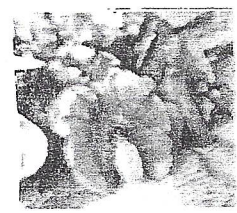
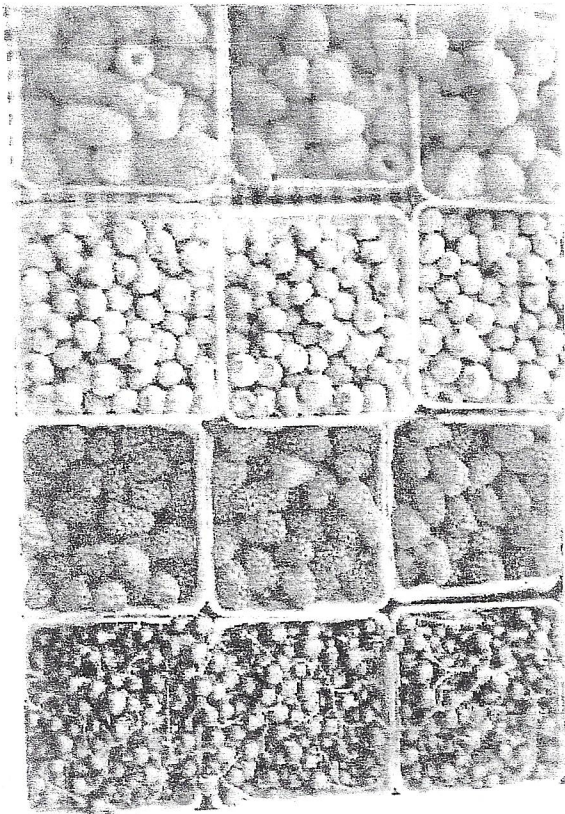


Walnuts



1. Berries are crazy healthy and filled with a ton of antioxidants that fight disease.
2. Sweet and tasty without a lot of fructose...and they don't need sugar!
3. Berries are a great snack when you're craving something sweet.
4. Hello blueberry, raspberry, and/or blackberry cobbler!
5. Nothing says "good morning" like a healthy strawberry smoothie!

BERRIES

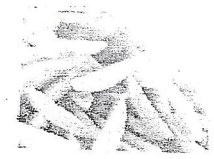


A
N
D

Raw Almonds (In Shell)



NUTS



Dark Chocolate Covered Almonds
 Perfectly toasted supreme size almonds,
 gently covered in delicious and smooth
 dark chocolate.

Developed for Oregon FCE, October, 2011
By Alene Showers and Barbara Voltin

BERRIES AND NUTS

Introduction

How can we stay healthy? Two of the most important ingredients for being healthy is a healthy brain and a healthy heart. A healthy immune system is the key to having both.

According to the health experts antioxidants are extremely important to our health. What are antioxidants? How do they work in our bodies? And how can we get them in our diets? From HealthCastle.com we learn that "antioxidants are substances or nutrients in our foods which can prevent or slow the oxidative damage to our body.

Two of the most commonly known antioxidants are berries and nuts. In this lesson we are going to (1) discuss the types of berries and nuts readily available in Oregon; (2) investigate the health benefits they provide to the human body; and (3) share some methods of using these food items, including nutritious recipes.

Hand out the "Berries Word Search" and give participants @ five minutes to complete the puzzle. (a completed copy of the puzzle is in the participant packet)

About Berries

You've probably already heard that blueberries are good for you. Indeed they are, but so are cranberries, strawberries, and a variety of cane berries, such as blackberries, boysenberries, raspberries, marion berries, olallie berries, logan berries, and tay berries.

Berries are among the best fruits on the planet, according to Dr. Joseph Mercola and Rachael Droege, authors of "Berries—The Best Overall Fruits for Your Health." "Not only do they taste great, but they are densely packed with a variety of potent phytochemicals that can do wonders to normalize and improve health. They are also high in fiber and relatively low in sugar, so they won't stimulate severe insulin swings if eaten in moderation."

