

EVENTS THIS WEEK

FARMER'S MARKET

Come to the Farmer's Market! Tuesday from 2:30 to 6:30PM outside the medical school entrance. Cash only.

WORKSHOPS

Quick & Healthy Dinners

Tuesday, 7/18/06
Noon-12:30 PM
S1-123

Wednesday, 7/19/06 11:30 AM - Noon
S1-123

WALKS

Meet with other walkers at the Step Ahead Information Center every day at noon.

To purchase a pedometer, visit the Step Ahead office at S7-746.

EXPLORING THE TRAILS OF WORCESTER

Central Massachusetts is filled with walking, hiking, and biking trails. Here are some of our favorite places in and around Worcester.

Broad Meadow Brook Conservation Center and Wildlife Refuge

Worcester

www.massaudubon.org

Part of Massachusetts Audubon Society, it offers hiking trails and programs, even yoga classes!

Green Hill Park

Worcester

www.ci.worcester.ma.us

Built on one of Worcester's seven hills near UMASS, this city park has over 480 acres with a variety of recreational activities.

Massachusetts Central Rail Trail, Wachusett Greenways Section

www.wachusettgreenways.org

There are 9 sections of the rail trail around Worcester, great for walking, hiking and biking. Some trails are smooth enough for strollers and bicycles, while others have more hills and a rougher terrain.

Wachusett Mountain

Princeton

www.wachusett.com

Located north of Worcester, Mount Wachusett has trails and roads for walking, hiking, biking and, of course, skiing.

Wachusett Meadow Wildlife Sanctuary

Princeton

www.massaudubon.org

Part of Massachusetts Audubon Society, it has programs and trails.

Wachusett Reservoir

West Boylston, MA

There are miles to hike around Boston's water source.

Midstate Trail

<http://www.midstatetrail.org>

The 92 mile hiking trail extends from the border of New Hampshire to Rhode Island.

Blackstone Valley Heritage State Park

Uxbridge

www.mass.gov/dcr/parks/central/blst.htm

There are 1000 acres to walk, hike, canoe and picnic.

Enjoy!

Recipe of the Week

Blueberry Cobbler

Filling:

3 cups Fresh or frozen blueberries
2 Tbsp Sugar
1 Tbsp Cornstarch
1 tsp Lemon rind

Topping:

3/4 cups All-purpose flour (or 1/2 cup whole wheat and 1/4 cup white flour)
1 Tbsp Sugar
1/2 tsp Baking powder
1/4 tsp Salt
1/4 tsp Baking soda
3 Tbsp Chilled trans-fat free margarine (such as Smart Balance or Promise Buttery Spread), cut into small pieces
1/2 cup Non fat vanilla or plain yogurt or (fat free sour cream)

- Preheat oven to 350 degrees.
- Prepare filling: combine first 4 ingredients in a 8-9 inch baking dish.
- Prepare topping: Combine flour, sugar, baking powder, salt and soda in a large bowl. Add margarine pieces; mix with a couple of forks until mixture resembles coarse meal.
- Stir in yogurt (or sour cream) to form a soft dough.
- Drop dough by spoonfuls on blueberry filling to form 6 dumplings.
- Bake for 30 minutes or until filling is bubbly and dumplings are lightly browned (may take a bit longer if using frozen berries)

Makes: 6 servings

Nutritional Information:

Calories: 186 Total Fat: 5.25g
Saturated Fat: 1g Cholesterol: 1.8g
Carbohydrates: 33g Fiber: 2.2g

Tip of the Week

Choose nuts as a snack, on salads, or in main dishes. Add slivered almonds to steamed vegetables. Add toasted peanuts or cashews to a vegetable stir fry. Add walnuts or pecans to a green salad. www.mypyramid.gov

To learn more about Step Ahead visit www.stepaheadprogram.com