Baby Your Feet

Healthy feet are key to staying active, fit and free of chronic, painful foot problems that slow you down. These basic self-care tips are sure to help you stay in step for the miles ahead.

- Only wear shoes that fit well and allow your feet to function normally. The right shoes will provide support and comfort for your feet, legs and back. Well-fitted shoes can help prevent blisters, bunions and chronic pain in the heel, arch and forefoot.

- **Bad news shoes:** High heels can cause foot and leg problems by cramping the toes and applying added pressure to the ball of the foot. Flip flops lack stability, arch support and cushioning.

- **Notice changes in your feet.** Don’t delay reporting symptoms to your health care provider, such as worsening pain in your arch and heel (plantar fasciitis), a large bump at the joint of a big toe (bunion) and curling toes (hammer toes). All should be reported.

- **Don’t walk barefoot.** Footwear helps you avoid foot injuries such as bumps, jams and cuts which can lead to infections and even insect bites or stings.

- **Practice foot hygiene.** Wash your feet and toenails daily. Use a pumice stone to smooth out callused areas. Trim your toenails straight across, but not too short.

- **For people with diabetes, professional foot care is critical** to avoiding serious foot problems worsened by nerve damage. Always wear shoes to avoid injuries. Make sure your provider routinely checks your feet for injury or infection. Check your feet daily to spot any new sores or areas that are slow to heal.

"Rest is not idleness, and to lie on the grass on a summer day watching the clouds float by is hardly a waste of time."

- John Lubbock

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Shopping Farmers Markets

The growth in farmers markets across the nation is no small potatoes—more than 8,100 were listed in the USDA’s 2013 Farmers Market Directory, up 63% in 6 years. Farmers are meeting a big demand from neighborhoods everywhere for fresh, wholesome produce. Late spring and early autumn is ripe with an abundance of produce. To take full advantage of shopping your nearby markets:

- Arrive early for the best selection of produce. Take it home and eat it fresh.
- Bring a basket or bag to fill and cash in small bills. Try something new at every visit.
- Ask vendors for tips on how to choose the best fruits and vegetables and how to store them.
- Is it organic? Chat with the farmers about their growing practices—while they may not be certified organic growers, they often follow organic requirements.
- Depending on the market, you may be able to find baked goods, meats, nuts, canned good, herbs and flowers. Some vendors move indoors and offer seasonal crops in cooler month.

Check at the Dayton Farmers Market on Washington Avenue. They are set up daily. Come see what they have to offer and support your local farmers.

Take a Hike—Tips for Starters

Why do people hike? First, it feels good. Hikers report these personal benefits:

- Nature—experiencing clean air, stunning views, forests and wildlife
- Physical health—hiking and climbing add measurably to your fitness
- Emotional health—a wilderness trek may be the best way to de-stress and recharge

As a beginner, opt for short day hikes. Start with the basics:

- Choose established hikes and study your route fully
- Carry a map and compass or GPS
- Wear well-fitting hiking boots or trail shoes
- Pack light—your heaviest items should be food and water
- Carry a first aid kit, knife, whistle and items for fire and light
- Wear sunscreen, a hat and sunglasses
- Take a 10 minute break every hour
- Avoid long hikes in hot weather
- Pack out your trash

Upcoming Events

Walk Across TN

Walk Across TN is an eight week walking program. It is easy and a great way to build team competition between co-workers, friends and family. Teams consist of 6-8 members with a team captain. Each individual keeps track of their walking miles each week and turns it in to the team captain. Team captains will submit totals to the Extension office. The first week begins on August 17 and ends on October 10. Register your team by August 10.

Rhea County Fair

The Rhea County Fair is set for August 18-22. Do you have produce from your garden or home canned goods, art projects, photography or sewing projects? Bring them to the Fair to enter into the Exhibit building! Entries for non-perishable items will be taken on August 15 from 10:00 a.m. to 5:00 p.m. and August 16 from 1:00 p.m. to 5:00 p.m. at the Ag Center and Fairgrounds in Evensville. Baked goods and all fresh or live floral arrangements will be accepted on Monday, August 17 from 1:00 p.m. to 5:00 p.m. Check out the website at www.rheacountyfair.com for updates and an entry form. Be on the lookout for the Fair catalog in the Herald News the first part of August. Many local business, as well as the Extension office, will have catalogs available too.
Country Chunky Salsa Recipe

3 quarts chopped tomatoes
3 cups chopped onions
6 jalapeno peppers, seeded and finely chopped
4 long green chili peppers, seeded and chopped
4 cloves garlic, finely chopped
2 12-ounce cans tomato paste
2 cups bottled lemon juice
1 tablespoon salt
1 tablespoon sugar
1 tablespoon ground cumin (Optional)
2 tablespoons oregano leaves (Optional)
1 teaspoon black pepper

Combine all ingredients in a large saucepan. Bring mixture to a boil. Reduce heat and simmer for 30 minutes, stirring occasionally. Ladle hot salsa into sterilized pint jars, leaving 1/2-inch headspace. Adjust lids and process in boiling water canner for 15 minutes at 0-1000 feet altitude; 20 minutes at 1000-6000 feet and 25 minutes above 6000 feet. Store jars in a cool, dark place and consume within one year. Yield: 7-9 pints.

