



Calhoun County Connections



Monday, May 30th.

May 2016 Special Points of Interest

- § Eat Fresh
- § Little History
- § Lyme Season
- § Hearing/Vision Screenings
- § Employee Milestones
- § New Hires
- § Leaving Us
- § May Happenings
- § Grilling Recipes

Springfield Farmers Market - 503 Military Ave, Springfield, MI 49037
May - Oct - Hours: Thur: 8AM-1PM Opens May 5th.

Marshall Farmers Market - 125 West Green St., Marshall, MI 49068
May - Oct - Hours: Sat: 8AM-12PM Opens May 21st.

Albion Farmers Market - 211 Market Place, Albion, MI 49224
May - Oct - Hours: Wed: 3-6PM Sat: 8AM-1PM

Battle Creek Farmers Market - 25 South McCamly Street, Battle Creek, MI 49015
May - Oct - Hours: Wed: 3-6PM Sat: 8AM-1PM

Athens Farmers Market Wilson Park, North Capital Avenue, Athens, MI 49011 -
Jun - Sep Hours: 2PM - 6PM

Homer Farmers Market 109 East Leigh street (M-60), Homer, MI 49245 - May -
Oct - Hours: 9AM - 12PM

Bellevue Farmers Market, Washington Park, Bellevue, MI 49021 -
Jun 2 - Sep 29 - 3:00pm - 6:00pm

For more locations, please visit:

<http://mifma.org/findafarmersmarket/?county=&city=&day>

A Brief History of Farmers Markets

By Jennifer Baffi, Calhoun County Road Department

Farmers markets are a deep rooted tradition in our history. One of the earliest known markets started in Boston, Massachusetts in 1634. During the 1700's and 1800's grocery stores became more popular, decreasing the number of farmers markets around the country. However, during the 1970's, farmers markets started coming back as citizens wanted fresh produce while building a relationship with the farmers that grew their food. The farmers market trend has continued to escalate to this day. There are over 8,000 markets held in the U.S. and the numbers are growing.

Detroit's Eastern Market began in 1891 and has continued to thrive. The Eastern Market covers 43 acres and is the largest open air flowerbed market in the United States, according to Detroit's Historical Society. If you have never been to the Eastern Market, I encourage you to take a



Marketload ready for Eastern Market in 1932

trip on a Saturday to experience the history, culture, and entertainment this gem has to offer. This historic place allows you to step back in time and embrace the ethnic traditions of so many varieties of goods the market has to offer.

Market season is upon us, so venture out to a local farmers market near you and meet the people who grow your food. Purchasing locally grown food helps the small farmer and it is imperative that we keep small farming alive in this country. Buying locally gives you a better product with more nutritional value than produce in the grocery stores, which in some cases is shipped in from thousands of miles away. These farmers are up early in the morning harvesting their product to sell that day. Small farmers are proud of the hard work they put into growing and are always happy to answer questions or explain their operation to you.

Many things have changed over the years, but one thing stays true: farmers markets are a vital source of fresh, locally grown food with strong ties to American history. So get to know your farmer. It will be a rewarding experience for both of you as well as benefiting your health!

Sources:

Blogs.usda.gov

Sites.lafayette.edu

detroithistorical.org

Eastern Market

2934 Russell St.

Detroit MI 48207

313.833.9300

<http://www.easternmarket.com/>



Detroit, Eastern Market, 1919



Detroit, Eastern Market, Now



CALHOUN COUNTY PUBLIC HEALTH DEPARTMENT

190 E. Michigan Avenue, Ste. A100 Phone: (269) 969-6370
Battle Creek, Michigan 49014 Fax: (269) 966-1489

Spring Time Brings Lyme!

It's spring and time to be thinking about Lyme disease prevention. Before gardening, camping, hiking, or working in wooded or grassy areas, learn how to protect yourself from Lyme disease.

Lyme disease is caused by the bacterium *Borrelia burgdorferi* and transmitted to humans through the bite of infected blacklegged ticks. Lyme disease can spread to joints, the heart, and the nervous system. An estimated 300,000 individuals throughout the United States are infected each year. If you work, play, camp, or walk through grassy, wooded areas, you are at risk. Even walking around your home or through leaves and bushes can put you at risk of getting a tick.