Blueberries: Because of their special health properties, we will discuss blueberries first. Blueberries grow abundantly in the Willamette Valley and around the Portland area of Oregon. They are ready for harvest in the summer (usually June to August) and are the most beneficial of the berry family grown in Oregon. They keep their freshness relatively well when stored in a cool place, without moisture. They also freeze very well and can be eaten right out of the freezer, or partially thawed. This type of berry cooks well fresh or frozen. Dried they can be eaten as a snack, or they may be reconstituted and used for cooking.

***Berries and Nuts*, developed for Oregon FCE, October 3, 2011, by Alene Showers & Barbara Voltin.**



Doctors now tell us we “can forget Viagra, forget red wine” The general consensus is that if we want to “feel young again,” we should try blueberries. Research on rats, shows that eating the equivalent of a cup of blue berries a day makes the control group more coordinated and smarter than those on a standard diet. Scientists have found that the components that give berries their color, such as lycopene, are associated with health-giving effects. One of the things they might be doing is protecting against oxidative stress. Studies have been done on humans as well: studies done by the USDA and Tufts University show that “eating this tasty low-glycemic superfood every day... will slow and even REVERSE age-related loss of balance.” These studies show that the antioxidant phytonutrients, such as anthocyanins, that support healthy brain function and anti-aging properties, also have anti-cancer and disease-fighting benefits.

What are antioxidants? As reported in the introduction “They are substances or nutrients in our foods which can prevent or slow the oxidative damage to our body.” When our body cells use oxygen, they naturally produce free radicals (by-products) which can cause damage. Antioxidants act as ‘free radical scavengers’ and hence prevent and repair damage done by these free radicals.” Health problems such as heart disease, macular degeneration, diabetes, and cancer are all contributed by oxidative damage. “Antioxidants may also enhance immune defense, and, therefore lower the risk of cancer and infection,” according to the information reported in *Antioxidants 101—What and Where?*

Cranberries, another anti-oxidating type of berry, grow in the bog areas of the southern Oregon Coast. The berries grow on low, trailing vines in bogs of peat, sand, and clay that are flooded just before harvest and remain flooded in the winter for protection from the cold. These marble-sized round and shiny berries are also called bounce berries (because the ripe ones do bounce) and cranberries (the vines’s blossoms resemble the heads of the cranes often found wading through the bogs). Researchers have found that cranberries as a regular addition to our diet can be very beneficial, especially to women who suffer from urinary tract infections. Bacteriuria (which literally means bacteria in the urine) is common among elderly women, both in and out of institutions. Recurrent urinary tract infection is particularly common in women who suffer from incontinence. The cranberry is the one berry that health officials recommend the consumption of the juice, as well as the whole berry. Research shows that the daily consumption of cranberry juice flushes the bacteria from the tissues, preventing them from sticking to the bladder wall and causing infections.

Cranberries are usually packaged in 12-ounce plastic bags, and if stored unopened in these bags, the berries may be refrigerated up to 2 months.

Caneberries The word “caneberry” is given to some types of berries because they grow on canes that resemble bamboo. The canes grow straight up from the ground; their trailing vines are then attached to a horizontal wire for support. One such caneberry is the blackberry, of which there are several types. All blackberries have a similar appearance, though each has a distinct taste: boysenberries are large, red to purple, soft, sweet/tart, and have a wonderful aroma; evergreen blackberries are large, black, firm, sweet, and have oversized seeds; the logan berry is pale red, firm, tart, and excellent for \

baking in pies; the marion berry is extremely large, purple-black, and sweet; olallie berries are large, shiny black, firm and sweet; the tay berry is red/purple/black, with a mild and sweet flavor; and raspberries (there are three varieties, red, gold, and black) are more uniform in flavor and appearance than blackberries. The red raspberry is tiny to very large, sweet/tart, and is harvested in June. The gold raspberry is sweet/tart and bears fruit in the fall. Black raspberries (blackcaps) are blue/black, sweet/tart, very seedy, and bear fruit in June/July.

