



Walk Kansas

a fitness challenge

K-State Research and Extension

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Calendar

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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A Walk Is Worth the Drive

As the South Central regional director of the American Volkssport Association (AVA), Glen Conyers, of Joplin, Mo., is passionate about walking. In fact, he and his wife, Doris, are quite willing to drive a distance to walk: In doing so, they have participated in more than 800 Volkssport events in 10 years.

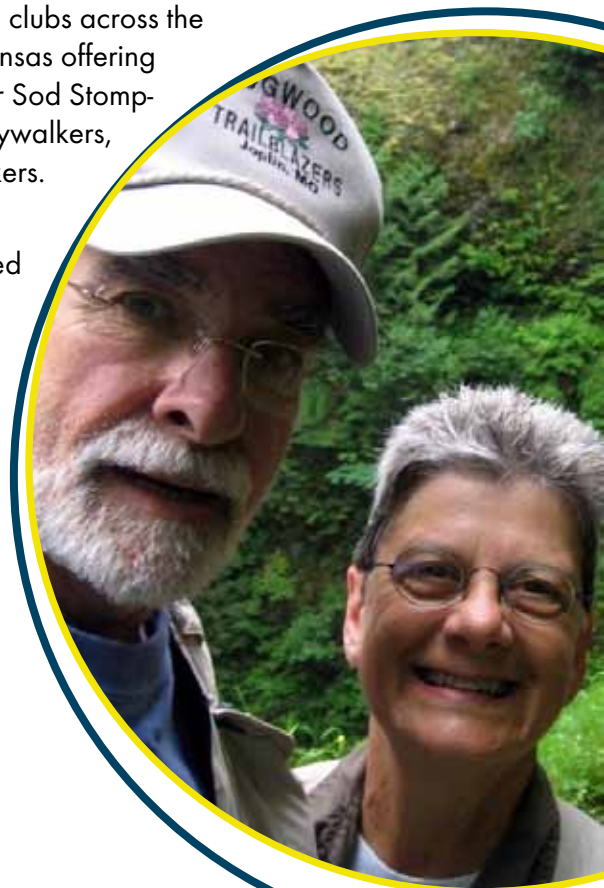
Conyers inspired Walk Kansas participants through his presentation at a program kickoff event in Cherokee County several weeks ago. Volkssporting is a personal fitness sport and recreational program offering noncompetitive walks, hikes, cycling, and swimming. More than 50,000 Americans participate in AVA events offered through some 300 organized clubs across the country. The three clubs in Kansas offering AVA events are the Sunflower Sod Stompers in Topeka, the Wichita Skywalkers, and the Leavenworth Jaywalkers.

Volkssporters walk for fun, fitness, and friendship – as stated in their national slogan. They are a robust group. They enjoy nature, discovering walking trails in other communities, and the companionship of good walking friends.

While the average Volkssporter is a “baby boomer” in his or her mid-50s, it is common to find two or three generations at AVA events.

Upcoming events in Kansas

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A Walk Is Worth the Drive

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are set for June during the Midsummer Volkssports Festival. Walking events on June 19 include those at Lakeside Park in McPherson and at Swensson and Riverside Parks in Lindsborg. Oakdale Park in Salina is the location of a June 20 walk. For more details, contact Robert Kruger, robertkru@gmail.com or Terri Tyler, ttyler@topeka.k12.ks.us

Conyers, who was born in Eureka, Kan., says,

- “Come walk with us,” inviting all Walk Kansas participants to join him and other volkssporters from around the country at an upcoming event.
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- “If I have any regrets in my life,” he says, “it would be that I did not discover AVA and our walking clubs as soon as I could have.”
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- Look for more information about the AVA and volkssporting at: www.ava.org
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Grow Your Own Culinary Herbs

Culinary herbs are fresh or dried leaves and flowers used to flavor foods. Common culinary herbs include basil, cilantro, chives, dill, mint, oregano, parsley, rosemary, sage, and thyme.

Herbs prefer a well-drained location with full sun at least 6 hours a day. If the soil is compacted or heavy clay, add some composted organic matter before planting. Herbs do not like wet soil, so water deeply and infrequently. Overfertilizing might produce lush growth, but reduces production of flavorful oils.

Some gardeners prefer to grow winter-hardy herbs in containers to keep them from spreading. Herbs grow well in containers with adequate drainage and a good potting mix. If the mix does not include fertilizer, add some slow-release fertilizer pellets before planting or use a water-soluble fertilizer afterward. Container-grown herbs will require more water than those in the ground, but let the top inch or two of potting mix dry before watering.

