May 2006

city of loma linda

community Nutrition and Garden

Newsletter

OFFERING COMMUNITY GARDENERS: IDEAS..INSPIRATION..HEALTHFUL TIPS AND RESOURCES..HEALTHY RECIPES

Why Do We Need Vitamin D?

Vitamin D, also called calciferol, is a fat-soluble vitamin. The major biologic function of vitamin D is to:

* Maintain normal blood levels of calcium and phosphorus
* Aids in the absorption of calcium to form and maintain strong bones.

Without vitamin D, bones can become thin, brittle, soft, or misshapen. Vitamin D prevents rickets in children and osteomalacia in adults, which are skeletal diseases that result in defects that weaken bones.

VITAMIN D REQUIREMENTS AND SOURCES

Recommendations increase with age and are as follows:

Men

* Ages 19-50: 5 mcg or 200 IU*
* Ages 51-69: 10 mcg or 400 IU*
* Ages 70 +: 15 mcg or 600 IU*

Women

* Ages 19-50: 5 mcg or 200 IU*
* Ages 51-69: 10 mcg or 400 IU*
* Ages 70 +: 15 mcg or 600 IU*

*10 mcg = 400 IU (international units)

Food sources:

* Fortified Milk and Cheese
* Whole eggs
* Liver
* Salmon
* The skin can synthesize vitamin D if exposed to sunlight 10 min/day.

Safe in the Sun

May is the first time we look forward to spending some time in the sun come Memorial day weekend. The sun is a great way to get some Vitamin D, as well as boosting mood. However, there are things you should know to keep it safe from UV radiation

Overexposure to UV radiation is the primary environmental risk factor in the development of UV-related adverse health effects, which include diseases of the eye, immune suppression, and skin cancers. Perhaps most importantly, skin cancer and other UV-related adverse health effects are largely preventable if sun protection practices are followed early and consistently.

WHAT IS THE UV INDEX?

The UV Index is a daily forecast of the bad sun rays levels , also called UV radiation, people might experience. The Index predicts the next day's levels on a 0 to 10+ scale, helping people determine appropriate sun protection behaviors.

Here are some guidelines for each level's warning:

3-4 (low):

- Wear a hat with a wide brim and sunglasses to protect your eyes.
- Use a sunscreen with an SPF of at least 15 and wear long-sleeved shirts and long pants when outdoors.

5-6 (medium):

- Use sunscreen if you work outdoors and remember to protect sensitive areas like the nose and the rims of the ears. Sunscreen prevents sunburn and some of the sun's damaging effects on the immune system.
- Use lip balm or lip cream containing a sunscreen.

7-9 (high):

- When outside, seek shade. Don't forget that water, sand, pavement, and grass reflect UV rays even under a tree, or beneath a shady umbrella.
- Wear long-sleeved shirts and trousers made from tightly woven fabrics.

Remember: Sun's Peak hours are between 10 a.m. and 4 p.m

10+ (high):

- Wear sunglasses that block 99 to 100 percent of all UV rays.
- Wear a cap or hat with a wide brim, which will block roughly 50 percent of UV radiation from reaching the eyes.

It is always a good rule of thumb to wear a sunscreen of at least 15 SPF daily to be safe. And finally remember that children are especially vulnerable because they are in the sun most. Following these guidelines will help keep you safe and enjoy the Memorial day weekend this month!

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California Healthy Cities and Communities

Take it From a Master

Growing Citrus

Citrus trees are actually evergreen shrubs; retaining the majority of their leaves year-round and should be hedged accordingly. They grow best in frost-free regions. Growth begins in February as the weather warms, slowing again as the hot, dry summer progresses. A second flush appearing in mid-August through October.

Planting - Planting your citrus tree at the proper depth is the most important factor. Plant the tree too low and the trunk will stay wet. This practice encourages bark diseases. Plant them too high and the rootball will dry out too quickly. Thus, not enough moisture will get to the tree.

Watering - Assuming your citrus trees have been in place at least two to three years, citrus trees do best when they are flooded then allowed to dry out before re-watering.

Fertilizer - To grow citrus successfully, it is also necessary to fertilize yearly. To get the most out of your fertilizer, in addition to normal soil surface application, make 10 - 12 holes six inches deep three-fourths of the way out from the base of the plant and the drip line. Put equal amounts of fertilizer into each hole and cover over the holes with soil. Completely fill the basin with water.

Insects - Insects may be found on citrus at various times of the year, but the amount of damage done and the length of time present does not justify the time or expense involved to control them

recipe corner

Add fruits to salads for a great lunch meal on hot days!

Spinach and Strawberry Salad

- 2 bunches spinach, rinsed and torn into bite-size pieces
- 4 cups sliced strawberries
- 1/2 cup vegetable oil
- 1/4 cup white wine vinegar
- 1/2 cup white sugar
- 1/4 teaspoon paprika
- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds

DIRECTIONS

1. In a large bowl, toss together the spinach and strawberries.
2. In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat.

Yields 8 Servings