Caneberries are rich in polyphenols, a potent antioxidant, which researchers say “may inhibit the growth of human breast cancer cells and reduce the risk of gum disease and stomach ulcers.” According to some doctors, “they have also been found to decrease levels of total cholesterol and bad cholesterol in animals.” Raspberries are especially “rich in anthocynains and cancer-fighting phytochemicals; they contain high amounts of vitamins, such as A,C, and E; as well as being rich in fiber and folic acid. Some of the fiber is soluble fiber in the form of pectin, which lowers cholesterol. Raspberries have also been found “to protect against esophageal cancer and other cancers.” Caneberries are grown in Oregon, primarily around Jory, Newburg, Willamette, and Woodburn areas.

Strawberries are herbaceous perennials or rhizome runners. These low growing plants have long runners that produce the berries. Depending on the plant, runners bear fruit in either June or year round. Strawberries came in second to blueberries” in the USDA’s analysis of antioxidant capacity of 40 fruits and vegetables. Among strawberries’ antioxidants are “anthocyaninins and ellagic acid, a photochemical that has been shown to fight carcinogens.” Antioxidant compounds found in strawberries may also prevent the oxidation of LDL (bad) cholesterol, and thereby help fight the development of heart disease. These berries are also high in folic acid, dietary fiber, and potassium. Strawberries can be grown in many locals in Oregon.

Berries of all types are excellent served fresh, in salads, in desserts, and as accompaniments to many main dishes. Your participant packet contains several recipes and suggestions for adding berries to your diet.

Healthy Eating tip: Let us put protein in perspective: protein gives us the energy to get up and go—and keep going. Protein in food is broken down into the 20 amino acids that are the body’s basic building blocks for growth and energy, and essential for maintaining cells, tissues and organs. A lack of protein in our diet can slow growth, reduce muscle mass, lower immunity, and weaken the heart and respiratory system. Don’t think of meat as the only source of protein; nuts, such as almonds, walnuts, pistachios, and pecans are great sources of protein. (<http://www.helpguide.org/life/healthy-eating.diet.htm>)

NEED TO CUT CALORIES? GO NUTS

If you want to eat a smaller lunch, grab a handful of walnuts beforehand. When we gave people five walnut halves to eat one hour before lunch, they ate fewer potato chips and more fruit than did a control group who received 70 calories of crackers. Walnuts are not only good for your diet, they boost your heart and brain health (they're chock-full of omega-3 fatty acids and vitamin E). The tough part, of course, is restricting yourself to just two and a half nuts. (Brian Wansink, PhD., AARP THE MAGAZINE, September 2011 issue, Your Health Section).

Divide the participants into groups of four; ask them to discuss what types of nuts are available in Oregon and in what regions each type grows. Ask one participant from each group to report back to the rest of the groups. Plan @ seven minutes for this activity.

Types of Nuts Available in Oregon

What Is A Nut?

Technically, all nuts are seeds of a plant because seeds are what the plant creates to reproduce itself. Botanically, a nut is a seed or fruit with an edible kernel. In other words, nuts are a type of dry fruit that do not split apart along a single stem once they reach maturity. Hazelnuts and acorns are examples of nuts under this definition. In culinary terms, however, the word nut is used more broadly to include fruits, even seeds, that do not botanically qualify as nuts. Almonds, cashews and peanuts are examples. The peanut is the only nut that botanically is a legume rather than a nut. For example, hazelnut and walnut kernels are also covered with a thin skin or membrane. For more information on the differences between nuts and seeds check out www.thenutfactory.com.

Where Is The Best Place In Oregon To Grow Nut Trees?

