



Harvest of the Month

October 08

Health and Learning Success Go Hand-in-Hand

National School Lunch Week takes place the second week of October. Children who eat school meals usually like and eat more fruits and vegetables. Studies show that students who eat more fruits and vegetables and get regular physical activity often perform better in the classroom. Encourage eating school meals and help put your child on the road to health and learning success.

The **Harvest of the Month** featured produce is



winter
squash

Produce Tips

- Squash are members of the gourd family. Winter squash have hard shells, inedible skins and large seeds.
- Some varieties include pumpkin, butternut, acorn, spaghetti, banana, kabocha and turban squash.
- Choose squash that are firm, heavy for their size and have dull skins (not shiny). Winter squash should be hard without cracks or soft spots.
- Store uncut winter squash in a dark, cool, dry place (about 50–60 F). They can keep up to three months.
- Once cut, squash can keep about one week when wrapped and refrigerated.
- Thin-skinned varieties, like acorn or butternut, can be peeled with paring knife or vegetable peeler.
- Thicker-skinned varieties, like turban, may require a heavy knife to split open.

LATIN AMERICAN MIXED VEGETABLES

Ingredients:

(Makes 6 servings at 1 cup each)

- 1 **tablespoon vegetable oil**
- 1 **yellow onion, sliced**
- 1 **clove garlic, diced**
- 1 **or 2 winter squash, chopped**
- 1 **zucchini, sliced**
- 1 **green pepper, strips**
- 1 **(14-ounce) can tomatoes, diced**
- 1 **teaspoon cilantro**

1. Heat oil. Add onion and garlic and sauté for 5 minutes.
2. Add squash and zucchini. Sauté until crisp-tender.
3. Add remaining ingredients.
4. Simmer until hot. Serve warm.

Adapted from: *A World of Healthy Foods*, West Virginia Department of Education, 1997.

Let's Get Physical!

- Be a role model. Studies show that children who see their parents having fun and being active are more likely to stay active their entire lives.
- Instead of a coffee break, take a brisk 10 minute walk. Encourage your child to be active at recess.
- Enjoy a bike ride with your child.
- Find a local pumpkin farm and take a family walk through the fields. Talk about how pumpkins grow.

For new ideas, visit:

www.kidtribe.com

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Nutrition Facts

Serving Size: 1 cup, cooked, cubes
(205g)

Amount per Serving

Calories 76 Calories from Fat 6
% Daily Value

Total Fat 1g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 2mg **0%**

Total Carbohydrate 18g **6%**

Dietary Fiber 6g **23%**

Sugars 7g

Protein 2g

Vitamin A 214% Calcium 5%

Vitamin C 33% Iron 5%

Source: www.nutritiondata.com

Helping Your Child Eat Healthy

- Bake, boil, steam, sauté or microwave winter squash. Use it in stews, soups, salads, dips, breads and even pies.
- Sample different varieties of winter squash to find out your family's favorite. (See Produce Tips for varieties.)
- Varieties with darker yellow/orange flesh are more nutritious than lighter colors. (Hint: Butternut is more nutritious than spaghetti squash.)
- Add winter squash to your family's favorite soup or casserole. Ask your child to help you make it.

For more ideas, visit:

www.cachampionsforchange.net

How Much Do I Need?

A serving of cooked winter squash is about one cup cubed. This may be too much for most children. Try serving a smaller amount to help them reach their total amount of fruits and vegetables for the day.

Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.



Kid-Friendly Recipes

October 2009

Pumpkin Seeds

Ingredients

- 1 large pumpkin
- 1 teaspoon salt

Directions

1. Extract seeds from pumpkin and discard the pulp.
2. Thoroughly wash seeds in warm water.
3. Spread the seeds out onto a cookie sheet and sprinkle with salt.
4. Put into the oven and bake at 350° for approximately 20 minutes.
5. Check every five minutes and stir.
6. The seeds are done if the insides are dry.
7. Allow seeds to cool before serving.

Makes approximately 10 servings (1/4 cup each)

Recipe adapted from: www.pumpkinnook.com/cookbook/recipe03.htm#vary

Baked Acorn Squash

Ingredients

- 1 acorn squash
- 2 teaspoon butter or margarine
- 1/2 teaspoon pumpkin pie spice
- 1 teaspoon sugar

Directions

1. Cut acorn squash in half and spoon out the seeds.
2. Put 1 teaspoon of butter in the center of each half and sprinkle with pumpkin pie spice and sugar.
3. Place squash halves in a pan with 1/4 inch water and bake at 350° for 1 hour.
4. Scoop out mixture when cooled and serve.

Makes approx (depending on size of squash)

6 servings (1/2 cup each)

Recipe adapted from: www.homestead-farm.net/recipewinsquash.html

Pumpkin Apple Butter

Ingredients

- 1 (15 oz.) can of pumpkin
- 1 cup apple (peeled & grated)
- 1/2 cup apple juice
- 2 Tablespoons light brown sugar
- 3/4 teaspoon pumpkin pie spice
- 1 box graham crackers or 1 bag cinnamon raisin bagels (sliced into chunks)

Directions

1. Combine ingredients in a saucepan and mix together.
2. Cook on medium-high heat until the mixture boils.
3. Reduce heat to low and continue cooking for 1 1/2 hours. Stir mixture occasionally.
4. Store in an airtight container in the refrigerator.
5. Serve cold and spread on graham crackers or bagel chunks.

This recipe can be made using a microwave. Use a microwave safe container and cook on high heat until mixture boils (stir every minute). Continue to cook until it has thickened.

