

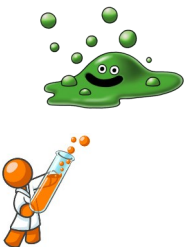
Upcoming Programs in Somerset County



Feb. 1 — Go Red For Women's Health, Noon–1:30 or 6 pm – 7:30 pm — Join FCHS for an informative class on how to prevent heart disease in your own life. Come wearing red, ready to learn and sample some healthy snacks. Men are always welcome. Register at goo.gl/euGZ2G.



Feb. 22 — Ultra-Niche Crops for the Progressive New Farmer, 5:30pm–8pm — Pick-Your-Own-Berries. Learn how to grow, market and sell berries and make more money on less land! Join us for a 2^{1/2} hour class that will include: virtual fieldtrip, crop profile, Q&A session with a specialist, networking and dinner. The cost is \$20 per person. Register at <https://rutgerscmcg.eventbrite.com>.



Registration Ends in March — 4-H Science-sational Day, April 14, 9:00am–1:30pm — Youth in grades 1-5 are invited to explore new ideas, put their designs to the test and discover a new love for science. The cost is \$25 per child. Registration is required. In February register will be available at www.4HisTOPS.org. For more information call 908-526-6644.



Want to be a Rutgers Master Gardener? Anyone with an interest in gardening and a commitment to volunteer service can become a Rutgers Master Gardener. No previous education or training in horticulture is required. Visit <http://somerset.njaes.rutgers.edu/garden/>.

The following training classes are open to the public (\$20 per person):

January 16—10 am—12:30 pm: **Lawn Establishment & Care**

January 23—10 am—12:30 pm: **Lawn Insects, Diseases & Weeds**

February 27 —10 am—12:30 pm: **Native Plants**

To register email: cubano@co.somerset.nj.us.

Healthy Winter Tips

- ⇒ Remember the adage, you are what you eat. Make it your motto with colorful food and creativity.
- ⇒ Live healthy. Eat fewer calories and more nutrient-dense foods and engage in physical activity.
- ⇒ Balance calories with physical activity. When you use your feet more, you can eat more.
- ⇒ Eat foods rich in vitamin C every day to protect against certain cancers and other diseases. You can get Vitamin C from oranges, cantaloupe, grapefruit, strawberries, and tomatoes.
- ⇒ Consider eating fish twice or more a week. Omega 3 fatty acids in certain fish can boost heart health and reduce your risk for a heart attack.
- ⇒ Eat lots of orange and deep green leafy veggies to get plenty of carotene and Vitamin A.
- ⇒ Eat plenty of tomatoes and tomato-based products. Tomatoes are a rich source of lycopene, a potent antioxidant that may reduce certain cancers.