Oregon has five growing areas:

- ~Nuts do not grow in Zone 1 - the coldest areas of Eastern and Central Oregon.
- ~Zone 2 - the Columbia gorge and milder winter areas are fine for fruit orchards but not nuts.
- ~Black walnuts may grow in Zone 3 –the higher elevations of Western Oregon.
- ~The majority of hazelnuts and both varieties of walnuts are produced in the Willamette Valley which as Zone 4 –includes the Willamette Valley and parts of the Coastal areas.
- ~Zone 5 –the Southern Coastal area is the warmest crop growing region. Almonds can be grown there but often are hit by spring frosts and cold air that settles in the low valleys. Pecans may grow above the 1500 foot elevation but the nuts may not fill completely.

Chestnut and hazelnuts are the nut crops recommended for this area.

Other nuts grown in Oregon: Rocky Mountain pine nut, butternut, hickory nut, American red mulberry nut, and ging ko-nuts.

A Bit Of History

The Romans considered certain nuts to be food of the gods. The peanut was so highly prized by the Incas they designed their pottery to mimic its shape. Peanuts have always been thought hard to grow in Oregon but like okra, sweet potatoes, and kiwi, they can be raised by using heated beds.

For thousands of years the tiny pine nut, or pinion was the main stay of the Hopi, Navajo, and other Native American tribe's diet. By the 1930s, the pine nut had become an important source of income for the Navajos. By selling to traders the pine nut made its way to the New York markets. Other varieties are featured in Greek and Italian cuisine and are used throughout the world. They are sprinkled over steamed broccoli, asparagus and other vegetables; stirred into a rice or barley pilaf; and used in place of other nuts in holiday baking.

Walnuts are believed to be the oldest tree food known to man dating back to about 7000 B.C. During the Renaissance period walnuts were used to treat head ailments because their shape resembles the brain. The Franciscan missionaries brought walnuts to the West from Spain or Mexico but the first commercial planting was in 1867 in California. There are two main types of walnuts—Black and English.

~The black walnut tree grows quickly into a very large shade tree. The walnuts are very heavy while still in their hulls and can be painful if you happen to be under the tree when they fall.

Conclusion

Including berries and nuts in our diets is especially important for seniors. For us, the benefits of healthy eating include increased mental acuteness, resistance to illness and disease, higher energy levels, a more robust immune system, faster recuperation times, and better management of chronic health problems. As we age, eating well can also be the key to positive outlook and staying emotionally balanced.

Food for Thought

Think healthy eating is all about dieting and sacrifice? Think again. Eating well is a lifestyle that embraces colorful food, creativity in the kitchen, and choosing foods that feed the body, mind, and soul. Remember the old adage, "You are what you eat?" Make this your motto. Choosing berries and nuts as part of your daily diet can help you to live longer and stronger; can help to sharpen your mind; and will make you feel better.

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How to Use Nuts for Anti-Aging

Nuts are nature's own perfect health food. They are full of a plethora of beneficial compounds and properties. Nuts are high in fiber, they have lots omega-3 fatty acids, which are essential for brain health, they have lots of protein and they are full of antioxidant vitamins and minerals, which are important for scavenging free radicals that cause disease and aging. There is a huge variety of nuts in the world, so you never have to get bored with any one kind. Choose from almonds, cashews, walnuts, pecans, filberts, Brazil nuts, macadamias, pistachios and more. Not surprisingly, nuts are excellent tools to use in your anti-aging regimen.

Instructions

- 1) Eat a handful of almonds or walnuts every day. Almonds have strong anti-aging properties and are also anti-inflammatory and high in protein.
- 2) Add chopped up or sliced nuts to fresh, green salads. Not only do the nuts add a satisfying crunch, they also have properties that are known to brighten and restore aging skin.
- 3) Eat cashew or almond butter sandwiches on whole grain bread several times a week. You can get these nut butters at health food stores and some grocery stores. Make sure you get nut butters with only the nuts and oil.
- 4) Throw a handful of almonds into your morning smoothie. Blend the smoothie in the blender long enough for all of the almonds to grind up into a fine paste that's easily integrated into the rest of the drink.
- 5) Use crushed almonds in a facial mask. Grind almonds to a paste in the blender by mixing them with just enough olive oil to make blending easy. Rub the paste all over your face, allow to dry for 15 minutes, then wash off with warm water. Not only will healthful properties from the almonds soak into your skin, the little bits of almonds will exfoliate your skin, leaving it glowing and smooth.

