

# Cory's Corner

## Seasonal Depression

In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

### Signs and Symptoms:

- Feeling sad or down most of the day, nearly everyday
- Losing interest in activities you once enjoyed
- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having thoughts of not wanting to live

[mayoclinic.org](http://mayoclinic.org)



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## April is Stress Awareness Month

### Symptoms of stress may be physical or emotional:

- Disbelief
- Feelings of fear, shock, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty sleeping or nightmares, concentrating, and making decisions
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances

### Healthy ways to cope with stress:

- Take breaks from watching, reading, or listening to news stories, including those on social media.
- Take care of your body
  - Take deep breaths, stretch, or meditate
  - Try to eat healthy, well-balanced meals
  - Exercise regularly
  - Get plenty of sleep
  - Avoid excessive alcohol, tobacco, and substance use
- Make time to unwind
- Talk to others
- Recognize when you need more help

[cdc.gov](http://cdc.gov)

# Preserving Food: Using Boiling Water Canners

## Hot Water Bath & Steam Canning

### (High Acid Foods)

- Fruit
- Fruit Juice
- Tomatoes with Acid
- Salsa with Acid
- Pickles
- Pickles Veggies
- Pickled Condiments
- Jam
- Jelly

## Pressure Canning

### (Low Acid Foods)

- Vegetables
- Mushrooms
- Meat
- Poultry
- Fish
- Seafood
- Soups
- Mixed Foods
- Broth
- Stew

1. Before you start preparing your food, place canner rack in the bottom of a boiling water canner. Fill the canner half full with clean warm water for a canner load of pint jars. For other sizes and numbers of jars, you will need to adjust the amount of water so it will be 1 to 2 inches over the top of the filled jars.
2. Center the canner over the burner and preheat the water to 140 degrees Fahrenheit for raw-packed foods and to 180 degrees Fahrenheit for hot-packed foods. You can begin preparing food for your jars while this water is preheating.
3. Load filled jars, fitted with lids and ring bands, into the canner one at a time, using a jar lifter. When moving jars with a jar lifter, make sure the jar lifter is securely positioned below the neck of the jar. Always keep the jar upright. Tilting the jar could cause food to spill into the sealing area of the lid.

If you have a shaped wire rack that has handles to hold it on the canner sides, above the water in the canner, you can load jars onto the rack in the raised position and then use the handles to lower the rack with jars into the water.

4. Add more boiling water, if needed, so the water level is at least one inch above the jar tops. Pour the water around the jars and not directly onto them. For process times over 30 minutes, the water level should be 2 inches above the jars.
5. Turn the heat setting to its highest position, cover the canner with its lid and heat until the water boils vigorously.
6. Set a timer, after the water is boiling, for the total minutes required for processing the food.
7. Keep the canner covered for the process time. The heat setting may be lowered as long as a gentle but complete boil is maintained for the entire process time.
8. If the water stops boiling at any time during the process, turn the heat on its highest setting, bring the water back to a vigorous boil, and begin the timing of the process over, from the beginning.
9. When the jars have been processed in boiling water for the recommended time, turn off the heat and remove the canner lid. Wait 5 minutes before removing the jars to allow the canner contents to settle.
10. Using a jar lifter, remove the jars one at a time, being careful not to tilt the jars. Carefully place them directly onto a towel or cake cooling rack, leaving at least one inch of space between the jars during cooling. Avoid placing the jars on a cold surface or in a cold draft.
11. Let the jars sit undisturbed while they cool, for 12-14 hours. Do not tighten ring bands on the lids or push down on the center of the flat metal lid until the jar is completely cooled.
12. Remove ring bands from sealed jars. Put any unsealed jars in the refrigerator and use first.
13. Wash jars and lids to remove all residues.
14. Label jars and store in a cool, dry place out of direct light.



# FAMILY COLOR HUNT

**RED**

**ORANGE**

**YELLOW**

**GREEN**

**BLUE**

**PURPLE**

**PINK**

**BROWN**

**BLACK**

## How to Play:

### Beginner Level

Bring a pencil or pen and walk around the yard with an adult with the color hunt paper. Put a check mark in the box once you find an object in that color!

### Intermediate Level

Once you find an object of one of the colors draw it in the box. Let's see those art skills!

### Expert Level

Have an adult print off a shade of each color or color in the box with a colored pencil or marker. Once you have a shade of each color go on a walk outside and find an object that matches that exact shade of color!

*By: Ashlyn Aljoe*



## 9 Best Foods and Drinks to Have Before Bed

1. Almonds- associated with lower risks of a few chronic diseases, such as heart disease; along with containing hormone melatonin.
2. Turkey- evidence that consuming moderate amounts of protein before bed is associated with better sleep quality.
3. Chamomile Tea- not only can this help improve sleep quality, but people had fewer symptoms of depression.
4. Kiwi- rich in serotonin and antioxidants.
5. Tart Cherry Juice- contains the sleep- promoting hormone melatonin.
6. Fatty Fish- great source of vitamin D and omega-3 fatty acids.
7. Walnuts- rich in melatonin and healthy fats.
8. Passionflower Tea- contains apigenin which can influence sleep.
9. White Rice- beneficial to eat before bed due to its high glycemic index.

# Chicken Avocado Salad Roll Ups

## Avocados: Good or Bad?

- ✓ Avocados contain more than 20 vitamins and minerals per serving.
- ✓ They are full of fiber, folate, and antioxidants.
- ✓ A single serving (about ½ of a small avocado) contains only 50 calories.
- ✓ Contains no cholesterol.
- ✓ Contains unsaturated fat which can help improve your blood cholesterol.

*healthysd.gov*

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Family & Community Health

Lubbock County

## Ingredients

- 2 cups shredded chicken
- 2 ripe avocados (mashed)
- 4 tbsp. plain Greek yogurt
- 2 tbsp. lime juice
- 1/8 cup diced red onion
- 2 green onion (sliced)
- Black pepper- to taste
- Salt- to taste
- 1 tsp garlic powder
- 2 tbsp. fresh cilantro (chopped)
- ½ cup low fat cheddar cheese
- 6 whole wheat tortillas

## Instructions

1. In a large bowl combine all ingredients, stir until evenly blended.
2. Spread the mixture over the tortilla and roll up tightly. Repeat with the remaining mixture.
3. Slice with serrated knife into ½ inch slices. You can slice them immediately or refrigerate until firm (about 30 minutes).

\*It is easier to slice when chilled.



# Avocado Feta Dip

## Ingredients

- 4 small avocados (ripe)
- 2 cloves fresh minced garlic
- ½ cup cilantro
- ½ cup red onion
- 2 cups cherry tomatoes (halved)
- 1 cup feta cheese
- 1 tsp salt
- 1 tbsp olive oil

## Instructions

1. In a medium bowl combine diced avocado, feta crumbles, cherry tomatoes, diced red onion, minced garlic, chopped cilantro, olive oil, and salt.
2. Gently fold ingredients together.
3. Serve with your favorite whole wheat chip or cracker, or you can serve this as a side dish!

\*When using feta cheese, wash before using to reduce the amount of salt you will intake.