



You want it all, healthy options and sweet indulgence; wholesome ingredients and luscious, decadent flavor. Berries provide all of this and more. Besides the striking colors and popular flavors, berries are loaded with nutrients including powerful disease fighting antioxidants.

Want to stop aging, live longer, and keep your mind sharp? Make berries a habit — and plan to add this one food to your diet this season! Researchers are recommending adding ½ cup of berries to your diet every day – a far cry from our current average intake of about 2½ cups a year.

Calorie for calorie, luscious berries have recently emerged as the single most ferocious food in the supermarket at halting the forces that age you. Even the scientists who study berries are excited! Read on, and you will be too.

**Blueberries
& Comparable Choices**

Strawberries
Raspberries
Blackberries

Cranberries
Purple Grapes
Cherries

. . . and all other varieties of fresh, frozen, or dried berries.

Source - SuperFoodsR by Steven Pratt, MD & Kathy Matthews

Antioxidants

Every second of your life, your cells are bombarded by dangerous particles called free radicals. In a split second, they can alter your DNA in ways that cause cancer. Or change low-density lipoprotein cholesterol (the bad cholesterol) so it sticks to artery walls. Or damage collagen and make skin wrinkle-prone. Over time, changes such as these accelerate your aging.

Fortunately, you can fight back. The trick is to load your diet with antioxidants – the natural zappers of free radicals – by eating lots of fruits and vegetables.

The results looked "berry" good for berries in 2004 when the United States Department of Agriculture (USDA) researchers released a list of the top 20 antioxidant-rich foods in a study of over 100 commonly consumed foods tested. The most exciting news about berries is their abundant anti-cancer and anti-aging benefits! Our bodies need antioxidants to protect us from diseases such as cancer and heart disease.

In the USDA study, wild blueberries, cultivated blueberries, cranberries, blackberries, raspberries and strawberries took six of the top 11 spots. Here's the complete top 20 list – from highest to lowest in antioxidant activity – based on serving size:

1. Small red beans, (dry, cooked), 1/2 cup
2. **WILD BLUEBERRIES**, 1 cup
3. Red kidney beans, (dry, cooked), 1/2 cup
4. Pinto beans, (dry, cooked), 1/2 cup
5. **BLUEBERRIES** (Cultivated), 1 cup
6. **CRANBERRIES**, 1 cup whole
7. Artichokes (cooked), 1 cup hearts
8. **BLACKBERRIES**, 1 cup
9. Prunes, 1/2 cup
10. **RASPBERRIES**, 1 cup
11. **STRAWBERRIES**, 1 cup
12. Red delicious apples, 1
13. Granny Smith apples, 1
14. Pecans, 1 ounce
15. Sweet cherries, 1 cup
16. Black plums, 1
17. Russet potato, (cooked), 1
18. Black beans (dry, cooked), 1/2 cup
19. Plums, 1
20. Gala apples, 1

"Just like rust on a car, oxidation can cause damage to cells and may contribute to aging," states the American Dietetic Association. Antioxidants may help increase our immune function and protect against cancer and heart disease. They function by neutralizing the damaging effects of free radicals that form during cell metabolism as oxygen is burned.

In identifying these foods, researchers cautioned that the antioxidant activity in the laboratory may differ from the antioxidant activity in the body. Absorption capacity may vary, and cooking processes may affect antioxidant levels. For example, cooking increased the antioxidant content of tomatoes but decreased levels in carrots. Foods that didn't make the top 20 for antioxidant activity may still be a source of other health benefits.

Foods offer advantages over supplements in supplying antioxidants. They may provide compounds that offer benefits of which we're presently unaware. Foods also may contain additional substances that work with antioxidants to make them effective.

The American Heart Association (AHA) states, "At this time, the scientific evidence supports a diet high in food sources of antioxidants and other heart-protecting nutrients, such as fruits, vegetables, whole grains and nuts instead of antioxidant supplements to reduce the risk of CVD (coronary vascular disease)."

Phytochemicals

Phytochemicals are naturally occurring antioxidants in plants that add flavor, color pigments and scent, and they are abundant in all types of fruits and vegetables, particularly berries.

The pigments that give berries their rich red to blue, black and purple colors are a type of phytochemical that has been shown to have significant disease-fighting, cell-protecting antioxidant capacity.

Phytochemicals help:

- prevent cancer
- prevent heart disease
- prevent diabetes
- prevent high blood pressure
- possibly reverse the effects of aging by improving memory and motor skills

What else is in berries to help me?

