



STRAWBERRIES



The strawberry is a small plant that belongs to the Rose family. Strawberry plants may appear to grow on vines, but they produce runners, or daughter plants, that mimic vine growth. These runners help the strawberry spread across a garden. Strawberries can be grown wild or as a cultivated plant.

Nutrition and Health Benefits of Strawberries

Strawberries contain vitamin C, which helps heal cuts and wounds. They are a good source of potassium, which helps with muscle contractions and regulating fluid balance in the body. Strawberries also have folate, which is important for women who are pregnant, as it plays an important role in preventing birth defects.

How to Select Strawberries

Choose strawberries that are firm, shiny, and brightly colored. Strawberries should be free from bruising and mold. Harvest or choose ripe berries as they do not ripen after being picked.

How to Store Strawberries

Store unwashed strawberries in their original container or in a paper lined container covered with plastic wrap in the refrigerator for 1-3 days.

How to Prepare Strawberries

- Add sliced strawberries to a salad
- Make a fruit salad using strawberries
- Top yogurt or ice cream with sliced strawberries
- Add sliced strawberries to cereal or oatmeal
- Add to the batter or top pancakes or waffles with chopped/sliced strawberries
- Add to a smoothie
- Add cut strawberries to baked goods and other desserts like pies
- Make jams and jellies
- Blend strawberries and add to lemonade

Source: University of Nebraska-Lincoln Extension

**MSU-ES Pearl River
County**

**Phone
(601) 403-2280**

**Address
204 Julia Street
Poplarville, MS 39470**

Email ext-pearlrv@lists.msstate.edu

**If you have
comments or
suggestions for
the newsletter,
please contact our
office.**



204 JULIA STREET, POPLARVILLE, MS 39470



HOW TO CREATE A BUDGET AND STICK WITH IT

Making and sticking to a budget is a key step towards getting a handle on your debt and working towards a savings goal, of any kind. Let's say you want to set money aside for emergencies or you aspire to save up for a much larger goal like a car, down payment on a house, or retirement. Until you get a realistic picture of how much money you're bringing in and where it's going, it's difficult to know whether you'll have enough left over to put away.

Getting started can be the hardest part, especially if your finances feel out of control, but these easy-to-follow steps are designed to help you create a budget that really works for you.

Step 1: Where does my money come from? The first place to start is getting a complete picture of where your money comes from. You may be self-employed, have multiple jobs or receive child support or government benefits -- all of these sources should factor into what you have available to make ends meet. Start by recording all of your income.

Step 2: Where does my money go? Equally important but the heaviest lift is logging your spending, so you get a realistic picture of what your money, on an average month, is going to be. Tracking helps you both log and sort your spending by categories like utilities and housing to eating out and entertainment. If this feels overwhelming, start small and look at your expenses one week at a time by either reviewing your receipts or checking account. You could also start a daily log of your expenses so you're making sure to capture those small expenses -- like buying breakfast or lunch instead of bringing it with you -- that add up over time.

Step 3: What are all my bills and when are they due? If you're coming up short at the end of the month, it could be that the timing for your bills and income don't match. Calendar when your bills are due. Missing payments or not paying on time can also have larger impacts on your credit sources and overall financial well-being.

Step 4: Create your working budget. Once you've identified all of your income sources and start tracking your spending and when your bills are due create a Budget Worksheet so you can pull everything together, so you will have a working and realistic budget.

Creating a budget will help you figure out if you have enough money to cover your expenses, while also having enough to save or spend on something extra you may want for yourself or your family. Be sure to update your budget if you experience a change in employment or your spending habits.

Author: Courtney-Rose Dantus with the Consumer Financial Protection Bureau (cfpb.gov)



HEALTHY VISION MONTH

May is Healthy Vision Month: You can have a comprehensive dilated eye exam to check for common eye problems. If you haven't had an exam in a while, schedule one now.

Taking care of your eyes can be a priority just like eating healthy and physical activity. Healthy vision can help keep you safe each day. To keep your eyes healthy, get a comprehensive dilated eye exam: an eye care professional will use drops to widen the pupils to check for common vision problems and eye diseases. It's the best way to find out if you need glasses or contacts or are in the early stages of any eye-related diseases.

Vision Health for All Ages

You can have a dilated eye exam regularly to check for common eye problems. If you haven't had an exam for some time, schedule one this month.

CDC's Vision Health Initiative partners with the National Eye Institute to encourage all Americans to make vision a health priority this Healthy Vision Month.

- Although older adults tend to have more vision problems, preschoolers may not see as well as they can.
- Just 1 out of every 7 preschoolers receives an eye exam, and fewer than 1 out of every 4 receives some type of vision screening.
- The U.S. Preventive Services Task Force recommends vision screening for all children aged 3 to 5 years to find conditions such as amblyopia, or lazy eye, which can be treated effectively if caught early.

Some eye conditions can cause vision loss and even blindness. These include.

- Cataracts, a clouding of the eye
- Diabetic retinopathy, which causes damage to the blood vessels in the back of the eye
- Glaucoma, damage to the optic nerve, often with increased eye pressure
- Age-related macular degeneration, which gradually affects central vision

Other eye conditions, such as refractive errors, which happen when the shape of your eye doesn't bend light correctly, are common problems easily corrected with glasses, contact lenses, or laser surgery. An estimated 11 million Americans aged 12 years and older could see better if they used corrective lenses, or eye surgery, if appropriate.

Nine ways you can help protect your vision:

1. Get regular comprehensive dilated eye exams.
2. Know your family's eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since some are hereditary.

1. Eat right to protect your sight: In particular, eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish that is high in omega-3 fatty acids such as salmon, albacore tuna, trout, and halibut.
2. Maintain a healthy weight.
3. Wear protective eyewear when playing sports or doing activities around the home, such as painting, yard work, and home repairs.
4. Quit smoking or never start.
5. Wear sunglasses that block 99 percent-100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
6. Wash your hands before taking out your contacts and cleanse your contact lenses properly to avoid infection.
7. Practice workplace eye safety.

Eyes and Overall Health

Taking care of your eyes also may benefit your overall health. People with vision problems are more likely than those with good vision to have diabetes, poor hearing, heart problems, high blood pressure, lower back pain and strokes, as well as have increased risk for falls, injury and depression. Among people aged 65 and older, 54.2 percent of those who are blind and 41.7 percent of those with impaired vision say their overall health is fair or poor. Just 21.5 percent of older Americans without vision problems reported fair to poor health.



In addition to your comprehensive dilated eye exams, visit an eye care professional if you have.

- Decreased vision
- Eye pain
- Drainage or redness of the eye
- Double vision
- Diabetes
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around light sources; or
- If you see flashes of light

For this Healthy Vision Month, take care of your eyes to make them last a lifetime.

Source: CDC.gov Health Vision