

# Healthy Youth Program



## Greetings from the Healthy Youth Program Manager

by Simone Frei

Welcome to our fall newsletter! After a busy summer filled with youth summer camps, preschool garden story time, and family cooking and gardening programs, we are getting ready for our fall and winter programs. We have met so many wonderful children and families over the summer and hope to see them again in the fall and winter.

I hope you had a chance to go visit the *Lincoln Farmers Market*. The goal of the Market is to provide convenient access to affordable fresh produce for South Corvallis families, since we know that limited access to low-cost fruits and vegetables is a major barrier to healthy eating habits. We have partnered with South Corvallis farmer, Luke Beene, who has been selling his locally-grown produce at Lincoln Elementary School every Wednesday afternoon from 3:30 - 5:30 pm. The fresh produce is offered at 50 percent reduced cost, so that families are able to purchase fresh vegetables at an affordable price. With a donation from Charlie and Maria Tomlinson, the Healthy



South Corvallis farmer Luke Beene, with his fresh produce at the *Lincoln Farmers Market*. (Photo by HYP staff)

Youth Program has been subsidizing the remaining cost to ensure that Luke receives an equitable rate for his produce. We are very excited about the success of the *Lincoln Farmers Market* and plan to run the Market through the end of October.

Unfortunately, we had to say goodbye to two wonderful staff members this summer – Amoreena Guerrero has moved to Eugene to pursue her career working with school gardens, and Kara Olsen-Becerra decided to spend more time with her family. We have been

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very fortunate to welcome Anais Alexander (pictured) to our team.

Anais will be working with preschoolers and their parents in our



Anais Alexander, nutrition educator with the Healthy Youth Program. (Photo by HYP staff)

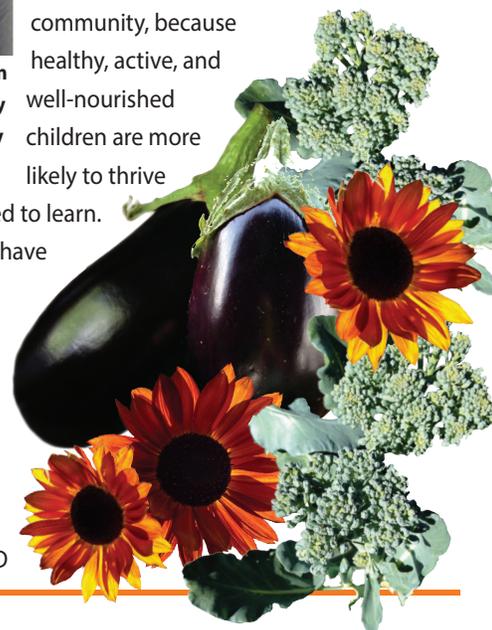
*Healthy Sprouts* program. She has over 18 years of experience as an educator working with children and parents, and as a mentor to teachers. Anais believes that the two most essential building blocks for children’s success are a supportive family and community, because healthy, active, and well-nourished children are more likely to thrive

and are more motivated to learn.

We are very excited to have

Anais join our team!

Another highlight this summer was the publication of our first peer-reviewed scientific paper in the *Journal of Extension*, entitled “Low Vitamin D



Status and Inadequate Nutrient Intakes of Elementary School Children in a Highly Educated Pacific Northwest Community.” In this study, we surveyed 175 elementary school children and obtained 71 blood samples. We found that most children had insufficient blood vitamin D levels and reported a diet insufficient in fiber, essential fatty acids, potassium, and vitamin E and excessive in saturated fat and sodium. Furthermore, almost half the children ages nine to eleven consumed calcium below dietary recommendations. Since calcium, together with vitamin D and some other vitamins and minerals, is essential for building strong, healthy bones, it is important that children consume enough calcium-rich foods such as dairy products, beans, kale, broccoli, spinach, or “calcium-set” tofu. If you would like to find out more about our study, please check our website at [lpi.oregonstate.edu/healthyyouth](http://lpi.oregonstate.edu/healthyyouth).