Vitamin C aids in fighting off foreign invaders (germs) and is vital to the production of collagen, which is involved in the building and health of cartilage, joints, skin and blood vessels. Vitamin C also helps protect the fat soluble vitamins A and E as well as fatty acids from oxidation. Also, vitamin C aids in neutralizing pollutants; is needed for antibody production; and, has natural antihistamine properties.

Fiber helps protect against colon cancer and lowers your risk of heart disease by lowering LDL cholesterol levels. Fiber also regulates a person's diabetes sugar levels and controls appetite by creating a feeling of fullness.

Blueberries

Blueberries are available fresh, dried and frozen, so they can be enjoyed year round. As the health benefits have become widely known, availability of blueberries has increased. Frozen blueberries can be found in almost every supermarket. Loose pack frozen blueberries are available year round, and you can use them in any recipe that calls for fresh blueberries. Since they are prewashed, they can be used right from the package. 100% blueberry juices are also easy to find in the supermarket.

Fresh blueberries are available year round but are least expensive from May through September, when the supply comes from the US and Canada. Fresh blueberries in season may be cultivated or wild. The wild blueberries are only grown in the cool climates of the northern United States. Cultivated blueberries are more widely available. Wild blueberries are smaller with more intense flavor. In Texas, June is the peak season when Texas grown blueberries are available in the supermarkets and farmers markets at great prices.

When buying fresh blueberries, look first at the place of purchase and how they store and care for their blueberries. The berries should be kept cold and dry to maximize their shelf life. Top quality blueberries are plump with a deep blue color and a pale protective "bloom" that protects the berries from spoiling. Reddish blueberries are not ripe and will have a bitter taste due to the low sugar content. (Blueberries will not continue to ripen after they are harvested.) Overripe blueberries will be soft and may have a wrinkled appearance. Shake the container before buying, if they do not all move freely it could be that some are molded or crushed. Purchase packaged fruit in clear

containers to check the fruit on the bottom.

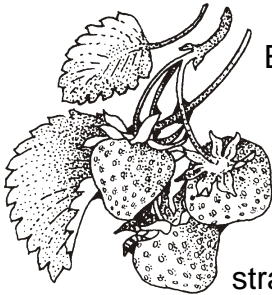
Fresh blueberries are delicate and deserve care. They should be washed briefly but only just before you are going to use them. If you are going to store them in the refrigerator, discard any moldy or crushed fruit first. They will store in the refrigerator for a week in a container that allows air to circulate.

Blueberries freeze well. To keep them from sticking together, scatter the blueberries on a cookie sheet and put them in the freezer. Do not wash before freezing. Once frozen, the berries can be put in airtight bags or closed containers for storage.

Favorite Ways to Eat Blueberries

- Sprinkle berries and granola on yogurt
- Mix frozen berries into hot oatmeal
- Toss onto cold cereal
- Whip into a smoothie with yogurt, banana, ice, and nonfat milk
- Drop some onto pancakes just before turning them
- Nibble from a big bowl of fresh berries

Strawberries



Everybody loves strawberries, and what's not to love? They are so sweet tasting you can eat them by the handful, they are a hallmark of Spring, and they are nutritionally great for you. Today, the bulk of the U.S. strawberry crop is grown in California. Texas has strawberry producers in South Central Texas with their peak season hitting in mid April. Poteet is the Strawberry Capital of Texas ... with most of the crop being sold to the Bluebell Ice Cream company in Brenham for producing a popular flavor – “Homemade Vanilla with Strawberries”. Sweet Texas strawberries are also grown in East Texas in May. Homegrown East Texas strawberries are available mainly at pick-your-own operations, roadside stands and a few supermarkets.

Look for bright red, fully ripe, fragrant strawberries with fresh green tops. Avoid berries that are white around the stem or are lacking aroma. Large berries are so appealing, but remember the smaller ones may have more flavor.

Strawberries in containers can easily bruise and mold, so scan them carefully before adding them to your shopping cart. Also, stains on a strawberry carton may be a

sign that some of the berries are overripe.

When you get home, liberate your strawberries. They keep best arranged in a single layer on a tray lined with a paper towel in the refrigerator. For maximum delight, gobble them up within a day or two. Wait until you're ready to eat the strawberries before cleaning. Wash quickly, pat dry, then cut off the stem end or hull.

