

Seasoned with Salt

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Reminders

- Be sure to check our "Texas A&M AgriLife Extension Service Smith County" Facebook page
- Website: Smith.agrilife.org



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Spring has Sprung!!! Lets hear it for bright, sun shiny days ahead!!

This time of year, I am reminded of how beautiful life is. The trees and flowers all in bloom with beautiful and vibrant colors. I encourage you to get out and enjoy this beautiful spring season and just take it all in.

This edition of Seasoned with Salt is full of information on getting outdoors safely, minerals that our body needs and so much more. I hope you enjoy this spring edition and as always, keep doing the things you love with the people you love because life is too short not to!!

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Magnesium, the Miracle Mineral



Signs of deficiency and why are we deficient?

Data from the National Health and Nutrition Examination Survey (NHANES) shows the majority of individuals are deficient in their magnesium consumption. Signs of inadequate intake are nausea, vomiting, fatigue, muscle cramps, seizures, heart palpitations, and low appetite. Conditions that cause malabsorption are diarrhea, malnutrition, digestive diseases (celiac, Crohn's, inflammatory bowel disease, etc.), and uncontrolled diabetes.

Adequate magnesium intake has been shown to reduce anxiety, alleviate migraines, strengthen bones, level blood sugar, steady heartbeats, decrease menstrual cramping, and lower overall pain.



What is Magnesium?

Magnesium is a mineral found in many foods and is available in supplement form. Magnesium works with over 300 systems in the body. This includes protein synthesis, blood pressure, bone structure development, energy production, glycolysis, blood glucose control, muscle and nerve functions, etc. There are many different forms of Magnesium (oxide, citrate, glycinate, and chloride). However, one of the most bioavailable forms is magnesium glycinate. The RDA (recommended dietary allowance) is the recommended intake for an individual to meet the requirement of a mineral or vitamin. The magnesium RDA for adults 19-30 years is 400 mg for males and 310 mg for females; for 31-50 years and over, it is 420 mg for males and 320 mg for females per day.



Food and Supplement Sources

We discussed what Magnesium is, the recommended daily intake, and the signs of deficiency. Now let us talk about two ways to consume Magnesium to reach optimal levels. The first way to consume Magnesium is through food. Pumpkin seeds, chia seeds, almonds, spinach, and cashews are excellent sources of Magnesium. These foods can be added to a salad or smoothie to give the dish flavor but also provide adequate Magnesium. Supplementation is the second way to consume adequate Magnesium. When looking for supplements, it is best to buy magnesium glycinate as it is the most bioavailable form. Pure Encapsulations and Thorne are two supplement companies that carry quality magnesium glycinate. It is vital to monitor magnesium intake to avoid over-supplementation.

Ways to Protect Skin from the Sun



How To Protect Your Skin

With Springtime right around the corner, we are ready to spend time outside and enjoy outdoor activities. Therefore, as the hot Texas days approach, there are some things we need to be mindful of before stepping out in the sun. While outdoor activities can allow us to be more physically active, reduce stress, and get plenty of Vitamin D, we must protect our skin from sun exposure. Implementing simple habits such as staying in the shade, wearing protective clothing, and wearing a hat can significantly help minimize the risk of sun damage to the skin. Appropriate clothing to wear when exposed to the sun includes long-sleeved shirts, lighter-colored clothing, and woven fabric clothing.

Sunglasses

Protecting your eyes from UV rays is vital to avoid developing cataracts. An effortless way of protecting your eyes is by wearing sunglasses. Wearing sunglasses when exposed to the sun can protect the sensitive skin around your eyes from sun damage. In addition, it is recommended by the Center for Disease Control (CDC) to wear wrap-around sunglasses as these can prevent exposure to UV rays from the side of the eyes.



Sunscreen

Applying sunscreen is critical to blocking UVA and UVB rays that can cause the skin to age and burn. Applying sunscreen with a sun protection factor (SPF) of 15 or greater is recommended for better protection before going outside. A higher number of SPF will provide more protection than a lower SPF. Reapplying sunscreen is vital to protect your skin if exposed to the sun for longer. It is suggested to reapply sunscreen if exposed to the sun for more than 2 hours. Protecting yourself and your skin should be a priority to have healthy skin.

Step Into the Sunshine



Why Hydration is Important

Water makes up about 50% - 70% of the body's weight. This means water is essential to the body. Proper hydration is critical as every cell, tissue, and organ needs sufficient water. The body will require more fluids to remain adequately hydrated as temperatures rise. When the body does not receive enough water, it can lead to dehydration. Hot weather increases the chances of dehydration and even the risk of heat stroke. When the body experiences mild dehydration, you may feel your energy draining, making you tired. The daily recommendation for water will vary depending on gender. For example:

- Men will need about 15.5 cups of fluids daily.
- Women will need about 11.5 cups of fluids daily.

