

# Sutter Wellness



## Upcoming Events & Activities June 2012

- **Shape Up Sutter! Employee Fitness Challenge**  
Tracking begins June 4th: 10 week employee fitness challenge  
Aimed at getting you summer ready; this program challenges you to set your own goals and track your progress. Please sign up with your team captain before **June 1<sup>ST</sup>**. Challenge another department for bragging rights!
- **Sutter County Employee Blood Drive**  
Wednesday, June 27<sup>th</sup>, 9am - 2pm – Veteran’s Hall, (1425 Veterans Memorial Cir.) Give the gift of life! In just 45 minutes, you can help save a life by donating a pint of blood. All donors will receive a **\$5 Togos Gift Card**. The department that donates the most blood will get an additional prize. For more information or to make an appointment, please contact Ericka at 822-5939 or [elansdon@co.sutter.ca.us](mailto:elansdon@co.sutter.ca.us)
- **Brown Bag Lunch Series Presents: “Taste of Farmer’s Market”**  
July 2012, Date TBD, 12pm – 1pm- Health Department Auditorium  
Come see what our amazing Yuba City Certified Farmer’s Market has to offer. Presentation given by: Dan Silva, Farmer’s Market Manager.
- **Eating Healthy for Life: Back to Basics**  
Tuesdays, July 24<sup>th</sup> –August 28th, 12pm-1pm- General Services Building (146 Garden Hwy). Join us for this informative 6 week program that will provide you with information and tools to support healthy eating for life! For more information or to RSVP, please contact Ericka @ 822-5939 or [elansdon@co.sutter.ca.us](mailto:elansdon@co.sutter.ca.us)

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For more information or to RSVP to any of these events please contact Ericka Lansdon at [elansdon@co.sutter.ca.us](mailto:elansdon@co.sutter.ca.us) or call 822-5939.

## SEASONAL VEGETABLE ARTICHOKES



High-quality artichokes are usually compact and heavy for their size. Squeezed, a fresh artichoke will make a squeak. The thickness of each stalk should correspond to the size of the artichoke. Thin stalks signal dehydration, so look for stalks that are firm without 'give.'

Artichokes remain fairly constant in appearance for weeks, but flavor is adversely affected from the moment they are cut from the stalk. For maximum taste and tenderness, cook as soon as possible. Do not stock up on artichokes. Refrigerate unwashed, in a plastic bag, for up to 1 week.

Artichokes should be washed under cold running water. Pull off the lower petals and cut the stems to one inch or less. Cut the top quarter of each artichoke and snip off the sharp tips. Artichokes turn brown very quickly once they are cut. To preserve the green color, one may dip in lemon water. Artichokes can also stain the hands quite badly so it is recommended that rubber gloves be worn for cleaning and chopping. Artichokes can be boiled, steamed, microwaved or sautéed. They can be eaten whole or added to other dishes.

<http://www.fruitsandveggiesmatter.gov/month/artichoke.html>

## SEASONAL RECIPE GRILLED ARTICHOKES



### INGREDIENTS

- 2 lemons
- 4 large artichokes, (3-3 1/2 pounds)
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

### DIRECTIONS

1. To prepare artichokes: Fill a Dutch oven with water; add the juice of 1 lemon. Trim leaves from the top of an artichoke. Remove the outer layer(s) of leaves from the stem end and snip all remaining spiky tips from the outer leaves. Trim an inch off the bottom of the stem.
2. When all the artichokes are prepared, cover the pan and bring to a boil. Boil until the base of the stem can be pierced with a fork, 12 to 15 minutes. Transfer to a cutting board and let cool, about 10 minutes.
3. Meanwhile, preheat grill to medium. Slice the artichokes in half lengthwise. Scoop out the choke and first few inner layers in the center until the bottom is revealed. Brush each half with oil and sprinkle with salt and pepper. Grill the artichokes until tender and lightly charred, about 5 minutes per side. Garnish with the remaining lemon

### **Nutritional Information:**

Servings per recipe = 12,  
(½ cup)

### **Per serving:**

Calories - 120

Total Fat – 4 g

Sat fat – 3 g

Protein - 4

Fiber- 6

Sodium- 260 mg