COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

August 7, 2020

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RECIPE: SUMMER'S BEST MEXICAN STREET CORN

OVER THE COUNTER MEDICATIONS FOR YOU DOG: WHAT'S SAFE?

GARDENING: WHAT TO PLANT NOW FOR A FALL HARVEST

AUGUST MEET AND EAT SCHEDULE

Plus information for if you or someone you know needs meal delivery.

YUMA Colorado

MEXICAN STREET Corn

INGREDIENTS

4 CORN EARS,SHUCKED
3 TBSP FULL FAT MAYONNIASE
1/4 CUP MEXICAN CREAM / SOUR CREAM
1/3 TSP SALT
1/4 TSP BLACK PEPPER POWDER
1 TSP RED CHILI POWDER,DIVIDED
1/2 TSP CAYENNE PEPPER + 1/2 TSP SMOKED PAPRIKA
2 CLOVES GARLIC,MINCED
JUICE OF 1 LIME,DIVIDED
2 TBSP MELTED BUTTER
3/4 CUP CRUMBLED/GRATED COTIJA/FETA
3 TBSP CHOPPED CILANTRO

DIRECTIONS

1. SHUCK CORN. CLEAN, WASH AND DRY.
2. HEAT THE GRILL(CHARCOAL)/PAN,CLEAN THE GRATES.
3. IN A MIXING BOWL ADD MAYONNAISE,CREMA/SOUR CREAM,SALT,PAPRIKA/CAYENNE,HALF OF CHILI POWDER,HALF OF LIME JUICE,GARLIC,BUTTER,BLACK PEPPER POWDER.
4. MIX WELL.
5. APPLY A THIN LAYER OF THIS ON TO THE CORN AND PLACE THE CORN ON THE GRILL TO GET THE CORN COOKED TILL THE GRILL MARKS APPEAR.
6. THIS SHOULD TAKE AROUND 10 MINS.
7. TAKE THE CORN OFF THE GRILL,THEN AGAIN APPLY GENEROUSLY THE SPREAD AND ROLL THE CORN IN COTIJA/FETA,SPRINKLE THE CILANTRO,LIME JUICE,CHILI POWDER AND SERVE.

DOG-FRIENDLY OVER-THE-COUNTER MEDICATIONS

Before giving your dog any medications, ask your vetrinarian if it is okay to do so. Some medications for humans can be toxic to certain breeds even if deemed "safe" for dogs. The information presented is merely a suggestion.

source: topdogtips.com

Buffered Aspirin

To relieve inflammation and pain

- 1/2 baby aspirin for dogs under 10 pounds
- 1 baby aspirin for dogs 1-=3- pounds
- 1/2 regular aspirin for dogs 30-50 pounds
- 1 regular aspirin for dogs 50-100 pounds
- 2 regular aspirin for dogs over 100 pounds

Dramamine

To reduce motion sickness

- 12.5 mg for small dogs
- 25 mg for medium dogs
- 50 mg for large dogs

Pepto Bismol

- For diarrhea, gas or vomiting/4 adult dose for small dogs
- 1 teaspoon per 20 pounds of weight

Benadryl

For allergies and itching

- 1 mg per pound of dog

Hydrogen Peroxide

To induce vomiting in case of accidential ingestion of a toxic substance.

- 10 ml by mouth

Gas X

To minimize flatulence or uncomfort from gas.

- 1/4 adult dose for small dogs
- 1/2 adult dose for medium dogs
- 1 adult dose for large dogs

Hydrocortisone

To minimize itchiing and irritated skin.

- Use a small amount of cream or ointment topically no more than 2x per day.

Late Summer GARDENING

Can you believe it's already August?! Many gardeners are caught up in the excitement of the summer harvest and the thought of planting another round of seeds for a fall crop may be the furthest thing on their minds. But planting now for a fall crop in the garden is an excellent way to keep fresh food coming right up until winter. Here are a few favorite fall crops to grow:

PEAS

Peas are an excellent choice as a second crop in the garden. They thrive in cooler temperatures so as the cool fall nights settle in, you will be amazed at well they grow. Planting in August allows plenty of time for the plants to produce a fall crop before the first frost.

GREEN BEANS

Green beans are an great choice for a fall crop! Most of the early green bean crops are beginning to fade out after a second or third picking. Sowing a new crop of seeds now will provide a big 2nd harvest come mid to late September.