Health benefits of water:

- Helps regulate body temperature.
- Allows your body to dispense waste through urination.
- Provides protection to sensitive tissues.



10,000 Steps A Day

Avoiding a sedentary lifestyle is key to living a long and healthy life. Therefore, the recommendation is for 10,000 steps a day. There are many benefits to walking and setting a daily step goal. Walking daily can help you reduce your risk of developing chronic diseases such as obesity, heart disease, depression, and diabetes.

Getting 10,000 steps a day does not necessarily mean spending hours at the gym to meet this daily goal. There are other activities you can implement that adjust to your physical possibilities. These activities include walking with a friend or family member, taking your dog for a walk, parking your car further away, opting to take the stairs instead of the elevator, mowing the lawn, and doing chores in your house.



Pedestrian Safety

- Ensuring you are safe when walking on or near a roadway is paramount. Therefore, protecting yourself from cars and staying alert is a great way to practice pedestrian safety. Below are some life-saving tips for you as a pedestrian or driver.
- Ways to stay safe as a pedestrian include always using a sidewalk. However, if no sidewalk is available, always use the road's left side facing the traffic. Assuming traffic will not stop for you will save your life as you will ensure the car completely stops before crossing the road. Additionally, making eye contact with the driver will guarantee both are aware of each other. Finally, be mindful of parked cars or other obstacles, as these can obstruct your view of oncoming traffic.
- Ways you can be a cautious driver start with always stopping for pedestrians. In addition, minimize your speed when coming near a crosswalk. Staying off your phone and always being alert to your surroundings. Finally, obey the speed limit and other traffic signs.

Healing Powers of Herbs



Cinnamon

- Cinnamon is a powerful spice due to the many medicinal properties it contains. Below are 3 health benefits of cinnamon:
- Cinnamon is loaded with antioxidants that help protect the body from oxidative damage caused by stress.
- Cinnamon is packed with anti-inflammatory properties, which can help reduce the chances of developing diseases.
- Several studies show that cinnamon contains properties that can help lower blood sugar and improve A1C levels in individuals with diabetes.

Garlic

- Garlic is a staple in our kitchen due to the fantastic flavor it gives to our favorite dishes. However, not only does garlic turn a bland dish into a flavorful dish, it can provide many health benefits and prevent many diseases. Health benefits of garlic include:
- Garlic is an excellent supplementation for combatting common colds.
- Studies show evidence that garlic can improve overall heart health.
- Its antioxidant properties help reverse oxidative damage that will help prevent the development of dementia.
- Garlic is low in calories and packed in nutrients such as Vitamin B6, Vitamin C, Selenium, and fiber.



Tumeric

- Turmeric is very common in Indian cuisine. This versatile spice can be implemented in stews, soups, rice dishes, and marinades. Turmeric contains more than 300 compounds that support the body, the main property being antioxidants. Health benefits of turmeric include:
- Turmeric has anti-inflammatory properties that help reverse chronic inflammation that leads to other diseases such as Alzheimer's disease, heart disease, and metabolic syndrome.
- Due to its antioxidant properties, turmeric helps protect the body from oxidative damage associated with aging and several other diseases.

Some of My Favorite Easter and Mothers Day Recipes

Italian Cream Cake

This Italian Cream Cake is absolutely delicious!

Prep Time
20 mins

Cook Time
30 mins

Total Time
50 mins

Course: Dessert Cuisine: American, Italian

Keyword: Easy Cake, Italian Cake, Italian Cream Cake

Servings: 1 Cake Author: The Southern Lady Cooks

Ingredients

- 1 cup butter or 2 sticks or 16 tablespoons softened
- 1 3/4 cups white granulated sugar
- 3 egg yolks
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 cup buttermilk
- 2 teaspoons vanilla extract
- 2 cups coconut I used the sweetened coconut flakes
- 1 cup pecan pieces
- 5 egg whites

Cream Cheese Frosting Ingredients

- 1 8 ounce package cream cheese, softened
- 1 stick butter or 8 tablespoons or 1/2 cup softened
- 1 teaspoon vanilla extract
- 3 3/4 cups powdered sugar

Instructions

1. Cream butter, sugar and egg yolks. Whisk together the flour and soda and add to creamed mixture along with buttermilk and vanilla extract. Mix well. Stir in coconut and nuts. Beat egg whites until stiff and fold into cake mixture.
2. Spray three 8 inch cake pans with cooking spray. Divide mixture between the three pans and bake in preheated 350 degree oven 25 to 30 minutes until centers are done. Frost with cream cheese frosting recipe below.