I hope you will enjoy reading our newsletter and learning about our programs. And, of course, please don't hesitate to contact us if you have any questions or concerns. We always love to hear from our readers and supporters! ●



## Garden Story Time

by Anais Alexander

**G**arden Story Time is an extension of *Healthy Sprouts*, our school-year class for families with young children. *Garden Story Time* was created to give families with young children an opportunity to directly connect with the source of their food. This summer, Kara Olsen-Becerra and a team of dedicated and enthusiastic student workers and interns worked together to bring concepts of kindergarten readiness into the garden through interactive and experiential learning. The garden was incorporated into class in a multitude of ways, including harvesting snacks from the garden, using cabbage leaves as plates, participating in garden scavenger hunts, and learning about composting and insects.

In preparation for snack time, children went into the garden to harvest edibles for their snack. Along the way they learned to care for the garden as they weeded, planted, and watered. Children helped prepare the snack and were eager to try unfamiliar foods like beets, radishes, and rainbow chard. While eating, nutritional information and ideas were shared with the parents for creating wholesome and affordable snacks at home.

The Lincoln School Garden was an idyllic setting for this class. Children entered this garden with delight; necks craned upwards looking at sunflowers, while others fixed their gaze downwards searching for edibles in the garden beds. Children nibbled their way



Kara Olsen-Becerra, HYP nutrition educator, reads and acts out a page from the beloved story, “Blueberries for Sal,” during *Garden Story Time* at the Lincoln Garden. (Photo by HYP Staff)

through the garden, some eating cherry tomatoes, others picking berries, all on their way to settle in and begin their nature-based art projects.

After creating a memorable project, families gathered under the shade of a sprawling tree and sang songs, played games, and listened to stories being read or acted out. While the children joyfully participated, they were busy building kindergarten readiness skills. Each activity and story was accompanied by tips for parents to enhance kindergarten readiness at home.

*Garden Story Time* was one of our most popular summer programs this year, and we hope to continue it in the future! ●

## Perspective of a HYP Summer Intern

by Ariel Clark,

Summer Intern with *Chefs in the Garden*

**I**nterning for the Healthy Youth Program's *Chefs in the Garden* camp has been the highlight of my summer and certainly a great finale to my bachelor's degree in Environmental Science at Oregon State University. I loved taking campers into the garden to explore and discover the intricacy of the flora and fauna. The garden served as an ecosystem into which the campers could immerse themselves. This program shares the wonders of our environment and its resources with children to cultivate healthy personal and environmental relationships through one-on-one experiences. I am thankful I was able to share these experiences with the campers. I will always remember the smiles, laughs, and moments of awe.

I have always been comfortable around children, but this program has taught me how to more effectively solve problems and communicate with children in a positive and encouraging manner. I loved how I was able to work with children not just teaching environ-



**Chefs in the Garden** participants leap over a growing "creek" while Ariel Clark (sitting), HYP summer intern, cheers them on! (Photo by HYP Staff)

mental science basics, but to create an experience. Information can easily be forgotten, whereas experiences can be felt and remembered for a lifetime. I hope that I was able to help some young minds to think more deeply about the environment and their lifestyle in accordance with environmental care.

The Healthy Youth Program allowed me to practice the art of teaching environmental science. The staff does a phenomenal job at creating and using an array of outdoor educational activities that are thought provoking, interactive, positive, and fun for all the campers. Through this internship, I have been able to learn a multitude of camp games, songs, and activities that interest children and teach them about the environment and healthier living.

It was an absolute pleasure to intern for the Healthy Youth Program of the Linus Pauling Institute. I cannot thank my supervisors and fellow camp staff enough for their continual support and direction this summer. This program is truly unlike any other, and I am convinced that each city should have their own Healthy Youth Program. ●

## OSU Student Interns and Volunteers: A Valuable Part of the HYP Team

by Casey Bennett

**A**t the Healthy Youth Program, we are big believers in hands-on education. For us, this goes beyond offering interactive programming for our youth and family participants. We also believe it is an integral part of the academic experience for the OSU student interns and volunteers who provide staff support for our programs.

