

# DIVISION OF EXTENSION: MENOMINEE COUNTY/NATION

TIPS TO HELP US THROUGH COVID-19

18JUNE2020 ISSUE #9

## CRUSTLESS SPINACH PIE

Chelsey LaTender,  
FoodWise Educator

### Ingredients:

- ¼ cup butter or margarine
- 3 eggs
- 1 cup flour
- 1 cup low fat milk
- 1 teaspoon garlic powder
- 1 teaspoon baking powder
- 12 ounces cheese, shredded
- 4 cups chopped, fresh spinach

### Instructions:

1. Preheat oven to 350 degrees
2. Melt butter or margarine in 9X13 3. inch pan
3. Beat eggs well, add flour, milk, garlic powder and baking powder. Add to the 9X13 inch pan. Stir in cheese and spinach
4. Bake for 35 minutes. Serves 6.

\*\*Note- can add chopped chicken, or different vegetables as well.

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## STAY AT HOME TIPS: WHAT TO DO IF YOU ARE A FAMILY CAREGIVER

Dawn Doperalski,  
Health & Well-Being Educator

When we are practicing social distancing, it can feel like we are doing everything ourselves. It is normal to feel overwhelmed or burdened. How can you cope with this new mode of living in a way that maintains your well-being?

### ***Acknowledge your feelings***

This is a challenging time for caregivers. Whether you live with the people you care for or live apart, you may have more stress than usual. It is OK to acknowledge your feelings, good and bad.

### ***Develop a plan***

Post a contact list on your fridge or near your phone. If you have a smartphone, program these numbers into your phone and take a picture of your contacts so you have them all in one place:

- Doctors' names and phone numbers
- Family contacts
- Other frequently called numbers, such as the pharmacy

### ***Know what to do if you or someone in your household becomes ill***

- If you do not live with the person you care for, call or text every day if they become ill or feel unwell. If they need medical care or advice, they should call their doctor.
- Create a support system and back-up plan. Who will care for your loved one if you become ill? How will you tell them you need their help? How will you communicate what you need them to do?

### ***Take good care of yourself***

- Get enough exercise, sleep, and fresh air to feel healthy and well.
- Recognize when you can take a break and recharge. Can you take time for yourself while your loved one naps, talks on the phone, or enjoys a television show? What will leave you feeling relaxed, refreshed, or energized?
- Reach out to friends and family for support.

E-mail [dawn.doperalski@wisc.edu](mailto:dawn.doperalski@wisc.edu) for additional tips on taking caring of yourself!



## HOW TO MAKE A KITE FROM A RECYCLED PLASTIC BAG

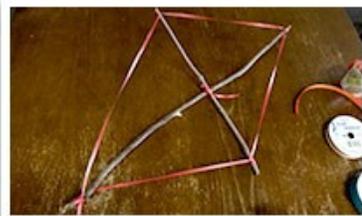
Sofie Teller,  
Positive Youth Development Educator

### Supplies:

- Scissors
- String
- Glue
- Two thin sticks
- Ribbon
- Ruler
- Tape
- Marker

### Directions:

1. Gather two sticks (long and short)
2. Make a cross like shape with the sticks securing the sticks together using the string and glue.
3. Connect each point with the ribbon (see picture)
4. Cut the plastic handles off of your bags creating a flat sheet.
5. Using a ruler & marker, trace the plastic bag about one inch outside of the kite shape.
6. Fold the plastic bag along the edges of your sticks and secure with tape and glue. (see picture)
7. Using the ribbon you want to attach the fly line by tying ribbon on each end of the kite
8. Lastly, tying all four ribbons together, tie a long ribbon string to the four connected ribbons.
9. Using the other plastic bag, attach a tail to your kite, and you are now ready to take it out for a test flight



## STAKING YOUR GARDEN PLANTS

Jennifer K. Gauthier,  
Community Extension Educator

Hopefully everyone has planted their seeds and start plants in their home gardens. Tomatoes, cucumbers, and beans should be at least 5-6" high by now. These plants can spread and grow throughout your garden and can take up lots of space. To save space, consider staking. Staking can also improve your vegetable harvest, help with pest management, help with weeds, and make harvesting easier. Now is good time to stake tomatoes, beans, and cucumbers as their root structure is still small. If you wait until plants are bigger, you may damage the roots. Here are some tips for staking:

- **Length & Material.** Use 5-6 feet long stakes. These can be wood, PVC pipe, bamboo stakes, wood fence posts and can be store bought or items you find around the home. If using wooden stakes, make sure the wood is untreated.
- **Tripod/Teepee.** One method to stake is to create a tri-pod or teepee structure with three stakes. Hammer stakes into the ground. Tie up the structure at the top to provide support. Once the structure is set up, tie garden twine or cordage to one stake at the bottom of the teepee, and wrap the twine/cordage tightly around each stake until you reach the top of the teepee. This creates a structure for your tomatoes, cucumbers, and pole beans to climb.

These are just a few tips to help you have a great garden season. To learn more, read "Trellising, Staking, and Caging—Vertical gardening techniques for vine-type vegetables" which can be accessed here:

<https://learningstore.extension.wisc.edu/>

Enjoy watching your plants grow and visit them often.

Information adapted from: Tomesh, R. (2011). Trellising, staking, and caging—vertical gardening techniques for vine-type vegetables. Board of Regents of the University of Wisconsin System



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