Cream Cheese Frosting Instructions

1. Beat cream cheese and butter, add vanilla and powdered sugar. Spread between layers and on cake.



Happy Baking!

Some of My Favorite Easter and Mothers Day Recipes

Old Fashioned Banana Pudding

This Old Fashioned Banana Pudding is a classic!

Prep Time
20 mins

Cook Time
20 mins

Total Time
40 mins

Course: Breakfast Cuisine: American Keyword: Banana Pudding

Ingredients

- 4 bananas peeled and sliced
- Vanilla wafers (I use about 50 wafers to make this pudding)
- 3/4 cup sugar
- 1/4 teaspoon salt
- 1/4 cup all-purpose flour
- 1 cup regular or 2% milk
- 1 1/2 cups evaporated milk
- 4 egg yolks
- 1 teaspoon vanilla flavoring

Meringue for Pudding

- 4 egg whites
- 1/2 cup sugar
- 1 teaspoon vanilla flavoring

Instructions

1. In a medium bowl, slice bananas and sprinkle with lemon juice to keep them from turning black. In a 2 quart casserole dish layer the vanilla wafers and bananas. (I use 10 of the wafers to go around the side of the bowl just because I think it is pretty this way). In a saucepan on top of the stove with a whisk mix together the sugar, salt, flour, egg yolks, regular and evaporated milk. Cook on medium heat, stirring continuously with whisk, about 7 or 8 minutes until thickens. (It will burn very easily so be sure to stir) Remove from stove and stir in vanilla flavoring. Pour over wafers and bananas.

Instructions for Meringue

1. Beat egg whites on high until stiff and peaks form. Add sugar and vanilla and beat into egg whites. Spread over pudding and bake in 350 degree oven until browned. (I have just put it under the broiler until it browns that way, too).

Notes

This recipe makes around 8-10 servings.



Happy Baking!

Some of My Favorite Easter and Mothers Day Recipes

Old Fashioned Carrot Cake

This Old Fashioned Carrot Cake is delicious and has wonderful reviews!

Prep Time
20 mins

Cook Time
40 mins

Total Time
1 hr

Course: Dessert Cuisine: American, southern
Keyword: Carrot Cake Servings: 1 cake

Ingredients

- 2 1/2 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1 1/4 cups oil I use Canola
- 1 1/2 cups sugar
- 4 eggs
- 1 teaspoon vanilla extract
- 2 cups carrots grated (Remove ends and scrape carrots before grating)
- 1 cup nuts or raisins Optional

Cream Cheese Frosting

- 1 8 oz. package cream cheese, softened
- 1 stick butter or margarine or 1/2 cup or 8 tablespoons
- 1 box confectionary sugar 16 oz or about 3.5 cups
- 1 tsp. vanilla

Instructions

1. In a large mixing bowl mix flour, baking soda, baking powder, cinnamon and salt together with a wire whisk. In a small bowl cream oil, sugar, eggs and vanilla with a mixer
2. Add creamed mixture to dry ingredients and mix well with mixer. Add carrots and keep on mixing. If using nuts or raisins fold them in with a spoon. Spray 2 round cakes pans or a 9 x 13 pan and add batter. Bake in preheated 350 degree oven for 35 to 40 minutes until toothpick comes out clean. Let cool before frosting. Frost with cream cheese frosting

Frosting Instructions

1. Whip all frosting ingredients together with mixer until smooth and of spreading consistency.



Happy Baking!

Events In Smith County:

Activities at the Tyler Senior Center Living a More Vibrant Life!

*Join us for this 8 part lesson series and learn strategies for a more vibrant life. Topics will include nutrition, physical activity, chronic disease management and prevention plus more!
April 4,6,11,13,18,20, 25 & 27 from 12:30 - 1:30*

Activities at the Lillie Russell Memorial Library-Lindale Walk N' Talk

*Walking and track your steps with your free pedometer and nutrition lesson.
Incentive items given weekly.
May 2,4,9,11,16,18,23 & 25
9:00 a.m. - 10 a.m.*

*Lunch and Learn Programs are held the 3rd Wednesday of the month.
There is a \$5.00 charge to attend.
RSVP with Mrs. Robbie at 903-590-2980, seating is limited*

April 19 from 12-1 p.m. Our very own Horticulture Agent Greg Grant will be speaking on Growing Herbs

*May 17 from 12-1 p.m. Presentation will be on
Self Defensive and Personal Safety*

June 21 from 12-1 p.m. We will have special guest speaker Lisa Pulliam back with us and to continue on her program "Selfcare is not Selfish?"

We will not have a L&L for July but will be back in August!!