Greetings from the Healthy Youth Program Manager

By Simone Frei

We have just completed another eventful spring and summer filled with camps, cooking and gardening classes for families, talks and hands-on presentations in the community, and many other nutrition- and health-related outreach activities. All our programs were filled to capacity—we even had to start waiting lists! We have met so many wonderful children and families and hope that we will have the pleasure to meet them again in our upcoming programs this fall, winter, and spring.

In order to expand our programs to serve more youth and families, we have added two nutrition educators and two garden educators to our programs as well as a Web-design student worker.

Kara Olsen-Becerra joined our team in the spring. She comes to us with a passion for healthy nutrition and feeding philosophies for children and families. She is excited to help families gain the knowledge and skills needed to make confident and informed dietary choices, even on a tight budget. Kara is the proud mother of three young children and in her free time likes to garden, cook, sing, and spend time being silly with her family.

During our busy summer months, we were able to welcome Julie Patterson Jacobs to the Healthy Youth Program. Julie has been teaching and mentoring children of all ages and is committed to helping youth and families learn about healthful eating and regular exercise. Julie loves to play soccer and go hiking with her husband and dog. She is also a certified Zumba instructor, and we are excited to be able to offer Zumba classes to our families this fall.

We are pleased to have Rebecca Fallihee join our garden programs. A passion for aligning awareness of food and agriculture with nutrition and healthy lifestyles has brought Rebecca to the Healthy Youth Program. With her background as a classroom teacher, Rebecca is an ideal addition to our garden programs; she will be working at both of our school gardens—the Spartan Garden and the Lincoln Garden.

Amoreena Guerrero will be working primarily in the HYP Family Sharing Garden. She is passionate about helping youth grow into...
healthy, productive, and well-educated community members. She is a strong advocate for the use of school and community gardens as a place where people can connect more strongly to the food they eat and the place in which they live.

Godfrey Yeung is a sophomore in the Honors College at Oregon State University, studying computer science. His computer skills, creativity, and problem-solving skills have helped us to improve our website and make it more user-friendly. Check out our website for the latest and most up-to-date information about our programs.

I feel honored to be working with such a great team, and I am so proud of the work they are doing. They are all so dedicated and determined to offer exceptional programming. Their enthusiasm, creativity, skills, and professionalism are reflected in the high quality of all our programs. To offer the highest quality programs, we continually strive to evaluate and assess their delivery and impact; and, most importantly, we listen to the feedback from our participating youth and families.

I hope you will enjoy reading about our many activities and programs in our fall newsletter!

Healthy Sprouts

By Kara Olsen-Becerra and Casey Bennett

Experts agree that early childhood is a critical period to help lay the foundation for healthy eating and lifestyle habits. It is also a time when children’s natural curiosity, love for play, adventure, and enthusiasm for learning can be fostered to help promote Kindergarten readiness. Unfortunately, we also know that childhood obesity and inactivity, as well as Kindergarten readiness, are pressing issues of concern with many children today.

The Healthy Youth Program recognizes that the earlier we can connect with and reach out to families with small children, the greater the chance that we can play an influential role in supporting parents as they establish healthy routines in their families. Healthy habits start within families, and healthy families lead to a healthier community and country.

We are excited to announce that we will be working towards addressing these concerns in our new Healthy Sprouts program. We will be collaborating with Corvallis Parks and Recreation and Willamette Neighborhood Housing Services (a local organization committed to providing affordable housing and skill-building opportunities for residents) to offer this free class for parents and their children up to age five during the 2013/2014 school year. The program will be offered in both English and Spanish with the objective of helping parents in their role as primary caretakers, nurturers, educators, and advocates for their children.

Each session will include outside play, a nutrition-themed story time that incorporates songs and movement, and a special game or art project. Families will work together throughout class to create a nutritious and simple lunch that will be eaten together at the end of each session. Families will also receive three home visits by the nutrition educator throughout the year to work on healthy lifestyle goal setting and to help provide extra resources and support to parents. We look forward to sharing more about our Healthy Sprouts class in our next newsletter!
Why We Support LPI's Healthy Youth Program

August 22, 2013

We became interested in the Linus Pauling Institute a decade ago and have appreciated the research and recommendations the Institute has provided to us through their newsletter and website.