Tips and Warnings

Many people are allergic to tree nuts. Allergic reactions to nuts can range from mild hives to severe anaphylactic responses that require hospitalization. If you do not know whether you are allergic to nuts, keep some antihistamine medication such as Benadryl nearby, just in case you have a reaction. Antihistamines will calm a mild allergic reaction and keep you stable long enough to get to a doctor in case of a severe one.

Peanuts are not part of the nut family. Instead, they are legumes, more closely associated with beans. However, you can still use peanuts for anti-aging, as they are full of antioxidants.

http://www.ehow.com/how_2228147_use-nuts-antiaging.html
Nuts and Berries participant handout, Oregon FCE, 2011

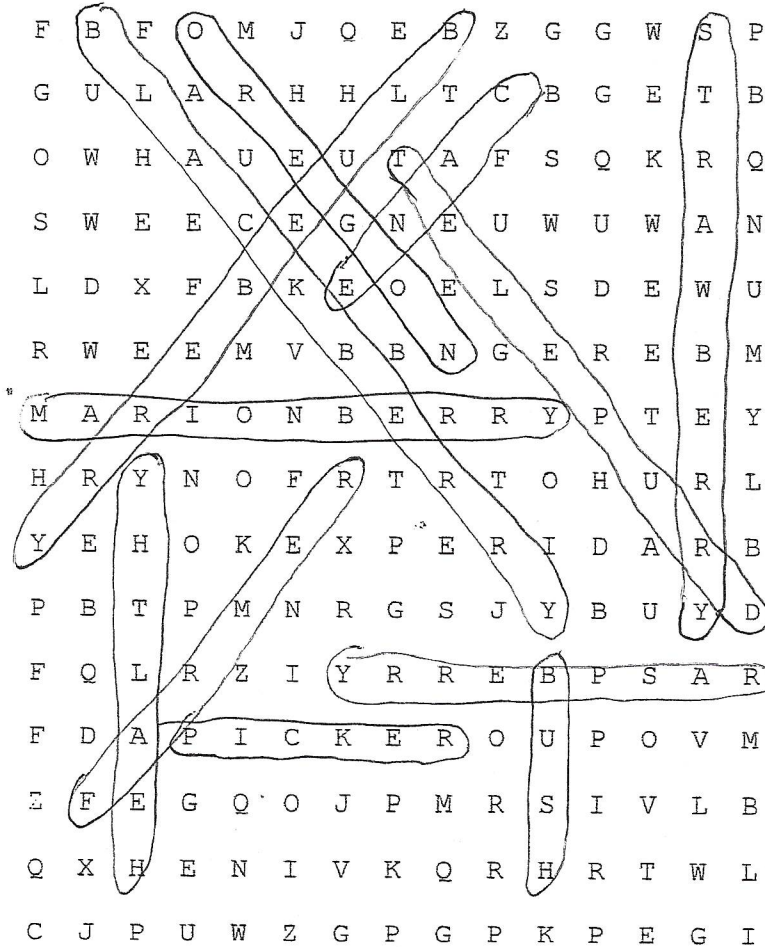
Oregon Berries – Great Tasting and Good For Your Health

Oregon is the berry state. We grow lots of different kinds of berries – blackberry, blueberry, Marionberry, strawberry and raspberry are some of the great berries grown in our state.

Blackberries and raspberries are made up of lots of plump circles, each one is called a drupelet and contains a seed. Some berries like strawberries grow on plants low on the ground. Blueberries grow on a bush. Blackberries and raspberries grow on canes that are wound around strong wires between posts.