Makes 6 servings (1/2 cup each)

Recipe adapted from: www.verybestbaking.com/recipes/detail.aspx?ID=28488#

Pumpkin Dip

Ingredients

- 1 (15 oz.) can of pumpkin
- 1/2 block (8 oz.) fat free cream cheese
- 2 Tablespoons light brown sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon pumpkin pie spice
- 1 small box of graham crackers

Directions

1. Open the can of pumpkin and place in a bowl. Cover and refrigerate at least 1 hour prior to making this recipe (so the dip will be chilled).
2. Place remaining items into the bowl of pumpkin and mix together until creamy.
3. Place 1 Tablespoon of the pumpkin dip on each plate with a graham cracker square.
4. Serve!

Makes 10 servings (1/4 cup each)

Recipe developed by Network for a Healthy CA-Merced County Office of Education

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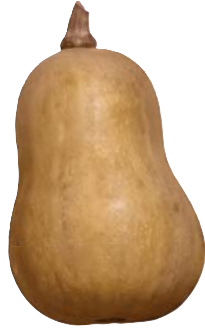
**Harvest
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La Cosecha del Mes

octubre 08

En octubre, la calabaza es el vegetal de La Cosecha del Mes.



La salud y el éxito en el aprendizaje van mano a mano

En octubre se celebra la Semana Nacional del Almuerzo Escolar. Los niños que comen comidas escolares generalmente comen más frutas y vegetales, y les gusta. Las investigaciones demuestran que los estudiantes que comen más frutas y vegetales y que reciben actividad física regular, tienen más éxito en la escuela. Anime a que su hijo coma las comidas escolares para que tenga mayor salud y éxito en el aprendizaje.

Consejos saludables

- Las calabazas tienen una cáscara dura, con piel incomible y semillas grandes.
- Existen distintos tipos de calabaza como lo son la Butternut, la Acorn, la Spaghetti, la Banana, la Kabocha y la Turbán.
- Escoja calabazas que estén firmes, pesadas para su tamaño y que tengan una piel mate, sin brillo. La calabaza debe de estar dura y sin grietas.
- Almacene calabazas enteras en un lugar oscuro, seco y fresco (de 50 a 60 grados F). Así durarán hasta 3 meses.
- Una vez cortada, la calabaza durará aproximadamente una semana en el refrigerador, envuelta.

VEGETALES MIXTOS ESTILO LATINOAMERICANO

Ingredientes:

(para 6 porciones de 1 taza cada una)

- 1 cucharadas de aceite vegetal
- 1 cebolla amarilla, rebanada
- 1 diente de ajo, picado
- 1 ó 2 calabazas, picadas
- 1 calabacita verde, rebanada
- 1 pimiento verde, cortado en tiras
- 1 lata de tomates picados (14 onzas)
- 1 cucharadita de cilantro

1. Caliente el aceite. Agregue la cebolla y el ajo y cocine por 5 minutos.
2. Agregue la calabaza y calabacita. Cocine hasta que estén suaves pero crujientes.
3. Agregue los demás ingredientes.
4. Hierva hasta que esté caliente. Sirva.

Fuente: *A World of Healthy Foods*, Departamento de Educación de West Virginia, 1997.

¡En sus marcas, listos...!

- Dé un buen ejemplo. Las investigaciones demuestran que los niños que observan a sus padres siendo activos y divirtiéndose, tienden a mantenerse activos el resto de sus vidas.
- En vez de un descanso, camine con energía por 10 minutos. Anime a que su hijo esté activo en el recreo.
- Goce de un paseo a bicicleta con su hijo.
- Encuentre una granja local de calabazas y camine con la familia por el campo. Hable sobre cómo crecen las calabazas.

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Información Nutricional

Porción: 1 taza en cubitos, cocidos (205g)

Cantidad por Porción		% Valor Diario
Calorías	76	Calorías de Grasa 6
Grasas	1g	1%
Grasa Saturada	0g	1%
Grasa Trans	0g	
Colesterol	0mg	0%
Sodio	2mg	0%
Carbohidratos	18g	6%
Fibra Dietética	6g	23%
Azúcar	7g	
Proteína	2g	
Vitamina A	214%	Calcio 5%
Vitamina C	33%	Hierro 5%

Fuente: www.nutritiondata.com*

Ayude a sus hijos a comer sano

- La calabaza se puede hornear, hervir, cocinar al vapor, cocinar sobre la estufa o en el microondas. Úsela en guisos, sopas, ensaladas, "dips", panes y hasta en pays.
- Pruebe los distintos tipos de calabaza para saber cuál prefiere su familia.
- Escoja variedades que tengan una carne de color amarillo/naranja oscuro. Son más nutritivas que las de color más claro.
- Agregue calabaza a la sopa o guisado favorito de su familia. Pídale a su hijo que le ayude.

Para más ideas, visite:

www.campeonesdelcambio.net

¿Cuánto necesito?

Una porción de calabaza cocida es alrededor de una taza picada. Si esto es demasiado para su hijo, intente ofrecerle una cantidad más pequeña. Esto ayudará a que su hijo alcance el total diario necesario.

Recomendación diaria de frutas y vegetales**

Niños, edad 5-12	Adolescentes, edad 13-18	Adultos, 19+
2½ - 5 tazas por día	3½ - 6½ tazas por día	3½ - 6½ tazas por día

**Si usted es activa, consuma el número más alto de tazas por día. Visite www.nipiramide.gov para aprender más.

*Los sitios web sólo disponibles en inglés.



