

Harnett County Caregiver Support Group Newsletter

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Harnett County Happenings:

- ◆ Saturday, March 17th is St. Patrick's Day.
- ◆ Tuesday, March 20th is the first day of Spring.
- ◆ **The Volunteer Income Tax Assistance Program** will be offering free tax assistance for the elderly and disabled in Lillington, Erwin, and Coats. Please contact the Department on Aging at 910-893-7578 for more information about this program.
- ◆ **Lillington Community Blood Drive** sponsored by Harnett County Public Health & Harnett County RSVP is scheduled for Thursday, May 10, 2018 from 1:00 pm –5:30 pm. Please contact LeAnn Blackmon at 910-814-6071 for more information or to schedule your appointment.

Set Your Clocks:

We are springing forward, daylight savings time begins **Sunday, March 11, 2018.**

Be sure to set your clock.



Ingredients

- 1 pound golden beets, peeled and cut into wedges
- 1 large navel orange
- 1 cup drained and rinsed unsalted cannellini beans
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon sherry vinegar
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper



Combine beets, orange segments, and cannellini beans on a small platter. Sprinkle evenly with cilantro, vinegar, salt, and pepper.

Beet Salad with White Beans and Oranges

How to Make It

Step 1

Wrap beets in microwave-safe parchment paper. Microwave at HIGH until tender, 11 to 12 minutes. Let stand 5 minutes.

Step 2

Meanwhile, peel orange; cut into segments, and discard membranes.

Peas, Please



Spring brings a bounty of fresh vegetables, and the small, green globes known as peas are one of the stars of the season.

Peas are part of the legume family, which also includes beans and lentils. Each pea plant produces multiple pods with a row of seeds inside.

The veggie packs a powerful punch when it comes to nutrition. Low in fat and calories and high in protein, iron and fiber, peas are a healthy choice for meals or snacks. Antioxidants in the plant help fight diseases, and vitamin A supports eye health.

These types of peas are the most popular:

Garden peas. Also known as English peas or green peas, these are the kind often grown in backyard gardens and sold in grocery stores frozen or in cans. The firm, plump pods are discarded and the sweet peas inside can be eaten raw or cooked.

Snow peas. Sometimes called Chinese pea pods, these are often used in Asian dishes such as stir-fry. The flat pod is edible and contains tiny, immature seeds. Snow peas have a mild flavor and can be eaten raw or cooked.

Snap peas. A cross between garden and snow peas, these crunchy legumes can be eaten whole, either raw or cooked. They are often called sugar snap peas due to their sweet taste.



Next Meeting:

Our next meeting will be held on **Thursday, March 22, 2018 at 11 :00 a.m.** at the Harnett County Division on Aging, Kitchen Area. Our guest speaker will be **Rachel Evans, Marketing Specialist** with **Silver Linings** for seniors. She will speak about Depression and Dementia. Light refreshments will be provided. Please call Latorius Adams at (910) 814-6075 for more information .