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321 N. Main, Suite 1
Perryville, MO 63775
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St. Francois County

1 W Liberty, Suite 101
Farmington, MO 63640
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Fall Food Trends

Bethany Bachmann, County Engagement Specialist in Nutrition and Health Education

Food trends come and go with the seasons and this year is no different. Cauliflower has swept the produce aisle this year and this fall there will be a new star...cabbage! Cabbage has long been used in dishes both raw and cooked. Healthy eaters are starting to reach for this cruciferous vegetable instead of starchy alternatives. In one recipe (highlighted below), cabbage takes the place of tortillas for a healthy swap.

Cabbage is high in beta-carotene, fiber and vitamin C. All forms of cabbage are also low in calories, which makes it an excellent swap for other high calorie ingredients.

Cabbage Enchiladas

1 head green cabbage	2 tsp. chili powder
1 tbsp. olive oil	3 cup cooked/shredded chicken
1 large onion chopped	1 1/3 cup red enchilada sauce
1 bell pepper, chopped	1 1/2 cup shredded cheese
2 cloves garlic, chopped	Sour cream for garnish
2 tsp. ground cumin	Salt
2 tbsp. fresh cilantro	

1. Preheat oven to 350. Boil 4 cups of water in a large pot. Using tongs to dip each cabbage leaf in water for 30 seconds. Drain on a paper towel.
2. In a large skillet, heat the oil. Add onion and bell pepper, season with salt. Cook until soft. Stir in garlic, cumin, and chili powder. Add shredded chicken and 1 cup of enchilada sauce. Turn off heat and stir in cilantro.
3. Place a heaping spoon of chicken mixture into the center of each cabbage leaf. Fold short sides of cabbage first, then roll into a cylinder like a burrito. Repeat.
4. Spoon remaining enchilada sauce over cabbage enchilada and sprinkle with cheeses. Bake until melty, about 20 minutes. Garnish with sour cream and more cilantro.

Recipe adapted from www.delish.com

Did you know...

- ...cabbage is one of the oldest vegetables in existence
- ...one cup of shredded raw cabbage contains 190% of the recommended daily amount of vitamin C
- ...cabbage has virtually no fat. One cup of raw cabbage contains 50 calories and 5 grams of fiber
- ... the heaviest cabbage ever recorded weighed in at 127 pounds
- ... in ancient China, people believed that cabbage was a magic cure-all for bald men
- ...China is the largest manufacturer of cabbage, while Russia consumes the most cabbage in the world



Great Selections for Mass Plantings

Black-eyed Susan (Rudbeckia)

Catmint (Nepeta)

Coneflower (Echinacea)

Fern

Hosta

Liatis

Monarda (Beebalm)

Russian Sage

Sedum (Large)

Yarrow



Longest Bloomers

Black-eye Susan (Rudbeckia)

Catmint (Nepeta)

Clematis

Coneflower (Echinacea)

Coreopsis

Daylily

Gaillardia

Shasta Daisy

Eye Catching Appeal

Donna Aufdenberg, Field Specialist in Horticulture

I have been flower gardening for years. Every year that passes gives me another attempt to find that eye catching appeal that I dearly want to accomplish in my flower beds. It is not enough just to grow the flowers I like, but I want beds to have rhythm and flow much like flower beds at a well-kept park.

Plant in mass. Experts say to start with 6 plants of one variety in an area. One or two plants just doesn't create enough interest.

Repeat shapes, colors, and textures throughout beds. Our eyes connect these components as one scene instead of separate planted areas. Choose colors and textures that stand out from a distance. Utilize the color wheel to consider what colors work best.

Combine annuals, perennials, bulbs and flowering shrubs to expand your options, extend your bloom season and diversify your plantings.

Remember the basics of landscape design. Choose plants of different heights, widths and growing habits. Choose plants for a focal points, fillers, trailers, and border plants.

You can create flow by planting a single variety of plant all through the planting. Plant in a straight line along one side or plant in staggered planting throughout the bed.

Incorporate hardscapes and features into the landscape. Walk-ways and fencing work to set off boundaries. Fountains, statuary, benches and gazing globes add beauty, fascination and intrigue. A trellis, arbor or pergola add artful lines and décor while giving vines with support.

Incorporate planters and containers. Containers can be used to add "pops" of color or can be used in new areas where instant color or interest is needed.

In bare or underdeveloped areas, around stepping stones or edges of beds, utilize groundcovers. Creeping thyme, sweet woodruff, wild ginger and low growing sedums are good examples of groundcovers.

Grandparents Raising Grandchildren

Mary Engram, Field Specialist in Human Development and Family Science

In the United States, over 7.8 million children under age 18 live with a grandparent or other relative who cares for them, according to AARP. In Missouri, that translates to 8.9% or 125,635 children under age 18.

In Missouri, approximately 49,000 grandparents are responsible for raising their grandchildren living with them. Of these, 42% have no parents of the children present in the home.

When grandparents or other relatives find themselves in the situation of raising children at a time in their lives when they didn't expect to have that responsibility, many needs arise for information and resources. University of Missouri Extension has programs that can help. Parenting the Second Time Around is a program that can be offered in communities to help start a support group for relative caregivers including grandparents.

In addition, University of Missouri Extension along with other community partners has helped plan and facilitate conferences for Grandparents Raising Grandchildren or "Grandfamilies" in Southeast Missouri for many years. There are three conferences planned for the fall of 2019 in different locations. Each conference is free of charge but registration is required. Those conferences are located in Cape Girardeau, Caruthersville and Poplar Bluff. Foster parents are also welcome.

Each of the conferences will offer speakers that address topics of particular interest to Grandfamilies, like legal issues, dealing with difficult behaviors, and caring for yourself. There are also local and state resource exhibits and their representatives who are there to talk and explain how they can help. Lunch is provided, and there is no charge to participate. One of the biggest benefits to attending one of the conferences is meeting other people who can relate to this issue.

(Source for statistical information from AARP GrandFacts: State fact sheets for grandparents and other relatives raising children.)

Grandfamilies Conferences in Southeast Missouri

Poplar Bluff will host a conference on Tuesday, September 10, 2019 from 8:15 am to 2:00 pm at the First United Methodist Church, 500 N. Main St. Lunch and babysitting will be provided. To register call the Butler County Extension Center at 573-686-8064.

Cape Girardeau will host a conference on Tuesday, October 22, 2019 from 8:30 am to 1:00 pm at St. Andrew Lutheran Church, 804 N. Cape Rock Dr. To register call Aging2-8771 ext 225 or email pfann@agingmatters2u.com

Caruthersville will host a conference on Thursday, November 7, 2019 from 8:00 am to 2:00 pm at the Glenn E. Daulton Community Center, 1101 Carleton Ave. Lunch is provided and health screenings will be available. To register call the Pemiscot County Extension Center at 573 333-0258.