Pickers harvest berries by using machines or picking berries by hand.

Oregon farmers grow berries that taste terrific and help keep your body healthy and strong. Next time you are looking for a snack try some Oregon berries, fresh or straight out of the freezer.



~~BLACKBERRY~~

~~CANE~~

~~HEALTHY~~

~~PICKER~~

~~BLUEBERRY~~

~~DRUPELET~~

~~MARIONBERRY~~

~~RASPBERRY~~

~~BUSH~~

~~FARMER~~

~~OREGON~~

~~STRAWBERRY~~

For more educational materials and berry resources go to www.oregon-berries.com.



Oregon Association For
Family & Community Education

Berry Health Benefits and Recipes

Besides being delicious, berries are one of the best nutritional bargains around. Low in fat, carbs, and calories, but high in fiber, vitamins, minerals, and antioxidants, berries not only contribute to overall health, but may even prevent cancer and heart diseases, as well as slowing the aging process. And thanks to canners and freezers, we can have the advantages of berries year-round.

Basic Berry Nutrition

Berries are not only sources of concentrated flavor, but little packets of vitamins, minerals, and fiber. For example, a cup of sliced strawberries supplies a whole day's requirement for vitamin C. A cup of blackberries contains a day's worth of manganese, while the same amount of raspberries supply a third of our daily niacin needs. Blueberries and strawberries are even surprisingly good sources of vitamin E. And they contain between 4 and 9 grams of fiber per cup.

Why are berries so good for us?

The seeds of berries are mainly spread by birds and other animals; the bright colors of the berries help attract those seed-distributors. The skins of berries have to be thin enough so that they are easily eaten, but at the same time not vulnerable to pests and diseases. The **chemicals which cause the color and protect the plant** also turn out to be good for us.

Health benefits

Many of these phytonutrients (such as anthocyanins, quercetin, and ellagic acid) have an antioxidant effect; they counter the natural oxidation in the body that contributes to aging of the tissues and many degenerative illnesses such as cancer, dementia, and damage to the arteries. One study of blueberries in the diet even showed improved memory of middle-aged rats. In fact, it's hard to think of a body part that isn't positively affected by these nutrients. Blueberries are especially high in these chemicals, perhaps the highest of all fruits.

Berry selection and storage

Berries (except for cranberries) tend to spoil quickly, especially if they're broken or stored in damp conditions. Before buying, check them carefully for mold or broken berries. Also, don't rinse your berries until you're ready to eat them. If you can't eat them within a day or two, either freeze them or cook into a sauce (add a pinch of salt, and sweetener to taste) which can be refrigerated for up to a week (or frozen). Freezing and cooking do not damage most of the phytochemicals in the fruit, although cooking lowers the vitamin C content.

Berries and Nuts, developed for Oregon FCE, October 2011, by Alene Showers & Barbara Voltin.

Berries...Participant Packet, Page 1 of 7



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Berry Recipes

Berries Romanoff: Treat you family royally to this easy and refreshing “berry-licious” dessert. No matter how you serve it, on its own or as the tempting topper to a slice of sponge cake, it’s a winner!

Ingredients:

- 1 pound (about f4 cups) fresh strawberries, hulled and quartered
- 1 ½ teaspoons grated orange peel
- ¼ cup orange juice
- 1 tablespoon extra virgin olive oil
- 1 tablespoon honey

Instructions:

1. Combine all ingredients in a resealable plastic storage bag. Seal bag then toss to mix berries and coat evenly. Let stand 30 minutes, or refrigerate up to 4 hours.
2. Serve as is, or spoon over thin slices of your favorite light cake.

Serves: 4

Used by permission from Mr Food Recipe Collection.

Red, White & Blueberry Parfaits: Oregon blueberries make this simple parfait a true-blue American tribute, perfect for 4th of July get-togethers. Used stemed plasticware for an easy yet elegant presentation.

