



Healthy Covelo

~all things related to health and wellbeing~

Notable Events:

Family Night

Where? The Family Resource Center

When? May 6 and May 20, from 5 to 7pm

What? Dinner, games, socializing and playing outside

Livepower shares are available!

Where? Livepower Biodynamic Farm, 25451 East Lane

When? First Harvest is Tuesday May 6, and every Tuesday after.

What? Seasonal biodynamic vegetables such as cucumbers, corn, tomatoes, potatoes, melons, lettuce, carrots, garlic, peppers, peas and more. How much? Weekly shares of this delicious local produce cost \$20 a share. LIVEPOWER ACCEPTS FOOD STAMPS!

Movie night at the Library!

Where? The Community Room next to the Library

When? Friday, May 9th, at 8:00 p.m.

What? *MUSICWOOD* is an adventure-filled journey, a political thriller with music at its heart.

Garden Workshop and Run/Walk

Where? Round Valley Indian Health Center

When? May 12th. Registration at 9:30am, Walk/Run at 10am, salad judging at 12.

What? There will be activities around the PAR Course, Salad Contest and Gardening ideas. All ages welcome!

Food Pantry!

Where? The Community Room next to the Library

When? May 20, from 12-2pm

What? Food for anyone who needs it. Just show up!

Starts Swap!

Where? Farmer's Market Patio

When? 10am-12pm, Saturday, May 31

What? Did you plant too many seeds? Trade for something you need!

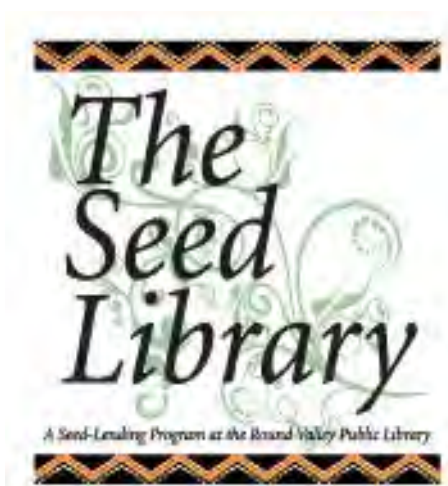
SPOTLIGHT ON:

KYBU Radio ANNOUNCES:

THE ROUND VALLEY COMMUNITY CALENDAR!

Emily Ellickson-Brown and a team of committed helpers have been working hard to develop a calendar that anyone and everyone can access and add to AT ANY TIME! Now, we finally have a calendar that can hold everything going on in the community. Simply go to www.kyburadio.org/rvevents to see this awesome calendar, and submit your own events! They will be quickly approved by an administrator, and then all of Round Valley will be able to find your event and see what it is about. Thank you Emily, team of helpers, and KYBU Radio for making this happen!

Once again, the address is www.kyburadio.org/rvevents. **Check it out!**



Not only seeds!

When you visit the Seed Library you can expect to find a wide variety of seeds for your garden, but that's not all we offer. You will also find lots of good information. We have books and seed catalogs available for you to look at or check out. In the blue membership binder you'll find loads of resources, as well. You are welcome to take the calendars, charts, and handouts that we have multiple copies of -- we want you to! Anything we only have one copy of you're welcome to read. Inside the seed catalog, take a look at the wooden dividers that separate the various types of seeds. They have information you'll want on planting depth and spacing and information you need if you want to try your hand at seed saving: how the plants

are pollinated, the distance you need between different varieties of the same kind of plant so your seeds will be "true," and the number of plants you'll need to plant so your seeds will have the genetic diversity they need to provide for healthy plants down the line.

If you are new to seed saving, start with peas, beans, lettuce, and tomatoes. These plants generally self-pollinate, so you don't need to worry as much about cross-pollination and population sizes. Plus they're things we all love to grow! While it is easy to collect seeds from melons and squash, they are insect pollinated and very prone to crossing, so what you grow next year probably won't look (or taste) like what you planted this year unless you take special precautions. We recommend not saving seed from them until you're ready to do some research and spend a lot of extra time with them. **Happy gardening!**

Check out these photos from a recent seed starting party!



There will be more opportunities to choose seeds and make your own starts coming up soon. Americorps VISTA and Fresh Food Advocate Julia Healy will be at the Round Valley Indian Health Center at the Walk/Run on May 12 with a seed starting booth and all of the materials and seeds you could need! And if that day or time does not work for you, drop by Yuki Trails and start seeds for your home garden between 9 and 7pm, Monday through Friday. Contact Julia Healy at 983-6181 ext. 208, or email livehealthy@mendochildren.org.

The Garden at Yuki Trails

The Yuki Trails Garden is ready for YOU! We've got all the space and support you could ever need to have a vibrant, beautiful, and delicious garden. VISTA Julia Healy is available Monday thru Friday to help you set up a spot, and she usually stays til around 7pm for those of you who work a 9-5! The time is ripe to plant TOMATOES, PEPPERS, SQUASH, MELONS and all the other usuals (lettuce, kale, spinach, collards, peas, beans, leeks, onions, carrots, and much more). She even has seed potatoes to experiment with! The water is flowing, the plants are growing, the roto-tiller is available for those who would like their ground shallow-tilled, as well as shovels for those who would prefer to double-dig and save our worm friends. Contact Julia Healy at 707-983-6181, ext. 208, or email livehealthy@mendochildren.org. Or just show up and ask for (Garden) Julia at Yuki Trails!

Family Night at the Family Resource Center.

Every other Tuesday from 5 to 7pm, VISTA Becca Wald and FRC staff Lawrence Joaquin serve a delicious dinner and open their doors to the entire Round Valley Community. This is a time for families to come together, chat and hang out, and kids can play outside on the well-loved play structure. It is always a good time and the food is always a hit. All are welcome and everyone should know about this awesome event!