For long term storage of strawberries, individual quick freezing is recommended. This will minimize the "mushiness" associated with freezing the berries. Strawberries can be frozen and safely kept for up to 1 year. Choose firm, ripe berries; wash in ice water before hulling. Carefully drain well on several layers of paper towels first. Then place the berries on flat trays in a single layer, well spaced out, and put into the coldest part of the freezer (the colder the better). When frozen, store in quart or pint containers or place in heavy freezer bags, tightly sealed. If freezer bags are used, try to suck out as much air as possible to minimize freezer burn. Seal, label and date. These berries can be used individually for special desserts, on cereals or as ice cubes in fancy drinks.

Favorite Ways to Eat Strawberries

- Sprinkle berries and granola on yogurt
- Add color and flavor to salads
- Top your favorite cold breakfast cereal
- An old faithful in many favorite desserts
- Fabulous on their own

Raspberries

There's no taste as sweetly subtle as a raspberry. Varieties are developed to bring you full flavored perfection and consistently beautiful berries. Picked by hand, raspberries are then carefully packed in clear protective packages to keep them field fresh and firm. Raspberries are delicate. The best tasting ones have been handled very carefully. Growers must baby these berries from hand picking to careful packing. Look for berries that are full and round, not flattened. The walls of a fine berry should be full and meaty, not skimpy. Superb raspberries have a hazy, soft "gloss".

Raspberries are very perishable. Proper handling is easy and will help to insure



that your

raspberries

remain fresh and delicious. Always refrigerate immediately. Do not wash your raspberries until you are ready to prepare and eat them. Moisture will hasten decay of your raspberries, so keep them dry in storage. Under ideal conditions, raspberries should keep for 1 to 2 days in the refrigerator. So for best results, plan to consume your berries as soon after purchase as possible.

Blackberries

Did you know that the word Blackberries is a generic term that covers a wide range of bush berries? Many types of bush berries are considered blackberries, including Loganberries; Boysenberries; Marionberries; and, Ollalieberries.

In May and June, wild blackberries are sold along Texas highways. Small plots of cultivated blackberries are also scattered throughout the state. In East Texas, production has grown so much in recent years that blackberries are now available in supermarkets in many Texas cities.

Choose fruit that is dry, clean, plump, bright and well-colored. Avoid leaky, soft or dull berries or those with caps still attached. Look for blackberries that look ALIVE! Fresh blackberries actually sparkle. And they look moist and fresh, like a fine fresh berry should.

Blackberries are delicate and should be handled with care. Purchase berries packaged in a clear container so you can check the quality of the berries on the bottom. Discard any soft berries and wash only what you are ready to use. Fresh berries will keep refrigerated for up to 3 days.

Berries are the delicious, nutrition solution!

	Blueberries	Strawberries	Blackberries	Raspberries
Amount	1 cup	8 medium	1 cup	1 cup
Calories	80	45	60	60
Carbohydrate	21g	12g	14g	15g
Vitamin C*	25%	160%	50%	50%
Fiber*	14%	16%	32%	32%
ORAC Value*	5486	3520	4654	2789

*Vitamin C & Fiber — % of day's RDA

*ORAC — The Oxygen Radical Absorbance Capacity (ORAC Value) of foods is a measurement of the antioxidant levels. The higher the ORAC Value, the more antioxidants in the food.

Sources:

SuperFoods by Steven Pratt, MD & Kathy Matthews

University of Nebraska Cooperative Extension (lancaster.unl.edu/food)

<http://www.texasblueberries.com>

<http://www.driscolls.com>

<http://www.agr.state.tx.us/picktexas>



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It's the Berries!

Recipes using Blueberries, Strawberries, Blackberries & Raspberries

Emily Nichols
Rockwall County Extension Agent
Family & Consumer Sciences

Bundt Cake

- 1½ cups fresh blueberries
- 2 Tablespoons flour
- 1 lemon cake mix
- 1 cup sour cream
- 4 large eggs

Grease and flour Bundt pan. Sprinkle flour over blueberries. Combine dry cake mix and sour cream. Add eggs, one at a time, beating at low speed. Beat at medium speed until smooth. Fold in blueberries. Bake at 350°F for 45 minutes. Cool on rack for 15 minutes. Remove from pan.