- 2 cups blue berries
- 2 cups strawberries
- White chocolate pudding (two 3-ounce packages of instant fat-free white chocolate pudding; or you may make your own pudding)
- White chocolate or whipped topping for garnish

Gently wash and thoroughly drain berries. Slice strawberries in half and set aside. Prepare pudding according to package directions, or your own recipe. Cover bottom of dessert glasses with blueberries. Top with a layer of pudding. Place strawberries around glass with red sides facing out. Top with another layer of pudding, and a final layer of blueberries. Garnish with white chocolate shavings or whipped topping. Decorate with American flags. Serves 4-6.

Berries... Participant Packet, page 2 of 7

Berry Empanadas: we've all had meat empanadas, these beery desserts are even better than the meat empanadas, and they're better for us.

Ingredients:

Berry filling:

- 16.5 oz. can of blackberries, raspberries, or boysenberries, drained
- 1 cup finely chopped pared apple, (about 1 medium-sized tart variety)
- ¼ cup chopped walnuts
- ¼ cup sugar
- 2 tablespoons flour
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla
- a dash of salt
- Three (3) single pastry crusts for 9" pie (ready to use or home-made)
- 1 tablespoon butter
- Cinnamon sugar for dusting (see below)

Directions:

- 1) Pre-heat oven to 400 degrees F
- 2) Combine apple, walnuts, sugar, flour, cinnamon, vanilla and salt in a medium bowl and mix well.
- 3) Gently fold in berries
- 4) Roll out pastry and cut into twelve 4 ½ inch rounds
- 5) Place 2 tablespoons berry filling on half of round, leaving about ½ inch along edges.
- 6) Fold the other half of the pastry over the filled half, moisten edges and seal by pressing with the tines of a fork.
- 7) Repeat this procedure until all rounds are folded and sealed.
- 8) Combine 2 tablespoons sugar with ½ teaspoon ground cinnamon. Brush each empanada with melted butter and sprinkle with cinnamon sugar.
- 9) Bake on greased cookie sheet 18 – 20 minutes or until golden brown.

Yield: 12 small empanadas

From Oregon Berry;

[http://www.oregon-](http://www.oregon-berries.com/recipe.cfm?aid=92&kw=&cat=2&berry=1&detail=recipe.cfm)

[berries.com/recipe.cfm?aid=92&kw=&cat=2&berry=1&detail=recipe.cfm](http://www.oregon-berries.com/recipe.cfm?aid=92&kw=&cat=2&berry=1&detail=recipe.cfm)

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Resource list

Berry Word Find: www.oregon-berries.com

BrainReady: Get your aging brain back into shape.
<http://www.brainready.com/blog/thetop5brainhealthfoods.html>

Can Goods Forestall Aging? Agricultural Research/February 1999

Extension Agent Family and Consumer Sciences, University of Florida Extension-
Walton County, 732 North Street, Suite B, DeFuniak Springs, FL. 32433-3804

Joyce, Kim, "Nut Trees That Can Grow in the Northwest States" eHow.com.
Updated July 25, 2010

Mr. Food recipes, cooking videos, and entertaining ideas <http://www.MrFood.com>

Oregon Berries Berry History http://www.oregon-berries.com/berry_history.cfm

Oregon Blueberry Commission, an agency of the State of Oregon, P.O. Box 3366,
Salem, Oregon (ph. 503-364-2944) <http://www.oregonblueberry.com.nutrition.html>

Swartz, Donna; "It's Berry Season!" http://www.sallybernstein.com/food/single-articles/berry_season.htm

Swicegood, Carolyn, *The Kitchen Physician*, "Nuts Are For The Birds."

"These are the semiprecious nuts: hazelnuts, pistachios, macadamias." Sunset
Publishing Corp Feb. 1984: 88+

Wansink, Brian, PhD., *AARP THE MAGAZINE*, September 2011 issue, Your
Health Section .

