

Highland County Office of Ohio State University Extension Reopens with Limited Hours by Appointment Only

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The Highland County office of OSU Extension has reopened with limited hours by appointment only.

The hours will be as follows: Monday and Wednesday from 8:30am – 4pm. Appointments can be scheduled by calling the office at 937-393-1918 or emailing Kathy Bruynis, bruynis.5@osu.edu, or Danielle Combs, combs.311@osu.edu, for 4-H youth development; Brooke Beam, beam.49@osu.edu, for agriculture and natural resources/community development; and Tammy Newsome, newsome.95@osu.edu, for all other appointments.

Per previous Ohio State decision, all OSU Extension activities planned through July 6 will continue to be held virtually or postponed. Ohio State will continue to evaluate and update plans based on evolving conditions with COVID-19.

When Extension employees are not in the county office, they will continue to telework. We are following strict guidelines to remain safe, and to keep our clientele safe as well. All service sector requirements for general office environments from the Ohio Department of Health will be strictly adhered to in each office.

If you have any questions, contact the local Extension office at 937-393-1918.

New Southern Ohio Farm Show Episode Planned for July 1, 2020

Tune into the Southern Ohio Farm Show on July 1, 2020, for a patriotic themed episode. This episode of the SOFS will include a demonstration by Sara Newsome, a member of the Fab 5 4-H Club, who will provide a demonstration on how to show a chicken, how to make ice cream at home, and a food science discussion with burgers. The show will be available on the local access channels in Highland, Adams, Brown, and Clermont Counties, on the OSU Extension Highland County Facebook and YouTube pages, as well as a live broadcast via Zoom. To join the live broadcast via Zoom at 10 AM on Wednesday, register by visiting <https://go.osu.edu/thesouthernohiofarmshowregistration>

Are You Eating Smart When You Go Out To Eat?

Leeanna McKamey, SNAP-Ed Program Assistant
OSU Extension/Highland County

Now that many of you are going out to eat again, plan to make healthy nutritional choices.

1. Choose a veggie-packed salad for your main meal.

2. Go light on toppings like bacon and cheese.
3. Load your pizza with colorful veggies. Ask for whole wheat bread or brown rice.
4. Choose chicken or fish that is broiled or baked instead of breaded or fried.
5. Ask for sauces to be brought on the side and use only half.
6. Order low-fat milk or a glass of water instead of sugary drinks.
7. Split a meal with a family member or a friend. This is a great way to have one of your favorite meals while cutting half the calories and fat.

Yogurt Parfait

Servings 6 | Prep time 10 mins. | Total time 10 mins.

Ingredients

4 cups fresh or thawed frozen fruit (bananas, strawberries, peaches, or mango)
3 cups non-fat vanilla yogurt
1 1/2 cups granola
2 tablespoons sliced almonds (optional)

Instructions

1. Before you begin wash your hands, surfaces, utensils and fruit.
2. If using fresh fruit, peel and/or trim as needed. Cut fresh or frozen fruit into 1/2 inch thick slices.
3. Layer 1/4 cup of yogurt into each of the serving cups or bowls. Top with 1/4 cup sliced fruit and 2 tablespoons of granola.
4. Repeat layers one more time, ending with a layer of granola.
5. Top with sliced almonds, if using.

Granola

Servings 9 | Prep time 5-10 mins. | Total time 20-25 mins.

Ingredients

Cooking spray
4 tablespoons honey
2 tablespoons oil, canola or vegetable
1/2 teaspoon ground cinnamon
2 cups old-fashioned rolled oats
4 tablespoons almonds, sliced (optional)
4 tablespoons coconut, shredded and unsweetened (optional)
1 1/2 cup dried fruit (optional)

Instructions

1. Before you begin was your hands, surfaces, and utensils.
2. Preheat oven to 350 degrees F.
3. In a large bowl, add honey, oil, and cinnamon. Use a whisk or fork to thoroughly combine.
4. Add oats, almonds, and coconut (if using). Stir until well coated with honey mixture.
5. Spray baking sheet with non-stick cooking spray.
6. Bake until very light brown, only 10-15 minutes. Stir once.
7. Remove from oven, add dried fruits, and let cool.

Find more great recipes at celebrateyourplate.org