Turkey Salad Vinaigrette with Fresh Raspberries

- 3 Tablespoons vegetable oil
- 3 Tablespoons raspberry vinegar
- 4 teaspoons white sugar
- 1 teaspoon poppy seeds
- ½ teaspoon dry mustard
- ¼ teaspoon garlic powder
- 8 leaves spinach, rinsed
- 1 head Boston lettuce - cored, washed & separated
- ¾ lb. honey roasted turkey breast, sliced
- 2 nectarines, pitted & sliced
- 8 ounces fresh raspberries
- ¼ cup chopped walnuts

In a small bowl combine the oil, vinegar, sugar, poppy seeds, mustard powder and garlic powder. Cover and refrigerate for 1 hour or more. For each serving, arrange 2 spinach leaves and Boston lettuce leaves on a salad plate. Top the leaves with 3 ounces of sliced turkey and 4 slices of nectarine. Sprinkle ¼ cup of raspberries and 1 tablespoon of the walnuts over the turkey and greens. Drizzle each serving with approximately 2 tablespoons of the reserved dressing. Makes 4 servings.

Fresh Blueberry Pie

- 1 (9 inch) unbaked pie shell

- ⅓ cup flour
- ½ cup sugar
- ½ teaspoon cinnamon
- 4½ cups fresh blueberries
- 1 Tablespoon lemon juice
- ½ cup firmly packed brown sugar
- 1 cup flour
- ½ cup margarine or butter

Combine flour, sugar, cinnamon and blueberries. Mix well and place in pie shell. Drizzle top with lemon juice. Combine brown sugar and flour. Cut in butter until mixture resembles coarse meal. Spread topping over berries. Bake for 30 minutes at 425°F, then cover with foil and continue baking for 20 minutes.

Blueberry Cinnamon Pancakes

- 2 cups sifted flour
- 3 teaspoons baking powder
- ¼ cup sugar
- 1 teaspoon salt
- ½ teaspoon cinnamon
- 1½ cups milk
- ¼ cup shortening, melted
- 2 lightly beaten eggs
- 1¼ cups fresh blueberries

Mix flour, baking powder, sugar, salt and cinnamon. Add milk, shortening and eggs. Mix lightly and fold in blueberries. Spoon batter onto lightly greased hot griddle. Cook on both sides, turning once.

Molten Chocolate Cakes with Sugar-Coated Raspberries

- 1 cup unsalted butter or margarine
- 8 ounces semi-sweet chocolate chips
- 5 large eggs



½ cup sugar
Pinch of salt
4 teaspoons flour

Garnish: 1 (6 ounce) container raspberries, barely moistened and rolled into ½ cup sugar right before serving.

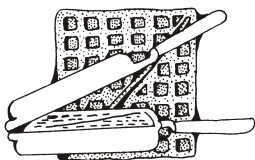
NOTE: Batter can be made a day ahead – return to room temperature 1 hour before baking.

Melt unsalted butter and chocolate in a medium heat proof bowl over a saucepan of simmering water; remove from heat. Beat eggs, sugar, and salt with a hand mixer in a medium bowl until sugar dissolves. Beat egg mixture into chocolate until smooth. Beat in flour until just combined. Heat oven to 450°F and adjust oven rack to the center. Line muffin tin with muffin cups. Spray muffin cups with vegetable cooking spray and divide batter among muffin cups. Bake until batter puffs but the center is not set; 8 to 10 minutes. Carefully lift cakes from tin and set on counter top. Pull papers away from cakes and transfer cakes to dessert plates. Top each with sugared raspberries and serve immediately. Makes 12 small cakes.

Buttermilk Blueberry Waffles

1½ cups instant oatmeal
1½ cups flour, sifted
2 teaspoons baking powder
2 Tablespoons sugar
2 cups buttermilk
3 eggs
1 teaspoon vanilla
⅓ cup oil
2 cups blueberries

Mix together oatmeal, flour, baking powder and sugar. Beat buttermilk, eggs, vanilla and oil. Add liquid to dry ingredients and stir until moistened. Fold in blueberries and spoon into preheated, lightly oiled waffle iron.



Blackberry Chocolate Chip Pie

1 double crust pie shell
¾ cup sugar

⅓ cup flour
¾ teaspoon cinnamon
4 cups blackberries
¾ cup semisweet chocolate chips
½ Tablespoon lemon juice

Preheat oven to 425°F. Place one of the pie crusts into the bottom of a 9-inch pie plate. In a bowl, mix together the sugar, flour and cinnamon. Gently stir in the blackberries and chocolate chips. Sprinkle with lemon juice and transfer to the pie crust. Place the remaining pie crust over the top and secure the bottom crust by pressing with a fork or fluting with your fingers. Bake for 35 minutes until the top is golden brown. Cool slightly before slicing.

