



Photo source: Blueberry.org



## AUG NUTRITION CLASSES

**Mon Aug 8: Say NO to Disease** 6:30-7:30 pm.  
Create nitric oxide (NO) naturally with whole food. Presented by Stephanie Polizzi, RDN, OSU Extension. Coquille SDA Fellowship Hall, 1051 N Cedar Pt Rd, Coq

**Sun Aug 14: Quick Class Elevate Your Tailgate!**  
Upgrade your team classic snacks. 3-3:30 pm. Presented by Natural Grocers Good4u Crew, 598 N Broadway, CB

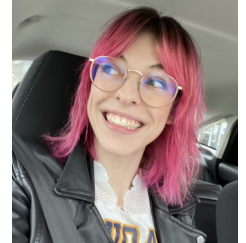
**Wed Aug 24: Quick Class Cruciferous Cuisine**  
2-2:30 pm. How to cook and use broccoli, kale and cauliflower. Presented by Cheryl O'Dell, Nutritional Health Coach, Natural Grocers, 598 N Broadway, CB

**Wed Aug 24: Say NO to Disease** 6-7 pm.  
Create nitric oxide (NO) naturally with whole food. Presented by Stephanie Polizzi, RDN, OSU Extension. Coos Bay SDA Better Living Center, 2175 Newmark Ave, CB

**Thu Aug 25: Cooking Corn Tacos with the Co-op** 5:30-6:30 pm. Presented by Jamar Ruff. Register here: <https://bit.ly/3powyqG>

## EAT YOUR BLUEBERRIES!

By Janie Atwood, OSU undergraduate in nutrition and Moore Family Center summer fellow with Coos County Extension Family & Community Health



It's blueberry season! Blueberries are one of the most nutritious fruits. With their high nutrient content and their naturally sweet flavor, they are a popular summer fruit that conveys many health benefits. Blueberries not only contain vitamin C and dietary fiber, they also contain a very important phytonutrient known as *anthocyanin*.

Anthocyanin is what gives blueberries their vibrant purple-blue color. Many studies have shown that anthocyanins contain antidiabetic, anticancer, anti-inflammatory, and antimicrobial properties, as well as providing protection against cardiovascular disease. Eating ½ cup fresh blueberries daily can prevent chronic disease and improve overall health. Just one serving of blueberries, fresh or frozen, contains 25% of the daily recommended vitamin C intake and is a good source of dietary fiber. The high fiber and water content help with feelings of fullness and can aid in weight management.

Blueberries are a diverse fruit that can be paired with a variety of other foods. Consider adding blueberries to oatmeal, yogurt, cereal, pancakes, smoothies or salads. On their own, blueberries can be eaten fresh, frozen, freeze dried, or dehydrated. This time of year, you can find fresh blueberries at roadside stands or enjoy a family outing and pick your own.

Getting fresh blueberries this time of year is not difficult, especially since blueberries grow wild throughout Oregon. Hazen's Riverside Blueberry Farm in Coos County is a perfect place to pick. U-pick season begins July 7 and lasts for four to five weeks. Fresh blueberries can be eaten immediately, or frozen so that they last into the fall and winter months.

For a great recipe using blueberries, check out this one for buckwheat pancakes (*next page*). For more information on buckwheat, go to <https://extension.oregonstate.edu/coos/healthy-families-communities> and type buckwheat in the name search.

**Wed Aug 31: The Fire Within** 6-7 pm. Fight chronic inflammation with simple diet choices. Presented by Stephanie Polizzi, RDN, OSU Extension. Coos Bay SDA Better Living Center, 2175 Newmark Ave, CB

### Prefer to learn at home?

Watch archived nutrition webinars that demonstrate how foods really are medicine. Download handouts. Presented by Stephanie Polizzi, RDN, OSU Extension Family & Community Health <https://extension.oregonstate.edu/coos/healthy-families-communities>



## Farewell Brittany!



FNG would like to extend a big THANK YOU to dietetic intern, Brittany Whiteman who, among other things, created the *Healthy Bytes Initiative* materials for July 2022.

Brittany also worked diligently to create a business plan template to help FNG move ahead with our Mobile Food Pantry initiative. She researched resources that will help to finish our Food Access Implementation Manual and found a beautiful template we can use. She wrote an article on making healthy choices when dining out with an accompanying infographic. And she created 2 food demos with an infographic using healthy spices to make traditional foods enjoyed in her Caribbean home of Trinidad. Although Brittany's rotation is completed, she says she'd like to stay in touch. We sure hope so!



### Healthy Bytes Initiative

Food of the month for August is **ENDIVE**

Find recipes, handouts, posters, short articles, table tents and PowerPoint slides at

<https://advancedhealth.com/healthy-bytes-initiative>

or

<https://extension.oregonstate.edu/coos/healthy-families-communities>.



OSU Moore Family Center fellow, Janie Atwood, has been working with Coos Head Food Co-op to streamline the Pea Podcast experience. Check out the changes and see some of our new additions. We add new content each month.

### NEW CONTENT FOR AUGUST

Comfort Greens: video

Eating Nutritiously When Dining Out: article and infographic

Spicing Up Your Food: Sweet: handout with recipe and video

Spicing Up Your Food: Savory: handout with recipe and video

Spicing Up Your Food: infographic

Pea Podcasts projects can be found in a variety of digital formats including videos, handouts, infographics and short articles.

Find these and more nutrition resources here:

<https://coosheadfood.coop/food-nutrition-group>



The Food & Nutrition Group (FNG), Coos County is working to address 3 needs from our community health assessment:

- Education to support increased intake of fruits & veggies
- Policies & program support to increase access to healthy foods
- Policies and education to decrease intake of sugar drinks

FNG webpage is hosted by Coos Head Food Co-op.

<https://coosheadfood.coop/>

FNG meets monthly on the 2nd Thu at 2 pm virtually on Zoom.

[https://oregonstate.zoom.us/j/92123558748?](https://oregonstate.zoom.us/j/92123558748?pwd=Qj9saEhiQ09McXlvMkI0N3dXNDRvUT09)

[pwd=Qj9saEhiQ09McXlvMkI0N3dXNDRvUT09](https://oregonstate.zoom.us/j/92123558748?pwd=Qj9saEhiQ09McXlvMkI0N3dXNDRvUT09)

Password: 952412

Join by Telephone 971 247 1195 Meeting ID: 921 2355 8748

Or contact Stephanie Polizzi, Chair, for a Zoom invitation email: [stephanie.polizzi@oregonstate.edu](mailto:stephanie.polizzi@oregonstate.edu)



### Blueberry Buckwheat Pancakes

Catherine Brooks at [mashed.com](https://mashed.com)

#### Ingredients

- |                         |                                   |
|-------------------------|-----------------------------------|
| 1 1/3 c buckwheat flour | 1/2 tsp vanilla                   |
| 2 tsp baking powder     | 1 Tbsp maple syrup                |
| 2 large eggs            | 2/3 c fresh or frozen blueberries |
| 2/3 c oat milk          | Vegetable oil to cook (if needed) |

#### Instructions

1. Whisk together dry ingredients in small bowl.
2. Whisk wet ingredients in large bowl.
3. Fold dry ingredients into wet ingredients. Add blueberries and mix.
4. Add oil to skillet over medium heat.
5. Scoop out 1/4 cup batter and cook until bubble appear on surface. Then flip. Repeat until all batter is used.
6. Serve with fresh berries and a drizzle of maple syrup.

