



Being Present

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This month we explore taste-testing, an outdoor labyrinth and provide sun safety reminders.

EAT

June is Dairy Month, and that's a great time to explore the wide range of dairy products available, from cheese to yogurt. Many children enjoy cheese, such as American cheese, mozzarella and cheddar. Help them expand their taste buds by organizing a cheese tasting experience.

Pick three or more of the following, and purchase small amounts at a deli counter or in the dairy section of a grocery store. Cut into small cubes, label the serving plate, and provide crackers and water.

- Cheese curds – available in many flavors, such as garlic and dill.
- Colby – softer texture than cheddar cheese with a less tangy flavor.
- Feta – can be made with sheep's or goat's milk, but cow's milk often is used. Its tangy flavor and crumbly texture make it a good addition to salads.
- Fresh mozzarella – milky flavor, soft texture.
- Gorgonzola – a type of blue cheese with a crumbly, soft texture.
- Gouda – semi-hard cheese with a smooth flavor; can be sliced, cubed or melted.
- Muenster – pale yellow cheese with an orange rind, with a flavor ranging from mild to sharp.
- Parmesan – hard cheese with nutty flavor, can be grated over pasta.
- Swiss – light yellow in color, with holes, used in sandwiches.

Ask them some questions: How would you describe the flavor and texture? What other foods could you serve with this cheese?



Veggies in Homemade Cheese Sauce

- 1 (16-ounce) package frozen vegetables of choice (such as peas and carrots, California blend, or broccoli), prepared as directed
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup low-fat milk
- ¼ teaspoon salt
- ½ cup cheddar cheese (or favorite cheese), grated

Cook vegetables as directed on package. Melt the butter in a saucepan. Add flour until blended and bubbly. Slowly add the milk and cook until thickened. Stir in the cheese and heat until the cheese melts. Drain vegetables if needed and add to cheese sauce.

Makes six servings (½ cup each). Each serving has 180 calories, 8 g fat, 6 g protein, 16 g carbohydrate, 0 g fiber and 230 mg sodium.

Menu Idea: meatloaf, baked potatoes, veggies in cheese sauce, strawberries and low-fat milk

Have you ever made a homemade white sauce? Younger children can help with measuring, and older children can make the sauce with a little guidance.



CONNECT

Spring and summer are great for connecting with family around the picnic table! Try taking a meal outdoors whenever possible.

Tired of walking the same path? Together with your family, try making a labyrinth! Start by reading about them and drawing your own. Simply search labyrinth or use this link <https://www.wikihow.com/Draw-a-Labyrinth>. A labyrinth is a path made with stone, sand, snow, stones, bricks, rope, tape or whatever you would like to try. A labyrinth can be a great mindfulness tool. It represents wholeness. The idea is to walk to the center, then return to the beginning.

Remember Hopscotch? Red Rover? Duck, Duck, Goose? Teach the cousins or neighborhood kids some of the games you used to play outdoors as a child.

As you sit outdoors on a summer night, watch for fireflies, bats and other night creatures. Look near the edges of ponds and other marshy areas for fireflies. Bats typically come out at dusk and feed for an hour or two. Use your family calendar to keep a log of all of the wild visitors to your yard or neighborhood this month.



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Savor (Your Skin)

The sun's out! The action of sun on our skin can help restore the vitamin D stores in our body, but we need to protect our skin from damage.

Which of these tips do you and your family follow when you are enjoying some summer sun?

- Wear sunscreen with a sun protection factor of 30 or higher. Reapply after swimming or sweating.
- Stay in the shade as much as possible, especially during midday sun.
- Wear a head covering with a brim that shades your face, ears and neck. Ball caps do not provide this protection.
- Wear clothing that covers your arms and legs.
- Protect your eyes by wearing wrap-around shades that protect against UVA and UVB rays.
- See <https://www.ndcancercoalition.org/> for more information.

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