To reduce the risk of getting a tick bite, avoid areas with many ticks. Ticks prefer wooded and bushy areas with high grass and a lot of leaf litter. Ticks that transmit Lyme disease are most active in these conditions. Use repellents containing 20% or more DEET (N, N-diethyl-m-toluamide). DEET repellents can be applied to the skin and can protect up to several hours. Always follow product instructions! Performing daily tick checks is also recommended, even after being in your own yard.

Search your entire body and use a hand-held or full-length mirror to view all parts of your body and remove any tick you find. Be sure to check these parts of the body for ticks:

- Under the arms
- In and around the ears
- Inside the belly button
- Back of the knees
- In and around all head and body hair
- Between the legs
- Around the waist

DON'T FORGET YOUR CLOTHING, CHILDREN, AND PETS! Check children, clothes, and pets carefully as they can carry ticks in the house! Be sure to remove any ticks that are found. Place clothes in a dryer on high heat to kill ticks.

Watch for early symptoms that are similar to the flu. Even if you do not recall being bitten by a tick but have flu-like symptoms (headache, fatigue, fever) or a slowly expanding "bull's eye" rash, contact your healthcare provider.

If you find a tick attached to your skin, promptly remove it. Grasp the tick using fine-tipped tweezers as close to the skin as possible. With a steady motion, pull the tick straight out. Do NOT twist or jerk. If tweezers are not available, grasp the tick with a piece of tissue. Wash your hands and apply antiseptic to the bite.

For more information on Lyme disease, and how to protect yourself, your children, and your pet, visit the following websites.

http://www.michigan.gov/emergingdiseases/0,4579,7-186-25890_71379_71384-351175--,00.html

http://www.calhouncountymi.gov/assets/1/7/FS_lyme_disease.pdf

If you have any questions, please contact the Calhoun County Public Health Department Clinic, at 269-969-6370.



CALHOUN COUNTY PUBLIC HEALTH DEPARTMENT

190 E. Michigan Avenue, Ste. A100 Phone: (269) 969-6370
Battle Creek, Michigan 49014 Fax: (269) 966-1489

Free Childhood Hearing and Vision Screenings Offered

Is your child age three to five? Does he/she plan to attend school in Calhoun County or be home-schooled in Calhoun County?

If so, the Calhoun County Public Health Department offers **FREE** required vision screenings for children age three to five years old, living in and attending school in Calhoun County, including home-schooled children. **FREE** hearing screenings are also available and recommended.

Appointments available mid-June through August, 2016

Children ages three (3) to five (5) years

Calhoun County Public Health Department

190 E. Michigan Avenue

Battle Creek

Call Heidi Fast at (269) 969-6389 to schedule an appointment

If your child has received a blue slip from a screening at a pre-school, day care, or Kindergarten round-up, they do not need to be seen again in the office. Be sure to turn in the blue slip to your child's school as proof of the hearing and vision screening.

According to the State of Michigan, Public Health Code, Act 368, all children registered for the first day of school must present to school officials a certificate of vision testing or screening or statement of exemption. Screenings may be administered by a Calhoun County Public Health Department technician, a licensed medical or osteopathic physician, or a licensed optometrist or ophthalmologist. One vision screening or exam must be performed between age three and the first day of Kindergarten.

Heidi Fast, 269-969-6389

MAY MILESTONES

25 YEARS & Over

Jeffrey Albaugh - 47 yrs
Circuit Court

Iver Williams-Bonds - 43 yrs
District Court

Elizabeth Gilmore - 32 yrs
CCFDA

Julie Barnebee - 28 yrs
District Court

Sharon Streets - 27 yrs
Probate Court

Dawn Deal - 26 yrs
Sheriff's Department

Jonathan Holtz - 25 yrs
Sheriff's Department

20 YEARS

Michael Benson
Sheriff's Department

Michelle Burrett
Sheriff's Department

Tracey Chambers
Sheriff's Department

John Dally
Sheriff's Department

Carolyn Terrell
Clerk Register

Richard Vandeboss
Sheriff's Department

Shelly Swears
Health Department

15 YEARS

Katherine Ambrose
District Court

5 YEARS

Dawn White
Sheriff's Department

Lori Phillips
Sheriff's Department

New Hires



Juvenile Home

- ☺ Shannon Wagner
- ☺ Bethany Wilcox

Water Resources Commission

- ☺ Brenda Mehaffey

Sheriff/Corrections

- ☺ Michael Beach
- ☺ Melissa Howard

Clerk Register

- ☺ Larine Walstead



MICHAEL BEAUMONT will be leaving the County family on May 26th, 2016. Michael has been with the Sheriff/Corrections department for almost twenty years. If you see him, don't forget to congratulate him and wish him all the best. Michael, congratulations on your 19 1/2 years of dedicated service.