After the death of our son, Geoff, we wanted to honor his memory. Good nutrition and exercise were important to Geoff; he was a marathon runner and maintained a healthy weight. The Healthy Youth Program was a natural way for us to accomplish this goal.

We support the Healthy Youth Program because of its mission to empower not only youth, but their families to eat in a healthy way and to combine this good diet with exercise. We think Geoff would have approved of this goal. He loved to share diet and nutrition information with his friends and colleagues.

We appreciate the way the Healthy Youth Program is collaborating with Corvallis community groups, such as the Parent Enhancement Program, Community Outreach, Inc., and the Corvallis School District. Building local relationships raises community awareness of the program and its mission. Working together, we can accomplish more.

The fact that the Healthy Youth Program reaches out to a diverse group of children and their families is important as we honor the diversity of our community. This program provides families of many backgrounds with the education and experience necessary to make lifestyle changes.

As donors, we want our gifts to have a positive impact in our community. The Healthy Youth Program assesses the impact of their programs to measure their success.

Please join us in supporting the Healthy Youth Program—our children’s future is important to everyone.

~Charlie and Maria Tomlinson

To join Charlie and Maria in making a healthier future for children and their families, please see page 9 for more information on how to make a tax-deductible gift to the Healthy Youth Program.

Fresh Grown Cooking for Families

By Julie Jacobs

Imagine a beautiful, warm summer evening. Children and their parents don their helmets and mount their bikes. It’s nearing dinner, so it’s time to head to the garden. This is not just any old trip to the garden; it’s a fun-filled night with garden activities, games, and preparing and sharing a lovely dinner together. This is what we call Fresh Grown Cooking for Families.

This past summer was our second year of Fresh Grown Cooking for Families at the Spartan Garden. In August, we hosted this fabulous, educational class three times each week. The Healthy Youth Program partnered with Community Outreach, Inc. and the Parent Enhancement Program two nights each week to reach out to local families who were truly in need of nutrition and garden education.

Kara Olsen-Becerra (left), one of the Healthy Youth Program’s nutrition educators, helps children harvest broccoli flowers at a session of Fresh Grown Cooking for Families. (Photo by HYP Staff)
Our third night was a public session that hosted a great mix of Corvallis families. There was so much demand for this program that we ran a second public session in September!

On a typical day, our families trickle into the garden and help harvest fresh vegetables to be incorporated in the evening meal. Garden educators lead families through a fun activity like planting a small, take-home herb garden and learning how to properly care for it. Next, families work with our nutrition educators to start preparing dinner in our outdoor kitchen. One night we grilled garden-fresh pizzas; another, we made berry syrup to go with fruity pancakes and eggs. Each week had a different activity and special menu featuring fresh fruits and vegetables from the garden.

Our goal each week is to show families how to use seasonal produce that could grow in their own backyards. Our soil-to-seed-to-plate method helps introduce children to new fruits and vegetables they may not have tried before. It is always a pleasure to see a child try something new that they helped prepare and how much they enjoy the process. We had a wonderful time cooking in the garden with local families this summer. Perhaps we will see you there next year!

Volunteering with the Healthy Youth Program

By Jessica Beauchemin

For the past few months, I’ve had the opportunity to assist Kara Olsen-Becerra with Fresh Grown Cooking at Community Outreach, Inc. (COI). As a volunteer, I help parents and children prepare ingredients for healthy meals. We dice tomatoes, peel carrots, wash strawberries, sauté onions, and blend salad dressings together. Seasonal produce like zucchini and peaches frequently show up on the evening’s menu, while healthy staples like quinoa, whole wheat flour, and low-fat yogurt replace white rice, white flour, and sour cream.

The best part of the class is that after the work is done, we all sit down together to enjoy a freshly prepared feast. Everyone shares personal highlights of the day while eating whatever Kara has dreamed up for our recipes. Parents and kids alike happily eat taco salads, homemade chicken soup, and veggie pasta bakes.

For me, volunteering with Fresh Grown Cooking at COI has led to additional opportunities. Working with the Director of Social Services, Ty Pos, I started teaching yoga classes for the residents of COI. We met a few times this summer in the beautiful backyard space underneath a huge shade tree. It was amazing to feel the energy and mood shift during the course of an hour’s focused movement outdoors. The children played in the grass, while their parents took some time out of the day to breathe and relax. I hope to continue this program at COI in the fall.