Buttermilk Blueberry Muffins

1 cup flour
1 cup oats
⅓ cup brown sugar
1 Tablespoon baking powder
½ teaspoon salt
½ teaspoon baking soda
1 cup buttermilk
1 beaten egg
3 Tablespoons vegetable oil
1 cup blueberries

Mix together all the dry ingredients. Add buttermilk, egg and oil. Mix thoroughly. Fold in blueberries. Fill greased muffin cups ¾ full. Bake for 20 minutes at 425 °F. Makes 12 muffins.

Strawberries & Walnuts with Apricot Cinnamon Glaze

16 ounces fresh strawberries, rinsed, hulled & cut up
2 Tablespoons apricot jam
2 Tablespoons light brown sugar
1 teaspoon cinnamon
¼ cup chopped walnuts, toasted

In a small saucepan over medium heat, stir apricot jam until soft and warm. Set aside to cool. In small bowl, stir together brown sugar, cinnamon and walnuts. Combine strawberries and jam. Sprinkle with walnut mixture and toss to mix. Serve in dessert dishes. Makes 4 servings.

Blackberry Cobbler

½ cup butter
2 cups self-rising flour

2 cups milk
2 cups sugar
3½ cups blackberries

Preheat oven to 350°F. Melt butter in a 9X13 inch baking pan. In a medium bowl stir together the flour, sugar, and milk; batter will be slightly lumpy. Pour mixture on top of melted butter in baking pan. Do not mix butter and mixture together. Drop blackberries into batter; if more crust is desired add less blackberries. Bake for one hour or until golden brown. Serves 10.

Blueberry Gingerbread

½ cup butter
½ cup brown sugar, packed
1 cup molasses
1 egg
2½ cups sifted flour
1 teaspoon baking soda
1 teaspoon ginger
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon salt
1¼ cups fresh blueberries
1 cup hot water

Cream butter. Add sugar and molasses. Beat until light. Add egg and beat well. Sift dry ingredients together and use a small amount to coat berries. Add remaining dry ingredients alternately with hot water to first mixture, beating until smooth. Fold in floured blueberries. Bake in greased and floured 13x9 inch pan at 350°F for about 35 minutes. Serve hot or cold with blueberry sauce. Makes 9 servings.

Hot Spiced Blueberry Sauce

1 cup blueberries
¼ cup sugar
½ teaspoon cinnamon
¼ teaspoon nutmeg

Combine blueberries, sugar, cinnamon and nutmeg. Bring to boiling point. Boil 5 minutes, stirring occasionally. Serve hot. Delicious on ice cream or Blueberry Gingerbread.

Cinnamon Glazed Strawberries

2 Tablespoons sugar
1 Tablespoon butter

2 teaspoons lemon juice
½ teaspoon cinnamon
1 pound fresh strawberries, rinsed and hulled

In a medium saucepan, combine the sugar, butter, lemon juice and cinnamon. Cook and stir over medium heat until syrupy and thick. Remove from heat and add berries, tossing gently to coat each berry. Serve immediately over ice cream, pound cake or alone. Makes 4 servings.

Easy Blueberry Crunch

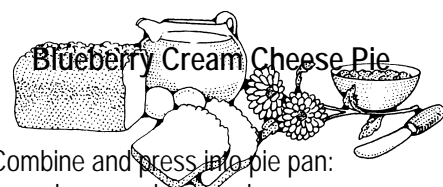
4 cups fresh blueberries
1 cup firmly packed brown sugar
¾ cup flour
¾ cup uncooked oats
½ cup margarine or butter, melted

Place blueberries in a 2 quart baking dish; spread out evenly. Combine remaining ingredients and sprinkle over blueberries. Bake for 45 minutes at 350°F.

Banana Blueberry Nut Bread

½ cup fresh blueberries
1½ cups sifted flour
¾ cup sugar
2¼ teaspoons baking powder
½ teaspoon salt
½ cup uncooked oats
2 eggs, beaten
⅓ cup melted shortening
1 cup mashed ripe banana
1 cup chopped nuts

Sprinkle 2 teaspoons of flour over the blueberries. Sift remaining flour with sugar, baking powder and salt. Stir in oats. Blend eggs, shortening and banana. Combine with dry ingredients. Stir in nuts. Fold in blueberries. Pour into greased and floured loaf pan. Bake in 350°F oven for one hour. Let cool 10 minutes. Remove from pan. Cool before slicing.