<http://find.galegroup.com/gtx/infomark> - "New Research Shows Tree Nuts May Play an
Important Role in the Health of People With Diabetes." *PR Newswire* 15 Apr. 2009.
Gardening, Landscape and Horticulture Collection. Web. 22 May 2011.

www.thenutfactory.com - where to buy nuts online and interesting information about
nuts, recipes and trivia

Berries...Participant packet, page 6 of 7

Resources Continued

<http://www.healthcastle.com/walnuts-benefits-heart.shtml> - "Health Benefits of Walnuts"
by Tsang, Gloria, June, 2006; Updated in Mar. 2011

USDA National Nutrient Database for Standard Reference Release August 15, 2002

<http://www.almondsarein.com/> - For more information about eating a daily handful of cholesterol-lowering almonds, plus easy recipes and snack ideas.

www.newscom.com/cgi-bin/prnh/20030228/DCF017 - for photo

<http://extension.oregonstate.edu/catalog/> - to view or download OSU Extension Service publication, *Growing Tree Fruits and Nuts in the Home Orchard* EC819, Revised Dec, 2009

Berries ...Participant Packet, page 7 of 7

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- 4) Throw a handful of almonds into your morning smoothie. Blend the smoothie in the blender long enough for all of the almonds to grind up into a fine paste that's easily integrated into the rest of the drink.
- 5) Use crushed almonds in a facial mask. Grind almonds to a paste in the blender by mixing them with just enough olive oil to make blending easy. Rub the paste all over your face, allow to dry for 15 minutes, then wash off with warm water. Not only will healthful properties from the almonds soak into your skin, the little bits of almonds will exfoliate your skin, leaving it glowing and smooth.

Tips and Warnings

Many people are allergic to tree nuts. Allergic reactions to nuts can range from mild hives to severe anaphylactic responses that require hospitalization. If you do not know whether you are allergic to nuts, keep some antihistamine medication such as Benadryl nearby, just in case you have a reaction. Antihistamines will calm a mild allergic reaction and keep you stable long enough to get to a doctor in case of a severe one.

Peanuts are not part of the nut family. Instead, they are legumes, more closely associated with beans. However, you can still use peanuts for anti-aging, as they are full of antioxidants.

http://www.ehow.com/how_2228147_use-nuts-antiaging.html
Nuts and Berries participant handout, Oregon FCE, 2011

Oregon Berries – Great Tasting and Good For Your Health

Oregon is the berry state. We grow lots of different kinds of berries – blackberry, blueberry, Marionberry, strawberry and raspberry are some of the great berries grown in our state.

Blackberries and raspberries are made up of lots of plump circles, each one is called a drupelet and contains a seed. Some berries like strawberries grow on plants low on the ground. Blueberries grow on a bush. Blackberries and raspberries grow on canes that are wound around strong wires between posts.

Pickers harvest berries by using machines or picking berries by hand.

Oregon farmers grow berries that taste terrific and help keep your body healthy and strong. Next time you are looking for a snack try some Oregon berries, fresh or straight out of the freezer.

F B F O M J Q E B Z G G W S P
G U L A R H H L T C B G E T B
O W H A U E U T A F S Q K R Q
S W E E C E G N E U W U W A N
L D X F B K E O E L S D E W U
R W E E M V B B N G E R E B M
M A R I O N B E R R Y P T E Y
H R Y N O F R T R T O H U R L
Y E H O K E X P E R I D A R B
P B T P M N R G S J Y B U Y D
F Q L R Z I Y R R E B P S A R
F D A P I C K E R O U P O V M
E F E G Q O J P M R S I V L B
Q X H E N I V K Q R H R T W L
C J P U W Z G P G P K P E G I

BLACKBERRY
CANE
HEALTHY
PICKER

BLUEBERRY
DRUPELET
MARIONBERRY
RASPBERRY

BUSH
FARMER
OREGON
STRAWBERRY

For more educational materials and berry resources go to www.oregon-berries.com.