During the month of August, we moved the class to the Spartan Garden at Corvallis High School. This is an even better way to connect families with home-grown food. Children planted seeds to take home and harvested fresh vegetables right out of the garden. We then incorporated the fresh food into the evening meal, all in the beautiful teaching garden. Families walked or biked from COI to the garden, so there was also a little physical activity built into the event.

My experience with the Healthy Youth Program has been positive and inspiring. I have improved my skills in working with children of varying ages, while sharing my passion for preparing and eating healthy food. Each week, I learn more about my community and see the world through a child’s eyes again.
An Intern’s Experience at Chefs in the Garden
The Healthy Youth Program’s Summer Discovery Camp
By Rebecca Rau

My experience as an intern with Chefs in the Garden has far exceeded my expectations. I joined this program knowing I would have the opportunity to play with children and teach them basic skills about cooking and gardening. I was a little nervous that I might not be an effective communicator with children or that solving conflicts might be difficult among that age group. I had an image running through my mind of 16 high-energy children running crazy, while I stood in the garden feeling completely defeated.

Then reality started to unfold, and I realized the pandemonium I had envisioned would be kept at bay with the help of the other wonderful interns, staff, and volunteers. The children would start each week with lots of curiosity and excitement to get to know their new environment; the energy put in by staff would harness those enthusiastic feelings into learning opportunities. The week always ended with smiling faces that usually contained the remnants of a delicious, home-cooked meal or a trace of dirt from garden time.

Learning at camp wasn’t only delivered from staff to campers, but also vice versa. I found myself learning so much from the campers’ own personal knowledge and from observing their interactions with peers, staff, and their environment. These personal learning opportunities have enhanced my existing career goals and also ignited new ones. Through this camp, I have had the opportunity to apply the knowledge gained from my major course of study, nutrition, and my minor studies in psychology, along with my passion for cooking and gardening. This has allowed me to picture my future in a new light, with a career that can hopefully incorporate as many of those interests as possible.

As I enter my final year at OSU, I can safely say that this internship has been one of my top two best experiences as an undergraduate student. I’m confident it will benefit me as I finish my degree and pursue a career that can hopefully incorporate as many of those interests as possible.

The HYP Family Sharing Garden at Lincoln School
By Amoreena Guerrero

School and community gardens are made complete by the people who call those spaces their own and devote time to growing and harvesting, tending, sharing, and enjoying the fruits of their labor. If you can, imagine such a place in the height of summer. Cucumbers climb on trellises, lavender flowers sway in the breeze and raspberry canes hang heavy with delicious ripe clusters. The sound of families harvesting, cooking, and playing can be heard. An older sister helps her younger sibling mix a colorful fruit salad. Meanwhile, a father and son harvest tomatoes, peppers, onion, and cilantro for a fresh salsa to share with the other families who are there enjoying the garden. The rest gather under the shade of a large red-leafed plum tree, planting small “Greens Gardens” in containers to

I just wanted to thank you so very much for offering scholarships to your Chefs in the Garden program. My boys love this program so much and we would not be able to afford for them to participate otherwise. Thank you, and we can’t wait to see you this summer!!
~Anonymous parent

Just want to say what a great program you all have put together...the garden is absolutely beautiful and your staff is friendly, engaged, and informed. Cate was beaming all week; she was invigorated, excited, and charming. Plus she was telling me all about vegetables for a change. Love that. Thank you for a fantastic week. Next year we’re definitely signing up for two weeks.
~Stephanie Gunckel
(parent of a Chefs in the Garden camper)

The HYP Newsletter - Fall 2013
It is this vision of families sharing healthy food and positive experiences that gave rise to one of our newest projects: the Lincoln Family Sharing Garden, located on Lincoln Elementary school grounds in South Corvallis.

Lincoln Elementary is a cornerstone of the South Corvallis community. The school brings families together from many smaller neighborhoods that define the area. Its Spanish-English dual immersion program also serves as a magnet, attracting families from all over the city. For many years, the school has hosted a school garden that has been utilized in a variety of ways; most recently serving as a place for after school learning and outdoor adventures for students.

