reduce likelihood of disease problems. Seed potato pieces should be cut to about the size of a

hen's egg. Smaller seed pieces are likely to produce weak plants and a smaller crop.

When planting, make sure each seed piece contains at least one eye. Plant seed potatoes 2 to 3 inches deep and space them 6 to 12 inches apart within the row. Rows should be between 30 and 42 inches wide.

When the new potato plants are about 6 to 8 inches tall, pull soil from the row's middle to cover the basal stems of the plants. Repeat this "hilling" step every two weeks as the plants grow until the base of each plant is covered with 8 to 12 inches of soil.

Water the potato bed as needed to maintain evenly moist soil. If you have challenges with pests, such as the *Colorado potato beetle*, contact

your local K-State Research and Extension office for control recommendations.

Dig new potatoes for use anytime after they are large enough to eat. The potato crop is ready for harvest when vines begin to yellow and die – usually around July through August.

For additional information about planting potatoes, select the link or ask for *MF488, "Irish Potatoes"* at your local K-State Research and Extension office. For even more gardening information, you can also check out K-State's *Horticulture 2010 Newsletter* link and sign up for an e-mail subscription.

– Jake Weber  
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# Enjoy Goodness of Whole Grains

Whole-grain foods are essential for good health. They provide energy, help promote digestive health and reduce the risk of developing a number of diseases. Whole-grain foods are more satisfying. They have great texture and taste, provide a feeling of fullness, and have staying power: You won't feel hungry as quickly.

How do you know if you are choosing a whole-grain food? Read the food label – specifically the ingredient list – to be sure. The first item listed is the ingredient highest in quantity by weight. Look for the word “whole” in front of a grain, such as “whole wheat.” If the list starts with “wheat flour,” it is not a whole grain.

Common whole grains include brown rice, oatmeal, popcorn, wild rice and whole wheat. Expand your whole-grain choices with quinoa, whole-grain barley, whole-grain corn or cornmeal, whole rye and others. Common serving sizes of whole-grain foods include: a slice of whole-grain bread, 2 cups of popcorn, ½ cup of cooked cereal, 1 ounce of ready-to-eat cereal, ½ cup cooked brown rice or whole-grain pasta, a small muffin or a pancake.

You don't need to choose only whole-grain foods. The dietary recommendation is to make half your grain foods whole-grain choices. Do this when baking by substituting half the recipe's flour with whole-grain flour. Have brown rice and whole-grain pasta when possible. On your Walk Kansas log, be sure to check each day when you make half your grain servings whole-grain foods.

More information on whole grains is available from your local K-State Research and Extension office or at: [www.ksre.ksu.edu/humannutrition/wholegrains.htm](http://www.ksre.ksu.edu/humannutrition/wholegrains.htm)

## Did you know?

White whole-wheat bread has the same nutritional benefits of regular whole-wheat bread – even though it looks and tastes much like white bread. The difference is in the type of wheat used. Traditional whole-wheat flour is made from red wheat. White wheat is lighter in color and has a sweeter, milder flavor.

Look for white whole-wheat flour or bread in your grocery store and give it a try.

## Whole-Wheat Potato Rolls

Makes 36 Rolls

- |     |                             |        |                                 |
|-----|-----------------------------|--------|---------------------------------|
| 1   | pkg active dry yeast        | 1      | cup hot potato water            |
| ¼   | cup warm water, 110-115° F. | 3      | eggs, beaten                    |
| 2/3 | cup butter or margarine     | 4      | cups whole-wheat flour          |
| ½   | cup sugar                   | 3 – 3½ | cups all purpose or bread flour |
| 2   | teaspoons salt              |        |                                 |
| 1   | cup hot mashed potatoes*    |        |                                 |

### Directions:

- 1) Dissolve yeast in water; set aside. In a large bowl, combine butter or margarine, sugar, salt, potatoes and potato water. Cool to lukewarm (110-115° F).
- 2) Add dissolved yeast, eggs, and 2 cups of the flour. Gradually add enough of the remaining flour to make a soft dough. Knead until smooth and elastic, 15 minutes by hand or with a dough hook.
- 3) Place dough in lightly oiled bowl, turning to coat.\*\* Cover and let rise in a warm (80° F) place until double. Punch down, cover, and let rise again.
- 4) Punch down dough again, cover and let rest 10 minutes. Shape as desired into 36 rolls and place on baking sheets. Cover and let rise in warm place until double.
- 5) Bake rolls 13 to 14 minutes in a preheated 400° F oven. Remove rolls and cool on wire racks.

\* 3 medium potatoes boiled in 3 cups water will yield about 1 cup mashed potatoes.

\*\* Dough may be placed in a sealable bowl and refrigerated 1 to 2 days. Punch down dough as necessary.

### Nutrition Information per Serving:

Calories – 140; Fat – 4.5 g; Carbohydrate – 23 g;  
Fiber – 2 g; Protein – 4 g; Sodium – 160 mg

Source: Kansas Wheat Commission, [www.kswheat.com](http://www.kswheat.com)

