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SWOSU BULLDOG WELLNESS


Newsletters

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SWOSU Bulldog Wellness Committee

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SWOSU

Bulldog Wellness

March 2023





Spring into Action with Your Health

March is nationally known for St. Patrick's Day ... the Leprechaun, a black pot filled with gold coins at the end of the rainbow, and the famous green beer.



What is less known? March is Colorectal Cancer Education & Awareness Month.

Colorectal Cancer is the 3rd most common cancer diagnosed and the 2nd leading cause of cancer related death. Since we are all affected, it is recommended that we begin screening at age 45 and most insurances cover 100% of the expense.

<h1>COLON CANCER AT-A- GLANCE</h1>	 <p>#2 leading cause of cancer deaths among men and women in the U.S.</p>	 <p>1 in 20 average individual risk</p>
 <p>90% of new cases occur in people 50 or older</p>	 <p>2 - 3 Times greater risk of developing colon cancer with family history</p>	 <p>1+ Million current colon cancer survivors in the U.S.</p>

Time to plan your garden!!

ShapeYourFutureOK.com TSET

OKLAHOMA GARDEN VEGGIE CHEAT SHEET

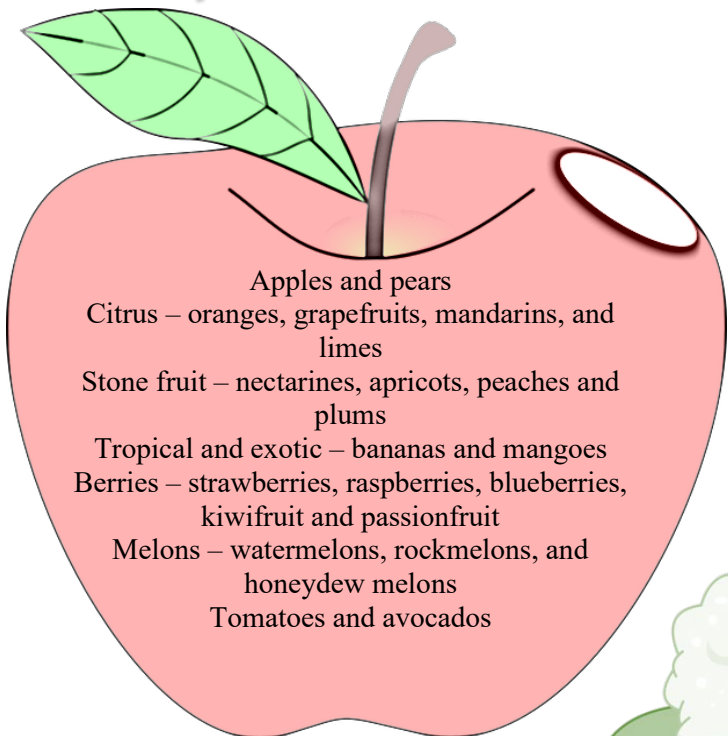
VEGGIE OR FRUIT	WHEN TO PLANT IT	DAYS UNTIL HARVEST
CABBAGE	February 15 - March 10	60 - 90
CARROTS	February 15 - March 10	70 - 90
CAULIFLOWER	February 15 - March 10	70 - 90
SWISS CHARD	February 15 - March 10	40 - 60
LETTUCE, HEAD	February 15 - March 10	60 - 90
LETTUCE, LEAF	February 15 - March 10	40 - 70
ONIONS	February 15 - March 10	60 - 120
IRISH POTATOES	February 15 - March 10	90 - 120
SPINACH	February 15 - March 10	50 - 70
TURNIPS	February 15 - March 10	50 - 60
GREEN PEAS	February 15 - March 10	60 - 90
BEETS	March	50 - 70
BROCCOLI	March	80 - 90
RADISHES	March 1 - April 15	25 - 40
SWEET CORN	March 25 - 30	80 - 100
ASPARAGUS	April or November	N/A
CUCUMBERS	April or Later	50 - 70
OKRA	April or Later	60 - 70
SUMMER SQUASH	April or Later	40 - 60
PUMPKINS	April - June	90 - 120
GREEN BEANS	April 10 - 30	50 - 60
TOMATOES	April 10 - 30	70 - 90
EGGPLANT	April 10 - 30	80 - 90
LIMA BEANS	April 15 - 30	90 - 120
WATERMELON	May 1 - 20	90 - 120
CANTALOUPE	May 1 - 20	80 - 100
SWEET POTATOES	May 1 - June 10	80 - 90
WINTER SQUASH	May 15 - June 15	110 - 125



Benefits of Fresh Produce

- **Lowers blood pressure**
 - Green leafy vegetables contain potassium, which helps your kidneys filter sodium out of your body.
- **Lowers risk of heart disease**
 - Green leafy vegetables contain vitamin K, which prevents calcium from building up in your arteries.
- **Reduces the risk of stroke**
- **Prevents some types of cancer** – bowel, stomach, and throat cancers.
- **Lowers risk of eye problems**
- **Improves digestive problems**
 - Vegetables are a good source of dietary fiber, which helps pass food through your digestive problems.
 - Fiber shows to improve the absorption of vitamins and minerals, which can raise your energy levels.
- **Positively effects on blood sugar**
- **Reduces obesity**
- **Helps maintain a healthy weight**
- **Lowers Cholesterol**

Types of Fruit



Types of Vegetables