In the summer of 2012, with the support of the school’s principal, the Healthy Youth Program agreed to embark upon an ambitious project, including the coordination of the use and maintenance of the existing garden and its expansion in both size and purpose. The result will be the Family Sharing Garden, slated to be fully operational by early summer 2014. The garden will be utilized during the day for school use. After school and on weekends it will be open to local area families for gardening and cooking programs.

The endeavor has begun in earnest with the foundational work of fencing, irrigation, and the installation of five raised beds already put in place. A sneak preview of what you can expect to see in the garden includes ADA accessible pathways, a variety of garden bed designs, a fully functioning outdoor kitchen space, and covered classroom area.

The Lincoln Family Sharing Garden will no doubt be a beautiful example of a dual-use school and community garden. However, it will be the people—students and teachers, families and community members who call this garden their own—that will make it a truly unique expression and reflection of the multitude of neighborhoods that form the South Corvallis community.

### Plant a Garlic Experiment!

**By Rebecca Fallihee**

It was a scorcher of a July afternoon, and the Lincoln garden beds were bursting with vegetables ready to be harvested. Several Youth Volunteer Corps (YVC) students willingly excavated the dry soil until the garlic was all out of the ground and harvested. They then cleaned and hung the bulbs to cure in the greenhouse.

We grew and harvested enough garlic for all of our cooking classes and camps for months to come! Now that it’s autumn, it is time for the cycle to begin again. Mid to late autumn is a good time to get out into the garden and plant garlic for next year!

To plant now, visit a local garden center or nursery, or consult a favorite seed catalog for a wide selection of varieties suitable for your area. Why not perform an experiment and try planting a few different garlic varieties? Each has its own unique flavor profile and degree of heat, and many come in variations of a striped purple hue. Perform a taste-off next summer to decide which one has the best flavor. Many garden centers and seed catalogs sell a sampler pack of varieties for experimenting.

Each garlic clove is a seed, and when choosing which cloves to plant, select the largest from the bulb. Since garlic prefers soil that is well-draining and has a lot of organic matter, amend your soil with compost, manure, or leaf mulch prior to planting. Plant each clove five to six inches apart with the tips up. Cover with an inch of loose soil and gently pat down.

Spread mulch over the garlic as soon as green tips emerge. Mulch can include aged straw, leaves, grass clippings, or shredded paper. Mulch serves as a protector of the young plants during the winter months and also prevents weeds from taking over. Garlic likes to be kept evenly moist, so water the garlic when planting and regularly thereafter if precipitation doesn't frequently provide moisture.

Plant now, keep your garden growing throughout the winter, and reap a bounty of delicious garlic next year!
Survey Results from *Brain Breaks*
Exercise DVD Release

By Simone Frei

We are pleased to report that *Brain Breaks*, our exercise DVD, has been used in over 400 classrooms throughout Oregon over the last year. In order to assess the quality and usefulness of *Brain Breaks*, we asked teachers to complete a two-page questionnaire. Of all the respondents—kindergarten through fifth grade, special education, and physical education teachers—43% indicated that the exercise activities are fun and 53% said they are very useful.

Approximately half of these teachers (46.8%) reported that they play the DVD two to three times per week, and nearly all (89.4%) indicated that the exercise segments fit well into their class schedules. The most popular exercise segments seem to be those on Stretching & Relaxation (59.6%).

Since almost all the teachers (91.5%) reported that they would continue using *Brain Breaks* in their classrooms, we plan to produce a second edition of *Brain Breaks* this school year. We hope to have *Brain Breaks 2* ready for release next summer.

Staff Spotlight:
Candace Russo,
HYP Garden Manager

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

**A:** I have fond memories of our family’s backyard garden as a child – wandering across the creek to munch on raspberries, currants, and cherry tomatoes fresh from the garden, filling my cheeks before hopping on the rope swing. Funny enough, I used to despise tomatoes as a small child; my brother would tease me by popping one in his mouth, letting the juice drip down his chin, and saying “yuuuuuuummm.” I thought it was so gross. Then I helped plant and grow some cherry tomatoes in our garden. When the fruit formed at the end of the summer, I couldn’t help but take a little nibble… and it was quite good (much better than the grocery store tomatoes I’d tried before)! I ate another and another, and I was hooked. I’ve loved tomatoes ever since.