Leaving Us

MAY HAPPENINGS

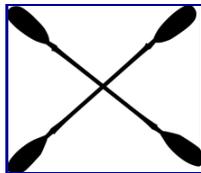


May 20th 05:00 PM
Downtown Battle Creek
269-962-4076

Join us for an evening of art in Downtown Battle Creek. From musicians and crafters to photography and oil painting, there will be something for everyone! Artists will be on display in downtown businesses.

<https://runsignup.com/Race/MI/EmmettTownship/PaddlesandPicnic>

The paddle itself is a calm, easy 7.2 mile route on the Kalamazoo River. Participants will paddle through the old Ceresco Dam site and see beautiful scenery. The paddle will take 2-3 hours.



REMINDER: Juvenile Home Jayhawk Open

June 10, 2016, 9:00 a.m.
Binder Park Golf Club
Flyers have been sent out.

If anyone would like to volunteer to work at the golf outing that day, please contact Sandy Eis at x3500 or by e-mail at seis@calhouncountymi.gov

May 21, 2016 @ 7:30 PM

W.K. Kellogg Auditorium
60 W Van Buren St
Battle Creek, MI 49017
USA

Tickets start at just \$15,
and students are always only \$7

Brass Band of Battle Creek
269.789.2222



Oaklawn Hospitality Classic & Health Fair:

May 21st, 2016 @7:30 AM

Oaklawn Hospital's Hospitality Classic is an example of Oaklawn Hospital's dedication to keeping the community healthy by encouraging individuals and families to foster healthy lifestyles. By hosting the Hospitality Classic & Health Fair, Oaklawn hopes to promote fun and fitness and enjoyment of running or walking for all ages.

To register or for more information, contact Theresa Shippell at 269.789.3942 or tshippell@oaklawnhospital.com.



2016 ANNUAL CENTENARIAN CELEBRATION



Do you know any residents in Calhoun County who are 99 years old or older? We need your help to identify them!

The Calhoun County Office of Senior Services and the Region 3B Area Agency on Aging are actively seeking *Centenarians* to join us in a Celebration of Life Luncheon. This Luncheon is to recognize and honor as many *Centenarians* as we can in Calhoun County, but *we need your help!*

If you know of a *Centenarian* please contact the Calhoun County Office of Senior Services 269-781-0846 or e-mail lstevens@calhouncountymi.gov. This event will be Tuesday, May 24 at Schuler's Restaurant in Marshall.



Feeling Like Grilling Everything

How to make a foil packet:

Lay a large sheet of heavy-duty foil or a double layer of regular foil on a flat surface. (Use nonstick foil where noted.)

Put the ingredients in the center of the foil. Bring the short ends of the foil together and fold twice to seal; fold in the sides to seal, leaving room for steam. Grill as directed. (Each recipe serves 2 to 4.)

1. Jalapeno Poppers: Remove the stems from 8 jalapenos; scrape out the seeds and stuff with muenster cheese. Toss with olive oil, salt and 1/4 teaspoon each ground cumin and coriander on a sheet of foil. Form a packet. Grill over medium-high heat, turning often, 10 minutes.

2. Tomatillo-Pineapple Salsa: Toss 3/4 pound diced husked tomatillos, 1/2 cup diced pineapple, 1 each minced jalapeno and shallot, and 1 tablespoon olive oil on a sheet of foil. Form a packet. Grill over high heat, 12 minutes. Stir in some chopped cilantro.

3. Jerk Chicken Wings: Toss 6 split chicken wings, 1 tablespoon vegetable oil and 3 tablespoons jerk seasoning on a sheet of foil. Form a packet. Grill over high heat, turning once, 25 minutes. Top with cilantro and serve with lime wedges.

4. Spicy Olives: Toss 1 cup olives, 1/2 teaspoon red pepper flakes and 1 minced garlic clove on a sheet of foil. Form a packet. Grill over medium-high heat, turning often, 15 minutes.

5. Quesadillas: Sprinkle shredded pepper jack cheese on one half of a flour tortilla; top with chopped rotisserie chicken and cilantro and fold in half to close. Repeat to make more; seal in individual foil packets. Grill over medium heat, turning once, 5 minutes.