Family Resource Center May Events:

Family Night May 6 and 20, 5-7 pm

Beading class every Monday, 6-8 pm

Pinoleville Vocational Rehab Program Rep May 1, 10-noon

Movie Night!

For hundreds of years guitars have been made the same way, but now, this could all change.

MUSICWOOD is an adventure-filled journey, a political thriller with music at its heart. An unusual band of the most famous guitar-makers in the world (Bob Taylor of Taylor guitars, Chris Martin of Martin Guitars and Dave Berryman of Gibson Guitars) travel together into the heart of one of the most primeval rainforests on the planet. Their mission: to negotiate with Native American loggers and change the way this forest is logged before it's too late for acoustic guitars. As the tug-of-war over natural resources unfolds, acoustic virtuosos such as Kaki King, Yo La Tengo, The Antlers, and Steve Earle offer some of the most profound insights in the form of a soundtrack, which doubles as the heartbeat of this debate.

MUSICWOOD will show at 8:00 pm (note the time change!) on Friday, May 9th, in the Community Room. Doors will open at 7:45 so we can start on time. (Donations requested to cover the cost of showing the film, no one turned away.)

Health Center Outreach: Programs and Events!

Candie (Outreach Coordinator at the Health Center), says:

We continue to have available videos and books on nutrition, gardening, diabetes and exercise. The gyms at the high school and the clinic are available 5-7:00 pm. The gym at the clinic is also available at 7-8 am. The board room is available for video workouts before and after most work days and may be available at lunch-time, as well. Interested individuals can call the clinic at 983-6181 ext. 117 or 130 to check on room availability.

May 8th - Success Stories: Before and After

May 12th will be our Garden Workshop and Run/Walk at the clinic.

We will have activities around the PAR Course, Salad Contest and Gardening ideas.

Yuki Trails News

Pain Management Counseling: Yuki Trails Human Services is starting a counseling and education program specifically to support medical patients who struggle with chronic pain. Individual sessions, support and informational groups will explore techniques and services that have helped increase physical functioning and greater relief from pain for many people. This program will be working closely with the medical care providers at the Round Valley Indian Health Center, adding additional treatment along with prescription pain medications. Stay tuned for a startup date and more details!

SIMPLE WAYS TO EAT HEALTHY AND ON A BUDGET

By Ligia Lopes

There is so much information about nutrition out there. Articles on dieting, eating healthy, losing weight, building muscles, etc.. The truth is: your body needs lots of healthy foods. Proteins to build & maintain muscle. Carbs for energy. Fruits & veggies for vitamins, minerals and fiber. Water for hydration & recovery. And we can't forget the healthy fats.

I believe that the best way to eat healthy isn't to follow any diet or cleanse – but instead to simply think about the food you are buying. To be intentional when grocery shopping.

I understand that the rising food prices makes some people think it's hard to buy healthy food. If you've been using cost as an excuse to eat junk, you can kiss that excuse goodbye! With a little organization and creativity, you can have the proverbial champagne when cooking on a beer budget.

Here are just some simple tips that will help you save money and eat healthier:

- Plan your meal ahead (including snacks) and write a shopping list
- Buy generic brands where possible
- Buy fresh fruit and vegetables in season (check on supermarket brochure)
- Watch out for staples on specials (rice, pasta, bread, canned vegetables) and stock up when cheap. Bread can be frozen for at least 2 months, and dry items such as pasta and rice have a long shelf life.
- Buy in bulk and freeze in smaller portion sizes
- Try frozen or canned vegetables
- Add beans, lentils or legumes to meat-based dishes
- Limit snacks food (chocolate bars, lollies, chips, etc) as they can add more cost to your budget
- Limit take-away foods as they are more expensive, high in saturated fat, salt and energy.
- Shop on a full stomach as we tend to buy unnecessary things with hungry stomach

Cheap and Healthy Recipe of the Month:

Farfalle with Mushrooms and Spinach



Makes: 4 servings / Yields: Makes 4 side-dish servings/ Prep: 10 mins/ Cook: 10 mins

Budget dinner price: \$1.48 per serving

Tip: Grab prewashed packaged spinach to make meal prep even faster. Even though the package says it's washed, be sure to rinse the spinach in a

colander before using.

Ingredients:

6 ounces dried farfalle (bow-tie pasta)
1 tablespoon olive oil
1 medium onion, chopped
1 cup sliced portobello or other fresh mushrooms
2 cloves garlic, minced
4 cups thinly sliced fresh spinach
1 teaspoon snipped fresh thyme
1/8 teaspoon pepper
2 tablespoons shredded Parmesan cheese

Directions

Cook farfalle according to package directions. Drain well.
Meanwhile, in a large skillet, heat oil over medium heat. Add onion, mushrooms, and garlic; cook and stir for 2 to 3 minutes or until mushrooms are nearly tender. Stir in spinach, thyme, and pepper; cook 1 minute or until heated through and spinach is slightly wilted. Stir in cooked pasta; toss gently to mix. Sprinkle with cheese.

Nutrition Facts:

219 kcal cal.

5 g Fat

2 mg chol.

1 g sat. fat.

35 g carb.

4 g fiber

9 g pro.

4 mg iron

71 mg calcium

1603 IU vit. A

86 mg sodium

6 mg vit. C

Percent Daily Values are based on a 2,000 calorie diet

Contact Julia Healy (livehealthy@mendochildren.org) if you would like your services or event to be included.
This Newsletter is a publication sponsored by the Round Valley Indian Health Center.

Beauty in the Round Valley
featured photographer: Shelby Medina

