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**HOME**

QUESTIONS? Contact news editor Todd Dewan at (315) 866-2221, or e-mail tdewan@littlefallstimes.com.

**DOING IT YOURSELF**

**GARDENING**

Good for gardener and property



To liven up a front walkway and add curb appeal, try planting Sedum 'Chocolate Drop,' with clumping mounds of scalloped dark brown leaves and rose-colored blooms, or Echinacea 'Flame Thrower,' with fiery two-toned orange and yellow flowers. Also, landscape additions like Garden Splendor's Yucca 'Color Guard,' which can grow up to 3 feet tall and requires virtually no maintenance, can supply dramatic effect.

**QUOTE OF NOTE**

"Research has shown that when people cook, eat and enjoy food together, they live happier, healthier and longer lives."

— Linda Robbins

**ROBBINS AT HOME**



Linda Robbins

**Are your 'Eating Lights' on?**

How many times have you eaten and not even realized what you ate or eaten yet, how much? Ask yourself if you ever eat out of a chip bag while watching TV; finish child's or spouse's meal when they have leftovers; cook and taste test; eat leftovers while putting food away; or eat samples from the grocery store while shopping. An article in the June issue of "Communicating Food for Health" encourages people to "eat with their lights on."

"Eating with the lights on" implies that someone is home. You know and realize WHAT and HOW MANY calories you are eating. It is "mindful eating." In the dark crevices of your day, there may be a mini-candy bar or two, a handful of jelly beans, a half-bag of chips, and a dollop of heavy whipped cream in your coffee. It all creates an excess, and that can mean one thing: weight gain — especially if you are not actively burning up the extra energy. So "turn the lights on" even in the smallest of eating moments.

Let's face it, food takes us to a different place, at least temporarily. That's not always a bad thing — as rekindling that feeling of grandma's brownies or mom's apple pie or

family meals is perfectly life-enhancing. It's when we eat often without intention or purpose that weight and health can spiral out of control.

Here are some simple switches you can flip to create a more mindful, well-lit eating path for life.

Choose low. Choose foods that are low in caloric density — like fruits and vegetables. Plan them in your day and have them ready when you are on the run.

Make it real. Cook at home more and choose water instead of drinks that are high in calories.

Sit down and savor. Use your eating time as a break from standing, walking and running to/from places. Create a kitchen nook, a work place table or window-side seat for a nutritious respite.

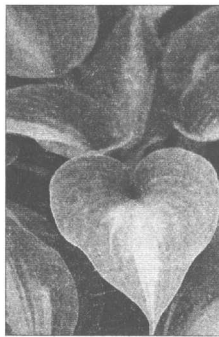
Break bread together. Share your favorite food with family, friends and your community. Research has shown that when people cook, eat and enjoy food together, they live happier, healthier and longer lives.

So whenever you want to eat in the dark, at least light a candle — it will spark some good eating intention.

Linda Robbins is a nutrition educator with Cornell Cooperative Extension of Herkimer County.

**BENEFITS**

**FOR GARDENER** Builds strength, endurance, flexibility  
**ENVIRONMENTAL** Shrubs, flowers, trees help trap dirt and dust from pollution, improve air quality  
**PROPERTY** Plants boost value of home, create privacy and reduce street noise.



**Ornamental plants**

Plants, like the stately blue-green ornamental grass *Schizachyrium 'Carousel'*, will continue to help the environment well after the frosts of autumn have killed off the last annuals.

**Gaining property value by gardening**

**GOOD NEWS**

"This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins." — 1 John 4:10

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**(Economic Expansion)** A volatile economy and the mid-fall real estate market have flipped the switch for many homeowners to become avid Do-It-Yourselfers, especially when it comes to gardening. Part of this is due to the long-term benefits that planting and landscaping provide.

**Personal Benefits**  
Gardening offers a triple treat — it is good for the body, good for the mind and good for the soul. As exercise, gardening builds strength, endurance and flexibility. Dan Heins, co-owner/president of Terra Nova Nurseries, details the psychological benefits that go along with such pleasurable exercise. "There are undeniable benefits of fresh air and a reconnection with the earth. There is also the supreme gratification of nurturing tiny plants to maturity and the pursuit rewards of magnificent flowers." Heins and the team at Terra Nova Nurseries are industry leaders in plant breeding technology, having introduced over 600 new varieties.

For homeowners more inclined to see gardening as "botanical expression," transforming an ordinary area of turf into an English garden, country wildlife habitat or tropical escape is a fantastic creative outlet.

The long-term rewards come easily. Planting perennials gives gardeners pleasure year after year, as they do not have to be replanted each year like annuals. Terra Nova Nurseries' Echinacea 'Mammoth Sunshine' and Coreopsis 'Citrine' prove exemplary as they require little maintenance but are fragrant and floriferous.