6. Garlic Shrimp: Mix 1/2 stick softened butter, 1 cup chopped parsley, 2 chopped garlic cloves, and salt and pepper. Toss with the juice of 1 lemon, 1 pound unpeeled large shrimp and a big pinch of red pepper flakes. Divide between 2 foil packets. Grill over high heat, 8 minutes.

7. Lobster Scampi: Make the butter mixture for Garlic Shrimp (No. 6). Split 4 thawed frozen lobster tails lengthwise; spread the cut sides with the butter. Divide between 2 foil packets. Grill over high heat, turning once, 10 minutes.

8. Mussels: Toss 2 pounds mussels, 1 shaved fennel bulb, 8 halved cherry tomatoes, 1/2 cup white wine, 1/4 cup olive oil,

a pinch of red pepper flakes and salt. Divide between 2 foil packets, leaving extra room for the mussels to open. Grill over medium-high heat, 10 minutes.

9. Gnocchi: Spread 17 ounce package gnocchi in one layer on a sheet of foil. Top with 1 cup tomato sauce and some basil. Form a packet. Grill over high heat, 12 minutes.

10. Coconut Shrimp: Toss 1 pound peeled large shrimp, 2 each chopped lemongrass stalks and scallions, 1/3 cup coconut milk and the juice of 1 lime. Divide between 2 foil packets. Grill over medium heat, 10 minutes. Top with chopped cilantro.

11. Lemon-Herb Chicken: Toss 4 skinless, boneless chicken breasts, 1/4 cup chopped mixed herbs and 3 tablespoons each olive oil and lemon juice in a bowl. Divide among 4 foil packets. Grill over medium-high heat, 12 minutes.

12. Meatballs: Mix 1 pound ground beef with 1 egg, 1/4 cup each breadcrumbs and grated Parmesan, 1 minced garlic clove and 1/4 teaspoon each salt and pepper in a bowl. Roll into 1 1/2-inch balls. Arrange in a single layer on a sheet of foil; top with 1/2 cup tomato sauce and form a packet. Grill over high heat, 20 minutes.

13. Asian-Style Ribs: Mix 1/3 cup each hoisin sauce and ketchup, 4 teaspoons Sriracha and 1 1/4 teaspoons each salt, sesame oil and rice vinegar. Coat 2 pounds baby back ribs with the hoisin mixture; place in a single layer on a double sheet of foil and form a packet. Grill over indirect heat, covered, turning occasionally, 1 hour.

14. Glazed Pork: Mix 1/4 cup peach preserves, 1 tablespoon whole-grain mustard and 1/2 teaspoon hot sauce. Season 1 pork tenderloin with salt and pepper and coat with the peach mixture; seal in a foil packet. Grill over high heat, turning, 18 minutes.

15. Zucchini and Tomatoes: Toss 2 sliced zucchini, 2 diced tomatoes, 4 smashed garlic cloves, olive oil, basil, and salt and pepper on a sheet of foil. Form a packet. Grill over high heat, 10 minutes. Top with grated Parmesan.

16. Ravioli with Zucchini: Make Zucchini and Tomatoes (No. 15), dividing the ingredients between 2 sheets of foil. Top each with 4 ounces frozen cheese ravioli and form a packet. Grill over medium-high heat, 12 minutes.

17. Chorizo and Peppers: Toss 1/2 cup sliced dried chorizo, 2 sliced bell peppers, 1 sliced onion, 2 tablespoons olive oil, and salt and pepper on a sheet of foil. Form a packet. Grill over high heat, turning a few times, 10 minutes.

And, Still Grilling Everything

18. Fish Provençal: For each serving, pile 1 halibut fillet, 1/2 cup canned diced tomatoes, some shaved fennel, 2 olives, 1 teaspoon each capers and chopped garlic, and the juice of 1/4 orange on a sheet of foil. Form a packet. Grill over medium-high heat, 10 minutes. Top with olive oil and chopped basil.

19. Mexican Fish: For each serving, pile 1 tilapia fillet, 1/2 cup fresh salsa, 4 olives, and olive oil and lime juice on a sheet of foil. Form a packet. Grill over high heat, 10 minutes.

20. Mustard-Dill Salmon: For each serving, layer a few lemon slices, 1 salmon fillet and some dill sprigs on a sheet of foil. Sprinkle with brown sugar, salt and ground coriander; spread whole-grain mustard on top. Form a packet. Grill over medium heat, 12 minutes.

