



Geary County

K-STATE RESEARCH AND EXTENSION NEWS

geary.k-state.edu

March 2022

Ask the Agent

Q: If I want to substitute white sugar with honey in a recipe, is it an even exchange?

A: Not exactly. A general rule is to use 1 part honey for every 1 1/4 part granulated white sugar. For more information about honey and granulated sugar, see the inside article of this newsletter.

For more information call the Geary County K-State Research & Extension office at: **785-238-4161**

March into Spring

Most full time jobs have "seasons". For me, summer means it's Fair season, the fall brings Medicare season, and the spring brings Walk Kansas season.

Everyone desires to have good health, but it doesn't happen on it's own. Almost everyone that increases their physical activity will benefit by improved fitness. You may notice that you don't get out of breath as easily when you climb the stairs or that picking something up from the floor is easier. The ultimate goal in reaching our best fitness level is to improve the quality and quantity of life.

Let the 2022 Walk Kansas program help you put your best foot forward toward improved health and wellness. This year's theme is "Move Your Way."

Walk Kansas is a team-based program. Teams can be family, coworkers, friends, community organization members, neighbors, or part of a faith-based community.

- Groups of six form a team
- One team member serves as the captain
- Team members do not have to live in the same town, county, state or country!

Each team will select a challenge to work toward from these options:

Challenge 1: Discover the 8 Wonders of Kansas! This journey requires each person to get 2 1/2 hrs of moderate activity per week.

Challenge 2: Go Cross Country from the NE to the SE corners of Kansas, which requires 4 hrs of activity per person/week.

Challenge 3: Little Balkans to Nicodemus – a trail that takes you through SE Kansas and then up to Nicodemus with interesting stops along the way. This requires 6 hrs of activity per person/week.

During Walk Kansas, you will log minutes of moderate/vigorous activity OR total steps/day which convert to Walk Kansas miles (15 minute = 1 mile). For a complete description of activities and how steps are counted, check the Activity Guide you can find on the Geary County Walk Kansas facebook page. **New this year** – the system will automatically convert steps to miles.

Ready to take the first step?

Gather your team and register each member online at www.walkkansasonline.org. Select Geary County and enter everyone's information, then join us at the 5th Street Park to help kick off the program by putting your best foot forward!

March 2022



Important Dates:

March 27—Go! Log exercise minutes and cups of fruits/vegetables

March 28—Geary County Walk Kansas Kick Off Event—5th Street Park in Junction City

April 3—Geary County Registration closes

March 25, April 1, April 29—Order dates for Walk Kansas apparel

May 21—Walk Kansas wraps up!

K-STATE
Research and Extension

K-State Research and Extension is an equal opportunity provider and employer.

ksre.k-state.edu

K-STATE
Research and Extension

Family & Consumer
Sciences

Sugar vs. Honey—What's the Difference?

Family Nutrition

Composition and Nutrition value in Honey and Sugar

Honey and sugar are both made up of a combination of glucose and fructose. In sugar, glucose and fructose are bound together to form sucrose, which comes from sugar beets or sugar cane and is more commonly known as table sugar. In honey, fructose and glucose are primarily independent of each other. Additionally, about 25 different oligosaccharides have been detected in the composition of honey. One tablespoon of white, granulated sugar contains 48 calories while one tablespoon of honey has 68 calories, which is the cause of honey having a higher density and weight than sugar.

Digestion of Honey and Sugar

The difference between the digestion process for honey and sugar lies in the composition of enzymes in each of these products. Sucrose (table sugar) passes through the stomach without any digestion happening because of its disaccharide (a sugar composed of two monosaccharides) composition. This means that the enzymes in the stomach cannot break down the glucose-fructose structure of table sugar until it reaches the



small intestine. Then the liver utilizes a few enzymes to convert the molecules into glucose that is able to enter the bloodstream for further use.



Honey is different because of the enzymes that are added to the nectar by bees that divide the sucrose into two simple sugars, fructose and glucose. These sugars are directly absorbed by our bodies and are easier to digest.

Honey Photo by [Arwin Neil Baichoo](#) on [Unsplash](#)

Cooking tips when substituting honey for sugar in recipes

Add ½ teaspoon baking soda for every cup of honey to reduce the acidity and weight of honey. (The average pH of honey is 3.9, which is acidic.)

Honey has a tendency to increase the browning of baked products. Adding ⅛ of a teaspoon of baking soda allows even browning; reducing oven temperatures by 25 degrees helps prevent overbrowning.

Coating the inside of a measuring cup with water or very thin layer of vegetable oil before measuring honey can minimize the stickiness.

Sugar Photo by [Faran Raufi](#) on [Unsplash](#)

Extracted from University of Arizona Cooperative Extension; *Is Honey The Same as Sugar?* Written by Nobuko Hongu, Asuka Suzuki, Klaire Angela Abalos Alcance, Cathy L. Martinez; publication #AZ1577

Find the complete bulletin posted on the Geary County K-State Research & Extension website at: <https://www.geary.k-state.edu/health-home-family/index.html>

Honey Mustard Chicken

212 kcal, 12 Carbohydrate, 25g Protein, 6g Fat per serving
Makes 2 servings

Ingredients

About ½ lb – chicken breasts, boneless, skinless

Batter:

2 t. cornstarch
1 egg white

Honey Mustard Sauce:

1 T. honey
1 T. yellow prepared mustard
¼ t. light soy sauce

Directions:

Cut the chicken into bite sizes and sprinkle with salt and pepper, and set aside.

Beat the egg white in a separate bowl, add cornstarch, and mix well.