**Q:** What attracted you to this position at the Healthy Youth Program?

**A:** Having studied biology, education, and soil science, this job seemed like a perfect fit. Add to that my personal affinity for fresh, whole foods, and it would have been hard to design a job more fitting. I feel very fortunate to have found this program.

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

**A:** Lately I’ve been pretty consumed by one major project: renovating our new (but actually pretty old) house, with my husband, Chris. When I have the time, I love to draw, paint, garden (of course), practice yoga, hike, canoe, watch the wildlife in our backyard, and spend time with our dog and two cats.

**Q:** What is your favorite HYP recipe?

**A:** I haven’t had the opportunity to try them all yet, but two that I make pretty regularly are the “Presto Pesto,” a perfect way to use an abundance of fresh basil (and I like that it suggests using walnuts), and the “Spiced Fruit and Nut Mix.” I like to make a batch to have on hand around the holidays.

**Q:** Can you share something with the readers that they may not know about you?

**A:** We are expecting our first baby in October, and I can’t wait to meet her!
Cottage Cheese Pancakes

This protein-rich breakfast would be the perfect power-up before any sporting event. Top with fresh berries or applesauce to complete this meal!

Serves 4

Ingredients

- 1 cup whole wheat pastry flour
- ½ teaspoon baking soda
- ¼ cup rolled oats
- 1 tablespoon unrefined sugar
- 1 teaspoon cinnamon (optional)
- 4 eggs
- 1 cup lowfat cottage cheese
- ½ cup milk
- 1 ripe banana, mashed
- Splash of vanilla
- Salt to taste

Directions

1. In a large bowl, mix all dry ingredients.
2. In a second bowl, mix wet ingredients.
3. Add wet mixture to the dry ingredients and mix thoroughly with a fork, wire whisk, or electric blender.
4. Heat a large griddle on the stove over medium heat and grease well.
5. Spoon or pour batter onto the cooking surface dividing it into four cakes.
6. Cook until they are a nice golden brown around the edges or until bubbles appear on uncooked side of pancake.
7. Flip the cake, making sure the cooking surface is still greased to avoid sticking; cook until firm throughout.

Submitted by Taylor Hughes
Photo highlights from this year’s *Chefs in the Garden* summer discovery camp!

**Gardening activities**

Harvesting, cooking, and eating together in the garden

**Nutrition education**
Environmental science & kitchen chemistry activities

Garden art

Active, non-competitive games
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 this past fiscal year (July 2012- June 2013):

USANA Health Sciences
Joahn Facey
Starker Forests, Inc.
Tim and Starleen Wood
Maria and Charlie Tomlinson
Anne and Roy Hart
Body of Health, LLC
Consumers Power Charitable Trust
Corvallis Clinic
Corvallis Sport & Spine
Ham/Mock & Associates
Judith and Jim Youde
Kiwanis Youth Services Committee
Lois and Jim Rawers
Mandy and Jason Young
Safeway

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 if you’re interested.

ENDOWMENTS:
The Geoff Tomlinson LPI Healthy Youth Program Endowment

GRANTS:
Autzen Foundation
Corvallis Evening Garden Club
Corvallis Rotary After Five
Good Samaritan Regional Medical Center
OSU Folk Club Thrift Shop
OSU Women’s Giving Circle
Spirit Mountain Community Fund

Your tax-deductible donation will support the gift of good health.
We Value Your Ideas!

The Healthy Youth Program values ideas and suggestions from the community, partners, and friends. Do you have an idea to share with us? There are three ways to share your suggestions:

1. Send us a letter *(please include your name, your idea, and your contact information)*:
   Healthy Youth Program - Linus Pauling Institute
   Attn: Suggestion Box
   307 Linus Pauling Science Center
   Corvallis, Oregon  97331

2. Send an email to hyp@oregonstate.edu *(please write “Suggestion Box” in the subject line)*

3. Complete an online form—just click on the “Suggestion Box” tab on the left side of our homepage: lpi.oregonstate.edu/healthyyouth