21. Baby Beets: Toss 1 pound halved baby beets with olive oil and salt on a sheet of foil. Form a packet. Grill over medium heat, 30 minutes. Toss with vinegar, mint and feta.

22. Mexican Corn: Brush 4 ears corn with melted butter and sprinkle with cotija cheese, cayenne and lime juice; seal in individual foil packets. Grill over medium-high heat, turning a few times, 15 minutes.

23. Italian Corn: Make Mexican Corn (No. 31), replacing the cotija cheese with Parmesan and the lime juice with lemon juice.

24. Portobello Mushrooms: Toss 4 portobello caps, 4 smashed garlic cloves, 1/4 cup olive oil, 1 teaspoon red pepper flakes, salt, and chopped parsley to taste. Divide among 4 foil packets. Grill over medium heat, turning once, 10 minutes.

25. Roasted Broccoli: Toss 1 head broccoli florets, 2 sliced garlic cloves, 1 tablespoon olive oil, 1/4 teaspoon red pepper flakes, and salt on a sheet of foil. Arrange in a single layer and form a packet. Grill over medium-high heat, 10 minutes.

26. Sesame Bok Choy: Toss 1 pound baby Bok Choy, 1 tablespoon sesame oil and 1 teaspoon each grated ginger and sesame seeds on a sheet of foil. Arrange in a single layer and form a packet. Grill over medium-high heat, 15 minutes.

27. Potatoes with Bacon: Toss 1 pound halved baby potatoes, 1 chopped bacon slice and salt on a sheet of foil. Add 2 tablespoons water; form a packet. Grill over medium-high heat, 20 minutes.

28. Salt-Roasted Potatoes: Combine 2 cups kosher salt and 2 sprigs chopped rosemary on a sheet of foil. Bury 1 1/2 pounds baby potatoes in the salt mixture and form a packet. Grill over medium heat, covered, 45 minutes.

29. Spiced Potatoes: Make Salt-Roasted Potatoes (No. 39), replacing the rosemary with 1/4 cup curry powder, Cajun seasoning or Old Bay Seasoning.

30. Potato Gratin: Toss 2 thinly sliced peeled potatoes, 1/4 cup grated Parmesan, 2 tablespoons melted butter, and salt and pepper in a bowl. Arrange in 4 to 5 layers on a sheet of nonstick foil. Drizzle with 1/4 cup cream and form a packet. Grill over medium heat, 25 minutes.

31. Cheesy Garlic Bread: Mix 1/2 cup shredded Italian cheese blend, 2 tablespoons softened butter, 1 grated garlic clove and salt. Halve 1 loaf French bread lengthwise and place cut-side up on a sheet of foil. Spread with the cheese mixture and form a packet. Grill over medium-high heat, 10 minutes.

32. Baby Carrots: Toss 1 bunch baby carrots, 1 chopped shallot, 1 teaspoon chopped tarragon, a pat of butter, and salt and pepper on a sheet of foil. Form a packet. Grill over medium-high heat, 15 minutes.

33. Bread Pudding: Whisk 2 eggs, 1 cup milk, 1/2 cup sugar and 1/4 teaspoon cinnamon in a bowl. Add 4 cups bread cubes and 1 cup berries; soak 30 minutes. Butter a sheet of nonstick foil and add the bread mixture; form a packet. Grill over indirect heat, turning a few times, 35 minutes.

34. Upside-Down Cakes: For each cake, mound 1 1/2 tablespoons light brown sugar and 1 tablespoon butter on a sheet of nonstick foil. Top with a pineapple ring, a maraschino cherry and an upside-down small shortcake shell. Form a packet. Grill sugar-side down over medium-high heat, 12 minutes.

35. Glazed Peaches: Toss 4 quartered peaches, 3 tablespoons brown sugar, 2 tablespoons butter, and cinnamon to taste on a sheet of foil. Form a packet. Grill over medium-high heat, 12 minutes.

36. Rhubarb Compote: Combine 2 sliced rhubarb stalks, 1 pint halved strawberries, 2 tablespoons honey and a squeeze of lime juice on a sheet of foil. Form a packet. Grill over medium-high heat, 15 minutes.

37. Apple Dumplings: Mix 1/2 stick softened butter, 1/4 cup brown sugar and 1 teaspoon apple pie spice; stuff into 4 cored apples. Wrap each in 1/2 disk refrigerated pie dough; seal in individual nonstick foil packets. Grill over medium heat, turning a few times, 30 minutes.