One of the many wonderful things about being part of the OSU community is our connection to academic departments, advisors, professors, and internship coordinators. These folks help connect us with students looking for real-world, hands-on experiences that allow them to "get their feet wet" professionally.

We maintain low staff-to-student ratios for all classes, and we are only able to do so because of the ongoing help and support of OSU student interns and volunteers. Students come from a variety of backgrounds, including dietetics, nutrition, public health, exercise and sport science, human development and family sciences, horticulture, natural resources, and even microbiology! What all these students have in common is the desire to get out of the classroom and explore different career paths before graduation. Our wide range of programming offers opportunities for students to work with youth of all ages, incorporate their family members, and learn how to model and encourage healthy habits.

The Healthy Youth Program has year-round intern and volunteer opportunities. If you would like to get involved, please contact Casey Bennett, program and internship coordinator, at [casey.bennett@oregonstate.edu](mailto:casey.bennett@oregonstate.edu). ●



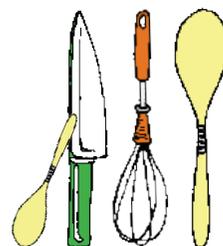
(Photo by Ariel Clark)

## Simply Delicious

by Julie Jacobs

**C**ooking healthful foods that please the whole family is no small feat. Many families struggle just to find time to sit and enjoy a meal together, let alone a healthy, homemade meal. Our newest class, *Simply Delicious*, aims to alleviate both of these problems. Our one-time workshops offer parents the opportunity to prepare a healthy meal to take home, heat-up, and serve to their family at their convenience. Each class will feature a mini-lesson on an aspect of healthy eating and how it relates to the day's dish. Recipes will be chosen based on the seasonality and availability of ingredients, ease of preparation, and flavor. Recipes, ingredients, kitchen tools, and knowledge will all be provided. Parents take home not only a healthy dinner, but the skills to recreate the recipe again later.

For those interested in cooking with their families, we will also be offering workshops for parents and their children. *Simply Delicious for Families* will offer valuable tips and tools for parents who would like their children to be more involved in the kitchen. Children who participate in the cooking process are more likely to try new, healthy foods. *Simply Delicious for Families* provides a gateway for



SIMPLY  
DELICIOUS





children to take ownership of the foods being prepared and served to the whole family.

For more information or to sign-up for a *Simply Delicious* class, visit our website <http://lpi.oregonstate.edu/healthyyouth> or call our office (541)737-8014. ●

## Lincoln Garden Club

By Candace Russo

Lively and laughing children run around the playground at Lincoln School during recess and make their way to the open Lincoln Garden gate. "Can we help? What can we do?" they exclaim to the Healthy Youth Program staff member watering the garden. The answer: "Absolutely! Grab a watering can and give those cucumbers a good drink!"

Lincoln Elementary School students love helping out in their school's garden, so the Healthy Youth Program will be offering *Lincoln Garden Club* again this year as an afterschool program. *Lincoln*



Giant pumpkins are just one of the treats greeting students at the Lincoln Garden. (Photo by HYP Staff)

*Garden Club* participants will be working with Sydney Henderson, garden assistant with the Healthy Youth Program, every week through Thanksgiving. Activities are focused around gardening, backyard science, and nutrition, while children help to take care of the garden and harvest and taste

the plentiful fall produce. This popular program always fills up quickly; even once the rain arrives, *Lincoln Garden Club* participants

enjoy getting their hands dirty and learning in the Lincoln Garden! ●

**For dates, times, and registration information for all Healthy Youth Program activities, please visit our website: [lpi.oregonstate.edu/healthyyouth](http://lpi.oregonstate.edu/healthyyouth).**

## Spartan Urban Farm Fellowship

By Rebecca Fallihee

An exciting new project will have high school students literally **A**digging their hands into their education. The *Spartan Urban Farm Fellowship* is an opportunity for students to learn about food production and sustainable agriculture. In the process, they will gain skills in social competency, community awareness, and professional communication.