Shell: Combine and press into pie pan:
1¼ cups graham cracker crumbs

4 ounces lowfat cream cheese
¾ cup lowfat vanilla yogurt
1 teaspoon honey

2 teaspoons freshly grated lemon zest
2 cups fresh blueberries

Using a fork, break up the cream cheese in a medium bowl. Drain off any liquid from the yogurt, add yogurt to the bowl along with honey. Using an electric mixer, beat at high speed until light and creamy. Stir in lemon zest. Layer lemon cream and blueberries in dessert dishes.



Strawberry Sauce

3 Tablespoons butter
¼ cup coarsely chopped walnuts
3 Tablespoons brown sugar
2 cups fresh strawberries, washed and halved
3 Tablespoons grated semi sweet chocolate
¼ cup crumbled cookies

In medium skillet, melt butter until bubbly. Add walnuts; cook and stir briefly, just until nuts begin to color. Add brown sugar and stir for less than 30 seconds. Remove pan from heat. Add strawberries and chocolate. Quickly stir to coat berries and melt chocolate. Spoon over ice cream, custard pie or angel food cake. Sprinkle with crumbled cookies. Makes 4 servings.

Raspberry Ricotta Dip

½ cup ricotta cheese
3 Tablespoons plain yogurt
3 Tablespoons raspberry jelly
⅛ teaspoon vanilla extract
¼ cup fresh raspberries, lightly crushed with fork

Place all ingredients except fresh raspberries in blender or food processor. Process until very smooth. Add raspberries and combine. Refrigerate until well chilled and thickened. This is delicious served at breakfast on bagels or as a dip with fresh fruit. Makes 1 cup.

Nutty Blackberry Pie Bars

Crust:

½ cup butter
1½ cups flour

2 Tablespoons sugar

Filling:

1½ cups sugar
4 cups blackberries
¾ cup flour
½ teaspoon cinnamon

Topping:

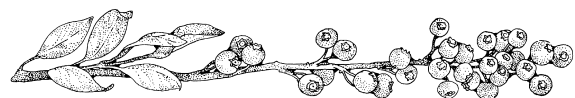
½ cup sugar
⅓ cup butter, softened
¾ cup flour
⅓ teaspoon cinnamon
⅓ cup finely chopped pecans

Melt ½ cup butter in 13X9 pan at 350°F. Add flour and sugar. Press into bottom of pan. Mix filling ingredients and pour over crust. Mix topping ingredients and sprinkle over filling. Bake at 350°F for 1 hour. Cool and cut into squares.

Mixed Berries in Sunshine Sauce

2 Tablespoons each of fresh squeezed lime, lemon and orange juice
3 Tablespoons sugar
3 to 4 cups mixed berries (blueberries, blackberries, raspberries and/or halved strawberries)

In a medium saucepan, combine juices and sugar. Cook and stir over medium high heat, until sugar is dissolved. Boil 2 to 3 minutes, until the sauce is reduced down to about ½ cup. Remove from heat and stir in berries to coat completely. Serve immediately in dessert dishes.



Berry Bonanza

Please complete this short evaluation form after completing the Berry Bonanza Click and Learn Course. Return to the Rockwall County Extension Office by:

- email – ednichols@ag.tamu.edu
- FAX – 972-204-7669
- Mail –Emily Nichols 1350 East Washington Rockwall, TX 75087

In December, the participants who submit a completed satisfaction survey will be eligible for a drawing for a free cookbook of their choice (valued at \$25.00).

Overall, how satisfied are you with the online method of receiving information?

- ☐ Not at all ☐ Slightly ☐ Somewhat ☐ Mostly ☐ Completely

How satisfied are you with the content of the Berry Bonanza Click and Learn Course?

1. Accuracy of information

- ☐ Not at all ☐ Slightly ☐ Somewhat ☐ Mostly ☐ Completely

3. Helpfulness of the information for you and your family

- ☐ Not at all ☐ Slightly ☐ Somewhat ☐ Mostly ☐ Completely

4. Length of the information given in the Click and Learn Course

- ☐ Not at all ☐ Slightly ☐ Somewhat ☐ Mostly ☐ Completely

5. Quality of course materials

- ☐ Not at all ☐ Slightly ☐ Somewhat ☐ Mostly ☐ Completely

What additional information in this subject area would be helpful to you?

Name and Address or Phone Number (so we can contact you after the drawing for prizes):