**Environmental Benefits**  
Gardens are valuable providers for our ecosystem. Planting flowers, shrubs and trees helps trap dirt and dust from pollution and allows for more harmful gases like carbon dioxide to be transformed into clean oxygen. "People are discovering gardening like never before, more so now with environmental awareness taking place," says David Wilson, director of marketing for Overleyst Nurseries and its Garden Splendor branded plants. Garden Splendor plants, like the stately blue-green ornamental grass *Schizachyrium*

'Carousel,' will continue to help the environment well after the frosts of autumn have killed off the last annuals. Garden Splendor offers a full line of perennial plants that supply long-term blooming and gorgeous foliage. Showcase varieties are delivered to participating garden centers at the precise times for planting.

**Property Benefits**  
Much like renovating a bathroom or painting kitchen walls increases home worth, adding plants boosts value both financially and physically. Real estate agents use the phrase "curb appeal" to coin the attractiveness of exteriors.

To liven up a front walkway and add curb appeal, Heins suggests planting Sedum 'Chocolate Drop,' with clumping mounds of scalloped dark brown leaves and rose-colored blooms, or Echinacea 'Flame Thrower,' with fiery two-toned orange and yellow flowers. Also, landscape additions like Garden Splendor's Yucca 'Color Guard,' which can grow up to 3 feet tall and requires virtually no maintenance, can supply dramatic effect.

Gardening can create privacy and minimize street noise. It can also create square footage. Add bench and hearth to transform a garden into a cozy outdoor room. Or, place a table and chairs by a wall that stands in the background to Garden Splendor's taller hairy shrub *Sorbaria 'Sam'*, or shorter, more compact *Hosia 'Touch of Class'*.

Becoming a gardener might seem daunting to some, but the long-term benefits far outweigh that stereotype. "More and more of us simply want to create and enjoy our own little bit of paradise, and improve our environment to benefit our family and ourselves who hold dear," Wilson says. To learn more, log onto [www.terranovanurseries.com](http://www.terranovanurseries.com) and [www.gardensplendor.com](http://www.gardensplendor.com).  
**Source: Terra Nova Nurseries / Garden Splendor**

**DAIRY PRINCESS SPEAKS**



Katie Upson

**Cool off with dairy!**

With the hot summer months approaching everyone is in need of a cool and easy to make treat. What better of a way than to cool down with dairy during Dairy Month? Enjoy this Lemon Trifle with a glass of cold milk to fulfill one of the three daily servings of dairy needed. It is important that consumers of all ages are incorporating their three servings of dairy every day, especially during these hot summer months.

A trifle is easy to make, and something the whole family is sure to love! Lemon Trifle can be found in Best of Taste of Home — the first 10 Years cookbook, a recipe submitted by Pat Stevens. Enjoy!  
**Lemon Trifle**  
1 can (14 ounces) sweetened condensed milk  
1 carton (8 ounces) lemon yogurt  
1/3 cup of lemon juice  
2 teaspoons grated lemon peel  
2 cups whipped topping  
1 angel food cake (10 inches) cut into 1 inch cubes  
2 cups fresh raspberries  
1/2 cup flaked coconut, toasted  
Fresh mint, optional

In a bowl, combine the first four ingredients. Fold in whipped topping. Place half of the cake cubes in a trifle bowl or 2-quart serving bowl. Top with half of the lemon mixture. Repeat layers. Top with raspberries. Garnish with coconut and mint if desired. Yield: 14 servings.  
**Katie Upson is the Herkimer County Dairy Princess for 2010-11.**

**Nurturing Center to honor families**

UTICA — The Family Nurturing Center will honor the Ambrose family of Utica as the 2010 Family of the Year on June 24 from 6 to 9 p.m. at the Radisson Hotel Utica Centre. Two Distinguished Finalist families, the Zimber family of Deansboro and the Pelicano family of Utica will also be honored along with 10 other nominated families from the community.

The Celebration publicly acknowledges families from Oneida and Herkimer Counties who are positive role models of nurturing attitudes and interactions in families, and who are an inspiration to others. Tickets are available at the Fam-

ily Nurturing Center of Central NY, Inc. for \$50 per person or \$90 per couple. Call Kathy at 738-9778 to make your reservation by June 18. The 2010 Outstanding Families include:

Fran and Bill Connors of Utica; Carrie and Brian Wilcox of Dolgeville; Michelle and Mark Anderson of Herkimer; Beth and Mark Hapanowicz of Clinton; Joy Anne and Robert Sherman of Cassville; Heather and Wayne Williams of Utica; Diana Greene of Utica; George and James Jackson of Utica; Marcia Postal of Utica; and Tabitha and Steven Brooks of Chittenango.

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