Plant annual herbs – such as basil, rosemary, or some tender mints – after the danger of frost has passed.

Biennial herbs – including cilantro, parsley, dill, and fennel – are often treated as annuals because they usually die in winter and only come back a second year. However, both annual and biennial herbs can come up from seed that has dropped on the ground. Plant perennial herbs – such as chives, hardy mints, oregano, sage, and thyme – in the spring or fall.

Harvest herb cuttings whenever foliage is adequate to maintain plant growth and before full flowering. Herbs have the greatest concentration of oils and most intense flavor just as flower buds form but are not fully open.

Harvest in the morning after the dew has dried but before the heat of the day. Leafy annual herbs can be cut back somewhat severely. Using a sharp knife or scissors, cut just above a pair of leaves, leaving 4 to 6 inches of stem for continued growth. When harvesting perennial

herbs, never remove more than one-third of the plant's top.

Use herbs fresh from the garden in cooking or preserve them for later use. To dry, hang herbs in loosely tied bundles in a well-ventilated room or spread the leaves on a screen or cheesecloth. Once dried, store herbs in an airtight container in a cool, dark location. Other methods of preserving herbs include freezing or making herbal oils and vinegars.

Harvest perennial herbs before September to limit any new, tender growth that may not harden before winter. Harvest annual herbs until frost kills the plant.

For more information on specific herb species, growing, harvesting, and preserving herbs, contact your [local K-State Research and Extension office](#).

– Contributing writer:
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Enjoy Lots of Legumes

The legume family includes beans, peas, lentils, chickpeas, and other seeds that grow in pods. They have no cholesterol, are packed with protein and fiber, and are naturally low in fat. Legumes – also good sources of folate, potassium, iron, and magnesium – can help reduce the risk of heart disease and some cancers. They are a good choice for people who must control blood sugar and a good alternative for a meatless meal. Some are used as ground flours for those with gluten intolerance.

Legumes are versatile. They are inexpensive and available dry, canned, or frozen. Nutritionally, legumes are classified in both the meat and beans group and the vegetable group. One-half cup of cooked legumes equals 2 ounces lean meat or a serving of vegetables and provides 10 grams of dietary fiber.

Though dry beans don't require soaking, it reduces cooking time and helps dissolve gas-producing oligosaccharides, easing digestion. For soaking, use 10 cups of water per pound. Beans double or triple in size, so use a large pot. Bring water to a boil and simmer beans 2 to 3 minutes. Remove from heat, cover, and let stand 1 to 24 hours. Drain, add fresh water, and cook 2 hours or until tender. Do not add salt while cooking – it can cause beans to toughen.

Lentils and split peas do not require soaking. Sort and remove debris, rinse, and boil lentils 15 to 20 minutes, split peas 30 minutes. Do not add salt during cooking. To save time later, cook legumes, divide into smaller quantities, and freeze.

Canned beans are easy to use. Rinse them before adding to foods where cloudy liquid is undesirable. Rinsing also removes about 40 percent of the sodium.

For more information about legumes, see the "Healthy Eating for Life" section at: www.walkkansas.org

Did you know?

Edamame are fresh soybeans, also called "sweet beans" because of the flavor. Edamame are harvested before the soybean hardens, then quickly parboiled and frozen to retain fresh flavor.

A half-cup serving contributes 11 grams of protein to the average adult requirement of 46 to 64 grams a day. Edamame is also rich in calcium, vitamin A, and phytoestrogens (plant-produced estrogens). Discuss dietary soy with your physician.

Black Bean Edamame Salad

Makes 8 (1/2 cup) servings

Ingredients:

1	can (15 oz) black beans, drained and rinsed	1/2	cup chopped green onion
1	cup frozen corn, thawed	1/3	cup chopped cilantro
1/2	cup edamame	2	tablespoons fresh lime juice
1/2	cup chopped sweet red pepper	1	teaspoon cumin
		1/2	teaspoon minced garlic
		1	tablespoon vegetable oil

Directions:

- 1) Place black beans, corn, edamame, red pepper, green onion, and cilantro in mixing bowl.
- 2) In a small bowl, combine lime juice, cumin, garlic, and vegetable oil until well blended; pour over vegetables and combine thoroughly.
- 3) Chill before serving.

Nutrition Information per Serving:

Calories – 190; Fat – 10g; Carbohydrate – 17g; Fiber – 8g; Protein – 12g; Sodium – 40mg

Source: Charlene Patton, Kansas Soybean Commission
www.Kansassoybeans.com

