

Why Milk?

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Most Americans need at least 3 servings of dairy each day. Milk, yogurt and cheese provide calcium needed to grow strong bones. Most dairy products are fortified with vitamin D which helps the body absorb calcium. Calcium in dairy has been implicated in the prevention of osteoporosis, hypertension, colon cancer, obesity and kidney stones. Below are some fun dairy recipes that you can make with your family.

Nice Cream

Ingredients

4 ripe bananas
1/2 cup low fat milk
½ teaspoon vanilla extract (regular or imitation)

Instructions

1. Before you begin wash your hands, surfaces, and utensils.
2. Peel and chop bananas into thick (1 inch) slices.
3. Lay banana slices in a single layer on baking sheet or plate lined with tin foil or waxed paper. Put banana slices in the freezer for 1-2 hours.
4. Combine bananas, milk, and vanilla extract in the bowl of a blender. Blend until smooth, scraping down the sides of the blender and adding more milk as needed until you reach the desired consistency.
5. Transfer banana mixture to a covered container and freeze for 30 minutes before serving.
6. Spoon into a bowl and add fresh fruit or other favorite toppings.

Pudding in a Bag

Ingredients

1/2 cup low-fat granola
3 medium bananas
1/2 cup applesauce, unsweetened
1/2 cup nonfat vanilla yogurt

Instructions

1. Before you begin wash your hands, surfaces, and utensils.
2. Peel bananas and use your fingers to break them up into large zip-close bag.
3. Measure and add applesauce and yogurt to the bag.
4. Close the bag again, pressing out any extra air before sealing.
5. Use your fingers to squish and mash the ingredients together until they are well blended.
6. Chill the pudding in a sealed bag inside the refrigerator until ready to serve.
7. Spoon into bowl and top with granola. (granola recipe can be found at celebratemyplate.org)

For more great recipes, go to: celebrateyourplate.org

Brown, Clermont, & Highland County New Master Gardener Volunteer Training



The Master Gardener Program provides intensive training in horticulture to interested gardeners who then volunteer their time assisting with educational programs and activities for Ohio residents through their local Ohio State University Extension county office.



What is the Master Gardener Program? Working with county Extension personnel, Master Gardeners provide such educational services to their communities as: answering gardening questions from the public; conducting plant clinics; gardening activities with children, senior citizens or disabled persons; beautifying the community; developing community or demonstration gardens; and other horticulture activities.

When is the next training? Beginning September 22 and ending November 19, classes will be held every Tuesday and Thursday, from 9:00 a.m. until 12:00 p.m. You will be required to attend all the classes listed in order to complete the required 50 hours of training.

Training will be offered virtually by using Zoom.

For more information and help with using Zoom, visit <https://go.osu.edu/mgvinfo>

Dates of September 22, 24, 29, October 1, 6, 8, 13, 15, 20, 22, 27, 29, November 3, 5, 10, 12, 17, 19

Is there a cost for the training? Yes, the class costs \$150.00 plus the cost of a required background check. The background check can be done upon acceptance into the class.

Registration: <https://go.osu.edu/registermgv>

brown.osu.edu clermont.osu.edu highland.osu.edu



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