Cooking Outdoors

From backyard barbecues to camping, you have plenty of opportunities to eat outdoors this summer. Here are some top dining picks and how to keep your food safe to eat.

♦ **Marinate meats.** In addition to adding wonderful flavor to your meat, fish and poultry, marinades also make grilled meats healthier to consume. Cooked at high temperatures, meat can form heterocyclic amines (HCAs), which are linked to cancer. Marinades can significantly decrease HCA content. Skip salty barbeque sauces. Instead, use low-sodium ingredients that may reduce the effects of HCA, such as rosemary, olive oil, onion, garlic, lemon juice and fruit.

♦ **Safety tip:** Don’t reuse bacteria-laden marinades once meats are cooked. Make a fresh batch for basting or dressing.

♦ **Add vegetables.** Vegetables that grill well include peppers, eggplant, zucchini and corn. Always use separate cutting boards and utensils when handling meat and preparing vegetables to prevent transferring harmful bacteria from raw meat to vegetables.

♦ **Safety tip:** After cleaning your grill with a brush and before cooking, look for bristles that may have fallen. Ingesting bristles can cause injury. Inspect grilled food before you eat it.

♦ **Separate food and drink.** Cold water is perfect on a hot day. Pack beverages and perishable foods in separate coolers. Your food stays colder when you’re not constantly opening the cooler.

♦ **Safety tip:** Keep food out of the temperature danger zone of 40 to 140 degrees F. Harmful bacteria can grow in as little as 2 hours in this temperature range.

It’s Canning Season!

Hopefully you are beginning to enjoy fresh produce out of the garden. There is nothing better than to have garden vegetables on the table for dinner. Here are just a few canning tips for using your garden bounty!

♦ **Schedule a time to have your dial gauge canner tested before you begin canning this season.** There is no charge for this service.

♦ **Pick produce early in the morning.**

♦ **Check your recipe and make sure your processing time and/or pounds of pressure are correct.**

♦ **Generally, all vegetables, meats, poultry, seafood and soup should be processed in a pressure canner.**

♦ **Fruits, tomatoes, sauerkraut, pickles and foods which have large amounts of acid should be processed in a water bath canner.**
Stay Cool with No-Cook Meals

When the temperature soars outdoors, you may not want to turn on your oven and add heat inside. Keep it cool by opting for a dinner menu that requires no cooking.

- **Chill out with cool soups.** From cold cherry soup to cucumber-based gazpacho, chilled soups are the perfect way to cool down on a hot day. Plus, they help you add more vegetables and fruit to your diet.

- **Salads reign supreme.** For a simple, refreshing dinner on a hot evening, nothing beats a salad—and your options are endless. Stock up on mixed greens, cucumbers, tomatoes, carrots, avocados, mushrooms, peppers and fruits such as strawberries and sliced apples. And don’t forget protein. Fill your pantry with cans of tuna, salmon, chickpeas and lentils—they’re all protein-rich, no-cook salad toppers.

- **Wrap it up.** Pack salad ingredients into a whole-grain wheat or corn tortilla for an easy sandwich. Add low-fat cheese, sodium-reduced turkey breast deli slices or store-bought rotisserie chicken without the skin.

- **Company coming?** No need to turn on the stove. Serve a chilled shrimp ring with zesty salsa. Or offer guest an elegant cheese tray with whole-grain crackers, assorted nuts and fruit. Vegetables and dip are another no-fuss option.

- **To add no-calorie, fat-free flavor, add fresh herbs to your meals.** Mint, parsley, coriander and basil are perfect for soups, sandwiches and salads.

### Southern Gazpacho (Cold Soup)

2 pounds ripe tomatoes, diced  
1 cup seedless cucumber, peeled and diced  
1/2 cup red onion, diced  
1/3 cup green pepper, seeded and diced  
1/3 cup yellow pepper, seeded and diced  
1/3 cup red pepper, seeded and diced  
3 cups freshly minced cilantro leaves  
2 cloves garlic, minced  
1/4 cup olive oil  
2 tablespoons red wine vinegar  
1 cup fresh bread crumbs  
1 cup tomato juice  
Salt and pepper

Combine the first 8 ingredients in a large bowl and blend using a blender or processor. Blend to taste—if you like your soup chunky, don’t blend all the way. If you prefer smooth soup, blend the vegetables until its chunk-free. Mix in the olive oil and vinegar. Add bread crumbs, tomato juice, salt and pepper. Chill for 4 to 8 hours before serving to allow flavors to blend.