Piloted as an after-school program, students will meet regularly this school year to learn to produce food. They will be connected with both their personal and community's health and will donate what is grown to either their school, to be served during break or lunch, or to local food pantries.



Corvallis High School participants in the *Spartan Urban Farm Fellowship* will learn about the intricacies of growing food, like these carrots, to be given to the school or local food pantries. (Photo by HYP Staff)

Emerging out of a need to prepare students for life beyond high school, this program will also have a component that will teach job-readiness, business, and entrepreneurial skills. In its next stage, the program's goal is to have students sell their produce at a farmers market or farm stand.

Our hope in creating this new program is that students will gain new perspectives about their role in service to their community, their personal wellness, and in their work life beyond high school. ●



# Roasted Beet Hummus

This beautiful hummus is full of healthy antioxidants and is a delicious twist on a classic dip!

Serves 12



## Ingredients

- 3-4 beets, scrubbed, stems removed
- ½ cup olive oil
- 3 tablespoons tahini
- Juice of 1 lemon
- 2-3 cloves of garlic
- 1 tablespoon ground cumin
- 1½ teaspoons salt
- 1 teaspoon pepper

## Directions

1. Preheat oven to 375 degrees.
2. Wrap beets in a foil packet, place on a baking sheet, and roast for 30-50 minutes until easily pierced with a fork.
3. Let beets cool, then peel. Peels should come off very easily with just your hands after they are cooked.
4. Combine beets with all other ingredients in a food processor or blender. Blend until smooth.
5. Serve immediately or refrigerate.
6. Enjoy this unique dip with flat bread, or your favorite veggies!

## Nutrition Facts

Serving Size About 2 Tablespoons  
Servings Per Recipe 12

Amount Per Serving

**Calories** 150    **Calories from Fat** 100

% Daily Value\*

**Total Fat** 11g    **17%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 420mg    **18%**

**Total Carbohydrate** 11g    **4%**

Dietary Fiber 3g    **12%**

Sugars 3g

**Protein** 3g

Vitamin A 0%    • Vitamin C 6%

Calcium 2%    • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Visit our website for more great recipes and program information- <http://lpi.oregonstate.edu/healthyouth>



## Staff Spotlight: Rebecca Fallihee, HYP Garden Educator



**Q:** How did you first become interested in gardening and food?

**A:** I grew up with a big garden. Some of my most vivid childhood memories center around picking rows of green beans and crawling around under the ground cherries to find fallen fruit in the summertime, sitting on the patio with my mom shelling buckets of peas, and competing with my siblings to find and eat all the ripe raspberries. At the same time, as a kid, I spent the majority of my free time in the kitchen learning to cook from my mom's old cookbooks. My very favorite thing was to bake with whatever abundance of seasonal fruit was available. Early on, I learned that only a few simple, in-season ingredients could make the most delicious meals—and there is much joy that comes to people in sharing good food.

**Q:** What do you enjoy most about working for the Healthy Youth Program?

**A:** I get to combine my passions: Food, health, nurturing the life growing in healthy soil, and bringing knowledge to the people! It is awesome to get to teach using an engaging medium with a food and health lens attached. The best thing, too, is there is always more to learn.

**Q:** What hobbies do you enjoy outside of work?

**A:** I enjoy running in a way that has nothing to do with loving to eat. I am in my ultimate happy place when on a run. Aside from cooking and gardening, I also love to read—and write!

**Q:** Favorite HYP recipe?

**A:** Beet Hummus. Years ago, I converted a bunch of my college roommates into liking beets. This recipe will do that. It's a winner with both kids and adults; even if they are beet-skeptics. Go try it! (See page 5 for the recipe.) ●



## Gardening Tip: Winter Cover Crops

by Candace Russo

**A**fter the bounty of tasty tomatoes and savory squashes has faded, garden beds often become bare during the late fall and winter months. If braving the rain to tend to winter vegetables is not your thing, try sowing some easy-care winter cover crops! A variety of winter cover crops including crimson clover, vetch, fava beans, ryegrass, and many others are often sold in bulk at local garden stores right now. When sown in the

fall, they help protect soil from winter erosion, add organic matter, suppress weeds, feed beneficial soil microorganisms, and provide nutrients to the spring garden.

