

Washington Square Wellness Newsletter

February 2012



What's Local in February?

If you're ready to get some extra doses of vitamin A, vitamins C, potassium and fiber, try this great recipe with the last of the Michigan grown carrots on the grocery shelves (or, in my case, hanging out under the leaf mulch in the garden).

Carrot and Sweet Potato Soup With Mint or Tarragon

Ingredients

- 1 tablespoon canola oil or unsalted butter
- 2 medium shallots, chopped
- 1 ½ pounds carrots, peeled and diced
- 1 pound sweet potatoes, peeled and diced
- 6 cups water, vegetable stock or chicken stock
- 2 sprigs tarragon
- 1-inch piece of orange zest
- Salt to taste
- 1 tablespoon minced fresh mint or tarragon



1. Heat oil in a heavy soup pot or Dutch oven over medium heat. Add the shallots. Cook, stirring, until tender, three to five minutes. Add carrots. Cook, stirring often, for five minutes until they begin to soften. Add the sweet potatoes, water or stock, tarragon sprigs and orange zest, and bring to a simmer. Add salt to taste, reduce the heat, cover and simmer 45 minutes or until all of the ingredients are thoroughly tender. Remove the orange zest, and discard.
2. Purée the soup in batches in a blender or food. Return to the pot, heat through, and salt and pepper to taste. Stir in the mint or tarragon, and serve.

Serves four to six.

*submitted by Viki Lorraine
From NY Times*

Ten-Minute Challenge.

Get ready to begin this year's challenge!

It's easy and fun and it will encourage all of us to practice health enhancing behaviors. The challenge will begin Tuesday, February 13—you can begin signing up on February 1st.

Each week you will receive an email outlining ten-minute tips that will relate to nutrition, exercise or stress management. Participants will be able to choose the tip that feels right to him/her each day or all week. There will be an easy way of keeping track of your points and great prizes will be given for participation and for points accumulated. You will have a floor leader who will help answer questions you may have and sign you up. The floor leader will contact you.



**February is American Heart Month.
Help stop heart disease in Lansing.**

Heart disease is still the number 1 killer of women, taking the life of 1 in 3 women each year. There are ways that we can help. Wear red this Friday, National Wear Red Day, and talk about it with people who ask "why the red?" There will be a manikin with a red dress on again in the lobby along with educational literature. Take time to look it over and bring some literature home to give to a neighbor or relative. Many businesses downtown will have red displayed to support women.

American Heart
Association 

Learn and Live



February 2012



Sun Mon Tue Wed Thu Fri Sat

The book club will meet February 21 in WSB 207 at noon. Our book will be *A Spot of Bother*, by Mark Haddon. Everyone is welcome.

For those of you who like to plan and read ahead, our April book will be *The Things They Carried* by Tim O'Brien. It is a collection of fictionalized short stories about the Vietnam War experience and its effects years later on the soldiers who returned. This book was a finalist for both the 1990 Pulitzer Prize and the National Book Critics Circle Award, and there are many copies in the CADL system. We will discuss it on April 10 at noon in WSB 207.

			1 Walking Club 12-12:30 pm	2	3 <i>Wear Red Today</i>	4
5	6 Visit the fruit & Veggie basket for a healthy snack Walking Club 12-12:30 pm	7 Watch Your Weight 12:15-12:45 WSB 210	8 Walking Club 12-12:30 pm	9	10	11
12	13 Visit the fruit & Veggie basket for a healthy snack Walking Club 12-12:30 pm	14 Watch Your Weight 12:15-12:45 WSB 210 	15 Walking Club 12-12:30 pm	16 Lunch n Knit Bead & Craft WSB 207 12-1:00 pm	17	18
19	20 Visit the fruit & Veggie basket for a healthy snack Walking Club 12-12:30 pm	21 Watch Your Weight 12:15-12:45 WSB 210 Book Club 12:00-1:00 WSB 207	22 Walking Club 12-12:30 pm	23	24	25
26	27 Visit the fruit & Veggie basket for a healthy snack Walking Club 12-12:30 pm	28 Watch Your Weight 12:15-12:45 WSB 210	29 Walking Club 12-12:30 pm			