LETTUCE

Like the peas, lettuce crops prefer cooler temperatures, so fall is a perfect time to plant. Many varieties will be ready to start harvesting in as little as 30 days or less, so a planting in late August can put fresh salads on your tables right up to November!

RADISHES

Some radishes can mature in as little as 28 days, so they can be planted every few weeks in August and even in to early September for a harvest right up till the first hard freeze.

GREEN ONIONS

Green onions are quick-growing and easy to grow! This crop is perfect to plant and harvest for soups, salads, or simply eating right from the garden!

MEET AND EAT
AUGUST 2020

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for August 2020. **Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.**

Contact Information:

Marlene Miller
Lead Ombudsman/Senior Service, SHIP
N.E CO. Area Agency on Aging, Yuma County
mmiller@necalg.com
Office 970-848-2277

AUGUST 2020
YUMA MEET & EAT
FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	
	SHEPHERD'S PIE CREAMY COLESLAW ROLL STRAWBERRY APPLESAUCE CINNAMON CRISPIE BIRTHDAY RECOGNITION Calories: 675 Carb: 106.0g Fib: 10.3g Protein: 31.4g Fat: 17.4g Sod: 847mg	SOFT SHELL TACO SALSA REFRIED BEANS MEXICALI CORN FRUIT CUP Calories: 676 Carb: 99.6g Fib: 12.1g Protein: 38.1g Fat: 16.8g Sod: 885mg		HAM MASHED POTATOES & GRAVY GREEN BEANS OATMEAL ROLL PEAR ORANGE FRUIT CUP COOKIE W/ CHOCOLATE CHIPS Calories: 639 Carb: 94.0g Fib: 9.8g Protein: 28.1g Fat: 19.2g Sod: 1425mg
10	11	12	13	
	CHICKEN POT PIE BEAN MEDLEY FRUIT CUP APPLESAUCE CAKE Calories: 677 Carb: 86.8g Fib: 9.5g Protein: 35.7g Fat: 23.1g Sod: 564mg	***CHOICE: CHICKEN NOODLE CASSEROLE*** TUNA NOODLE CASSEROLE BROCCOLI WW ROLL CINNAMON APPLE SLICES Calories: 622 Carb: 84.5g Fib: 10.6g Protein: 34.2g Fat: 19.1g Sod: 555mg		WHITE CHILI w/ CHICKEN SPINACH SALAD ROLL CANTALOUPE CUBES CARROT CAKE Calories: 608 Carb: 89.5g Fib: 11.8g Protein: 31.1g Fat: 15.8g Sod: 588mg
17	18	19	20	
	BARBEQUE PORK CHOPS SCALLOPED POTATOES CABBAGE WW ROLL PEAR ORANGE FRUIT CUP COOKIES W/ RAISINS Calories: 831 Carb: 106.4g Fib: 10.3g Protein: 39.9g Fat: 30.0g Sod: 923mg	SLOPPY JOE SANDWICH POTATO SALAD BB & DILL BRUSSEL SPROUTS FRESH FRUIT CUP Calories: 622 Carb: 87.8g Fib: 10.9g Protein: 33.6g Fat: 18.8g Sod: 870mg		CHICKEN CACCIATORE MASHED POTATOES GREEN BEANS WHOLE WHEAT ROLL TROPICAL FRUIT CUP COOKIE w/ CHOCOLATE CHIPS Calories: 756 Carb: 80.9g Fib: 9.5g Protein: 43.9 Fat: 30.0g Sod: 1255mg
24	25	26	27	
	ROAST TURKEY W/ GRAVY SPINACH/STRAWBERRY SALAD YAM APPLE BAKE BRAN MUFFIN MANDARIN ORANGES Calories: 651 Carb: 96.7g Fib: 10.4g Protein: 25.8g Fat: 20.6g Sod: 826mg	SWISS STEAK BOILED POTATOES ITALIAN VEGETABLES ROLL SLICED BANANAS Calories: 725 Carb: 90.5g Fib: 11.0g Protein: 41.5g Fat: 23.5g Sod: 433mg		BACON POTATO BREAKFAST BURRITO GREEN CHILI W/ PORK SPANISH RICE TOSSED SALAD STRAWBERRIES & BANANAS COOKIE w/ RAISINS Calories: 753 Carb: 94.3g Fib: 10.1g Protein: 28.6g Fat: 31.1g Sod: 764mg
31				
	For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal. **If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.**		**Menu may change due to availability of food items or conditions that cause the kitchen to close.** **Suggested Donation - $4.00** **Under Age 60 Mandatory Charge - $12.50**	**IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.**