



March 2013



Kale Chips!

Ingredients:

- 1 Large bunch of Kale
- 1 Tablespoon Olive Oil
- 1 Teaspoon of Salt

1. Preheat oven to 350 degrees.
2. Line a non insulated cookie sheet with parchment paper.
3. Carefully removes leaves from the stems and tear into bite size pieces.
4. Wash and dry kale.
5. Drizzle or spray kale with olive oil and sprinkle with salt.
6. Bake until edges are brown BUT not burnt, 10-15 minutes.

Intro to Local Foods Workshops

When: March 11th @ 7 AM
& March 15th @ Noon

Where: Frost House Commons

What: Learn about how to access locally grown and produced foods & how to become a "Localvore"

PUT SPRING IN YOUR STEP

Free Group Exercise Classes for Faculty and Staff

Improve your balance, strength, flexibility & endurance through a special functional training class led by Health and Human Performance Applied Health Fitness senior students.

When: Tuesdays & Thursdays
6:45-7:30 am

Where: HUB Fitness Room

Introductory classes on March 7, 12 & 14 Limited to 20 participants – Please RSVP . Shower facilities available. Bring towel and water containers. RSVP and refer questions to Barbara McCahan bmccahan@plymouth.edu

Did You Know?

PSU Walks is going strong. Contact Jill at [Healthy PSU](mailto:HealthyPSU@plymouth.edu) to arrange for a custom workshop for your group or work unit. All participants receive pedometer , program guides and chances for cool incentives for consistent walking!

Healthy-psu@plymouth.edu
or
plymouth.edu/healthy-psu

❖ Spinach, kale, and red lettuce are hardy and resilient plants. Now is the time to start seeds for early summer planting. Greens can be harvested all summer and fall. Start seed in recycled paper milk cartons or yogurt container with potting soil!