Add the chicken to the beaten batter mix, tossing to coat.

Heat olive oil in the frying pan over low to medium heat. Add the chicken to the pan.

Cook each side of the chicken until golden brown and fully cooked – 165°F internal temperature (no more pink showing around the edge.)

Mix all the ingredients of honey mustard sauce in a small bowl.

Toss with the honey mustard sauce to coat the cooked chicken and serve!

Can be served over a bed of crispy cold greens.

Cooking Tip: The key to success with this recipe is even heat. If the oil gets too hot, the chicken may brown too quickly before fully cooked.

Family Time

With spring break upon us and summer break around the corner, you may be wondering what to do with your family that is fun and relaxing.

It's important that children spend time with their families. Naturally, children enjoy spending time with their friends. That's a normal part of growing up. But friends can't replace a child's need for close family relationships. Even when teens try hard to avoid being seen with their parent(s), family time is important. All children need some good and happy times with their families.



Special times spent with family serves as the glue that holds them together. They help create strong bonds between family members. Spending time with the family takes planning, but it's worth the payoff! When children feel close to their parents, they try harder to please their parents and make them proud. This makes the whole family unit stronger.

It isn't difficult to have family fun.

It doesn't require a lot of time or a lot of money. Simple pleasures, shared with everyone, will be remembered long after fancy trips or expensive games.

The activities in this newsletter have been selected so that everyone in the family — from young children to family elders (grandparents, great-aunts, and great-uncles) — can be included with only a little planning for their special needs. You will be able to think of many other activities which can be enjoyed by your whole family for little or no cost. Just ask yourself, "What can we do to have fun together?"

Try reading aloud for 1/2 hour one or two evenings a week.

There are many books that can be enjoyed by both adults and children. Ask adults and older children to take turns being the reader.

Help plant a community garden.

Besides saving money and improving your family's health, you can all have a good time working in the garden together and watching your efforts grow. Give family members their own small plot to plan and plant whatever they want.

Have a "special" meal once a week.

Let everyone get involved in planning and preparing the meal.

Get out those games.

Have a good old-fashioned Monopoly marathon, or try Scrabble, with special rules for young spellers. Learn some card games that children and adults will have fun playing.

Share your evening with friends.

A glass of lemonade or iced tea, popcorn and conversation can be as much fun as an elaborate party. Ask friends to bring their children and let them all play together.

Make holidays and birthdays extra special family days.

Encourage family members to make gifts for each other rather than buying gifts. Plan a party for decorating the table at Thanksgiving or for making Valentine treats.

Build a snow fort or a snowman together.

Show your children how to make snow angels. Go sledding together. Take a walk in the snow.

Build a birdhouse, bird feeder or squirrel feeder out of a used milk carton.

Everyone will enjoy the entertainment and children will learn how important their role as "provider" is to the winter survival of wildlife.

Photo by [Mark Zamora](#) on [Unsplash](#)

Nelson, P.T. (Ed) (2012). Family Glue: Ideas For Year-Round Family Fun. Families Matter! A Newsletter Series for Parents of School-Age Youth. Newark, DE: Cooperative Extension, University of Delaware

Why is Physical Activity Important?

- Strengthens bones and muscles.
- Improves cardiovascular health.
- Maintains or increases range of motion and flexibility.
- Protects against certain health conditions such as heart disease, stroke, hypertension, obesity, type 2 diabetes, osteoporosis, colon cancer, and depression.
- Improves mental health and mood.
- Improves cognitive functioning.
- Protects against dementia, including Alzheimer's disease.

Motivation to Move

- Improves quality of life and ability to do daily activities.
- Controls weight.
- Increases energy.
- Promotes restful sleep.
- Reduces the risk of falling.
- Contributes to longevity.
- It's fun.

....So why not get moving #WalkKansas2022

Geary County

P.O. Box 28
119 E. 9th Street
Junction City, KS 66441

Upcoming Geary County Extension Programs

****Requires pre-registration. Call 238-4161 to pre-register****

March 2022

- 7, 21 Quick Meals for Busy Families III—sessions 1 & 2
7, 14, 21, 28 Healthy Together Meals—Hosted by Live Well Geary County at the Larry Dixon Center, 920 W. 6th, Junction City from 5:30 –6:30pm. Free hot and healthy meals offered to seniors.
9, 16, 23, 30 Strengthening Families Online Class**—A new class began Wednesday, March 9 at 3:30 and continues each Wednesday through May 18, 2022. The registration for the 11-session class is \$40. Contact Deb Andres if you are interested in taking this class at 785-238-4161.
27 Walk Kansas 2022 begins! Registration opened on March 1. Watch our Walk Kansas Facebook page for more details! Like us on Facebook at Geary County Walk Kansas. Start building your 6-member team today!

April 2022

- 2 4-H/Senior Citizens Building Fundraiser, 6:00PM 1025 S. Spring Valley Rd. This event is open to the public. Join us for a delicious hot meal, a live auction and a silent auction (for those who are too shy to bid aloud.) All proceeds go for the maintenance and improvement of the 4-H Senior Citizens building.
4, 18 Quick Meals for Busy Families III—sessions 3 & 4; registration required
4, 11, 18, 25 Healthy Together Meals—Hosted by Live Well Geary County at the Larry Dixon Center, 920 W. 6th, Junction City from 5:30 –6:30pm. Free hot and healthy meals offered to seniors.

Mark your calendars for the 2022 Geary County Free Fair July 17—21, 2022



‘Like’ us on Facebook for the latest news from **Geary County K-State Research and Extension**, including health, wellness, and financial tips. <https://www.facebook.com/gearycountyextension/>