To get the biggest bang for your buck, mow down or turn under your cover crop in the spring at the peak of its nutrient content, which occurs right before it goes to seed. This will encourage the most nutrients to be returned to the soil and taken up by your food crops in the spring and summer. Now *that's* Soil to Seed to Plate! ●



Winter cover crops such as crimson clover (pictured above) provide many benefits to the garden including protecting soils from erosion due to winter rain. (Photo by HYP Staff)

# Program Highlights: Summer Camps!

The Healthy Youth Program hosted ten sessions of summer camps this year (both *Chefs in the Garden* and *Master Chefs*)! Every day at camp was a brand new adventure. Here are some of the staff and interns favorite photos and anecdotes:



Favorite Quote: "This is the best snack I've ever had. Ever." --Camper talking about the hummus and veggie snack that day.



Favorite Activity in the Garden: We released hundreds of ladybugs during our "Cool Garden Critters" weeks. It was enlightening to watch kids connect to their environment as they learned about controlling the population of undesirable critters in a way that is safe, beautiful, natural, and resulted in more tasty food!



Favorite Game: During the first week of camp, the group was really into a game called "Running and Screaming" (around the track). There was such joy to be found in their being young, carefree, and loud. Every child should be able to experience the joy of simply running and screaming, especially in summer.



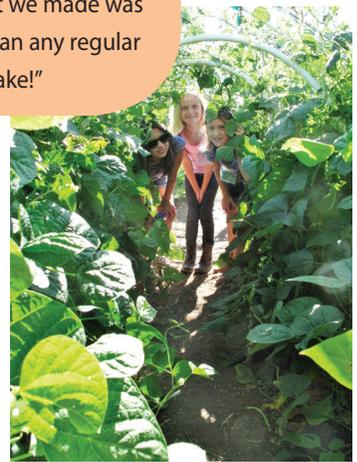
Favorite Activity in the Kitchen: We enjoyed weeks of serious veggie choppers. Nothing gets kids excited in the kitchen like a table laden with fruits and vegetables to be mastered with a knife!



"The comment I heard most from the kids at camp, was that the Chocolate Beet Cake that we made was WAY better than any regular chocolate cake!"



"Elliot gave me a huge tongue twister which took me all week to say: *I'm going to the fridge and getting a snickerpumperstickydoodle.* Try saying that once. It's tough!"



# Thank You, Donors

Thanks to the generous help of our contributors, we have been able to grow and expand our programming to reach more youth and families. The Healthy Youth Program would like to thank the following donors for their support:

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## Support the Healthy Youth Program today!

A gift to the Healthy Youth Program is an investment in the health of children and their families, for today and for tomorrow. Your tax-deductible gift will support a healthier lifestyle for youth and their families by sponsoring scholarships to our educational programs and providing support for our ongoing classes and school garden projects.

Donations can be mailed to:

Healthy Youth Program  
Linus Pauling Institute  
307 Linus Pauling Science Center  
Corvallis, OR 97331

Please make checks out to The OSU Foundation, with **Healthy Youth Program, LPI** in the memo line.

If you'd like to learn more about the Healthy Youth Program, we would be happy to provide a tour of our school gardens or meet to talk further. Please contact Casey Bennett at [casey.bennett@oregonstate.edu](mailto:casey.bennett@oregonstate.edu) if you're interested.

**Your tax-deductible donation will support the gift of good health.**



## HYP Staff:

**Simone Frei, Manager**  
**Candace Russo, Garden Manager**  
**Casey Bennett, Program and Intern Coordinator**  
**Julie Jacobs, Nutrition Educator**  
**Anais Alexander, Nutrition Educator**  
**Rebecca Fallihee, Garden Educator**

**Student Employees:**  
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**Cassidy Radloff, Nutrition Education Assistant**  
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