



Issue No. 6

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Activate Shasta!

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www.healthyshasta.org

Healthy Shasta Seeking Action Hero Nominations

Our community is full of people and organizations who go the extra mile to help others be healthy. Please help us find them and recognize their great efforts! Healthy Shasta is accepting nominations for Action Hero awards through July 30th, 2010. An Action Hero is any individual (adult or youth), group, business, or organization that makes healthy eating and physical activity easier, accessible or more enticing to others. Nomination forms available at www.healthyshasta.org or by calling 229-8243.

Chef at the Market

FREE cooking demo and samples! Ever wondered what to do with all that delicious produce available at the Farmers' Market? Then don't miss *Chef at the Market* every Saturday, 9:30 am at the Redding Farmers' Market (777 Cypress Avenue, Redding). Local chefs, caterers, nutrition educators and others present a cooking demo and then offer tastings of what they make. Printed copies of the recipes (complete with a Farmers' Market Shopping List) are available at the demo and posted on the Healthy Shasta website after each event. For more information and a list of participating chefs visit www.healthyshasta.org or contact Melinda at 225-5351.

Local Restaurants Offer Farmers' Market Menu

This summer Leatherby's Family Creamery and Angelo's Pizza Parlor in downtown Redding are offering a Farmers' Market Menu. The items on the menu are made from produce purchased from local farmers markets and change weekly based on what is in season and available at the market each week.

So far this summer, Leatherby's menu items have included fresh garden salads, grilled peaches topped with vanilla ice cream, and fresh salsa. Angelo's Pizza Parlor has offered Farmers' Market Pizza topped with fresh seasonal produce. A favorite is the organic zucchini, sweet red onion, sliced tomato and feta cheese pizza.

Both restaurants offer Farmers' Market Menu items each Thursday night at MarketFest, in addition to their regular MarketFest offerings. For more information, contact Karrie at 245-6456.

New Trail Open in the Keswick Area

The FB Trail which runs along the east side of the Sacramento River is now open. This trail starts at the ribbon bridge on the Sacramento River Trail and connects to the Hornbeck Trail. It is 9.3 miles one way, dirt single-track that winds through steep terrain with great views, and has a side trail to a waterfall. With the completion of the FB Trail, there is now a continuous loop of approximately 35 miles around the Sacramento River between Shasta Dam and the bridge below Keswick Dam.

Garden Toolkit Now Available on Healthy Shasta Website

Thinking about gardening, but not sure where to start? Check out the new [Community Garden Toolkit](#) for tips, recipes and general information about starting a garden. Incorporating produce from the garden into meals and snacks is a wonderful way to increase the amount and variety of fruits and vegetables eaten each day. When children participate in gardening activities, they gain first hand knowledge with fresh fruits and vegetables, and they learn what to eat for good health through hands-on experiences. We hope that you find this toolkit useful and that it encourages you to start a garden and eat healthier. To access the toolkit, visit www.healthyshasta.org. For more information, please contact Mary at 245-6639.

Extra Garden Produce Can Help the Hungry

This spring the Shasta Food Group encouraged gardeners to plant a little extra produce and donate it to local food pantries through the Plant a Row for the Hungry program. If your garden is producing more than you need, please consider donating the extra to help provide healthy food for those in need. For more information or to find the nearest drop off location, please call 224-4301.

Save the Date for Walk This Way at Turtle Bay!

FREE admission to Turtle Bay! Healthy Shasta's 5th Annual Walk This Way at Turtle Bay will be Saturday October 2nd, 9 am to 3 pm, at Turtle Bay Exploration Park. Tons of fun awaits at this year's event with children's activities, health screenings, cooking demonstrations by local chefs, fun walk and more! For event information, please contact Carrian at 242-3180.

Save the Date for Take a Kid Mountain Biking Day!

Sunday, October 3rd - Join BLM and Redding Mountain Biking for this fun, FREE event. All ages and levels welcome. Don't forget your helmet! For more information call 224-2157.

Healthy Shasta: Making the healthy choice the easy choice in Shasta County!



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