

Agriculture Adventures for Families



Take some time this month to gather with friends and family (unlike last year at this time) and throw something delicious on the grill. After all, July is National Grilling Month! Here are a few fun facts about grilling. Weber’s founder, George Stephen, invented the kettle grill in 1952 which was inspired by the shape of a buoy. 70 percent of Americans own a grill or a smoker! Enjoy some recipes and more in this month’s Ag Adventures.



July is National Grilling Month



Starting on the 4th of July and continuing all summer long, grilling is enjoyed here in Cook County and throughout the country. Whether you are hosting a backyard barbecue, a party at the lake, or a family reunion at a campground all become places to create delicious meals on gas grills, charcoal grills, or even outdoor pizza ovens! Beef is a popular choice to toss on the grill and provides more than 10 essential nutrients.

Here are a few ways to add variety to your outdoor gathering:

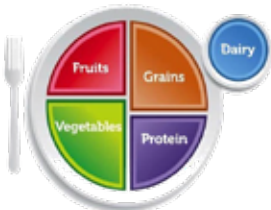
Moove beyond beef and consider pork, turkey, chicken, or some of the many plant-based alternatives that are widely available. Experiment with seasonings, rubs and marinades to see what appeals to your family and friends. Tips for your grilling include being sure to preheat your grill, using a meat thermometer to test for doneness, and letting foods rest after removing from the grill.



Another protein option to consider is grilled fish. Fish steaks can be cooked directly on the grill skin side up or down (your choice) while thinner filets tend to do best placed on foil or planks to avoid falling apart.

Grilling provides a great way to experience vegetables and fruits and get the family involved as you skewer them together.

Choose a variety of colors and textures such as tomatoes, peppers, mushrooms, and zucchini. Add some fruits as well like pineapple, peaches, plums and bananas for a delicious addition to a scoop of ice cream!



Expand taste buds and throw some interesting choices onto your grill. Let’s look at the USDA MyPlate® to see what you can grill easily from the five food groups! Can you match the foods below with the correct MyPlate category?



Answers: Steak-Protein, Cheese-Dairy, Pineapple-Fruits, Bun-Grains, Shrimp-Protein, Onion-Vegetable

What is a librarian's favorite thing to grill during the summer?



A shhhhh-kabob



Pizza night can be healthy and fun on the grill! Prepare your crust in a pan and place it on the back of the grill with a layer of sauce to start cooking while you grill veggies to put on top. Small meat cuts can be quickly cooked then cut up as toppings, then you can cover the entire thing with cheese and close the lid of the grill to finish it off.

For Rules for Perfectly Grilled Pizza, go to <https://www.foodandwine.com/news/grilled-pizza-rules-tips>

July Word Search

A	O	S	N	J	X	E	P	P	E	P	Q	P	L	W
F	R	U	I	T	S	C	I	Q	J	R	R	T	L	X
R	Q	B	T	K	H	M	Z	O	D	O	I	Q	I	K
G	P	T	D	E	Y	N	Z	L	T	R	L	F	R	A
F	I	M	E	U	K	D	A	E	D	O	O	W	G	E
G	Y	S	V	T	X	K	I	U	S	H	B	P	X	T
Z	E	K	N	M	I	N	B	E	O	I	K	X	K	S
C	H	I	C	K	E	N	I	Y	N	U	V	G	W	F
O	S	E	H	X	E	G	W	S	I	T	F	Y	H	X
F	V	T	G	S	G	V	R	H	O	S	M	I	T	Z
P	L	I	W	E	N	E	L	G	N	I	O	P	S	F
O	M	A	V	W	G	I	M	O	S	O	U	P	F	H
W	H	N	V	R	L	O	A	V	Y	R	I	A	D	Q
O	V	Q	U	O	O	A	L	R	S	V	H	Z	C	U
T	F	B	T	I	R	C	K	V	G	T	T	F	P	N

Burgers

Cheese

Chicken

Dairy

Fish

Fire

Flavor

Fruits

Grains

Grill

Onions

Pizza

Protein

Steak

Veggies

Wood

Name: _____

Phone #: _____

Membership #: _____
(Membership # is located on front of paper)

If you were to win, check your preference:

___Beggar's Pizza GC ___HRI GC ___3 Movie Tix

(If a choice is not made, movie tickets will be sent)

Deadline is the 20th of each month.

Choose your prize:

Choices include a \$25 Beggar's Pizza Gift Card, a \$25 Home Run Inn Gift Card, OR *3 AMC Movie Tickets *AMC Yellow tickets not valid in California, New York & New Jersey .

Complete the Word Search puzzle for your chance to win! Winners will be contacted by mail.

Mail to: Cook Co. Farm Bureau
Ag Adventures Word Search
6438 Joliet Rd
Countryside, IL 60525
Fax to: 708-579-6056
Email to: FBcooperator@gmail.com

Complete and submit an entry every month all in 2021 and your name is automatically entered into an "End of Year" drawing for a gift basket full of ag themed goodies.

Good luck!

Last Month's Word Search Winner Is...



Alice Vogel