Harvest of the Month®

Network for a Healthy California

The *Harvest of the Month* featured vegetable is

cooked greens

Health and Learning Success Go Hand-in-Hand

School meals can give students the nutrition they need to grow strong and healthy. Studies show that healthy students learn better. Help your child be healthy and do better in school by enrolling in a school meal program. *Harvest of the Month* encourages students to make healthy food choices and be physically active every day.

Produce Tips

- Choose leafy greens with fresh, full leaves.
- Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves.
- Store greens in a plastic bag in the refrigerator for two to five days.
- Wash greens thoroughly before use.
- Cut stems from leafy greens immediately before cooking.
- **Helpful Hint:** Two cups of raw greens makes about a ½ cup cooked.

For more information, visit:
www.leafy-greens.org

Healthy Serving Ideas

- Cook collards, Swiss chard, bok choy, and spinach for a mild or sweeter flavor.
- Cook arugula, kale, and mustard greens for a peppery flavor.
- Sauté collard greens with garlic, onions, tomatoes, and olive oil.
- Simmer greens in low-sodium chicken broth until greens are tender and wilted.
- Stir-fry bok choy with carrots, corn, and red peppers for a colorful side dish.

SAVORY GREENS

Makes 6 servings. *1 cup each.*
Cook time: 30 minutes

Ingredients:

3 cups water
¼ pound skinless turkey breast
¼ cup chopped onion
2 cloves garlic, crushed
¼ teaspoon cayenne pepper
¼ teaspoon ground cloves
½ teaspoon dried thyme
1 green onion, chopped
1 teaspoon ground ginger
2 pounds greens (mixture of collards, kale, turnip greens, mustard greens)

1. Place all ingredients except greens into large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Slice greens into bite-sized pieces.
4. Add greens to stock. Cook 20 to 30 minutes until tender. Serve hot.

Nutrition information per serving:
Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California,* 2009.

For more recipes, visit:
www.cachampionsforchange.net

Let's Get Physical!

- **At home:** Start the day by dancing to alarm clock music.
- **At school:** Walk to and from school or to after-school activities.*
- **With the family:** Walk in your neighborhood – to the park, church, farmers' market, or grocery store.

*October is International Walk to School Month. Ask your school how your family can participate.

For more information, visit:
www.walktoschool.org

Nutrition Facts

Serving Size: ½ cup cooked Swiss chard (88g)

Calories 18 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 157mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	

Vitamin A 107% Calcium 5%
Vitamin C 26% Iron 11%

How Much Do I Need?

- A ½ cup of cooked greens is about the size of one cupped handful.
- Most cooked greens are an excellent source of vitamin A, vitamin C, and vitamin K.
- They also have calcium, a mineral that helps the body grow strong bones and teeth.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

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

What's in Season?

California grown leafy green vegetables are available year-round. They may be fresher and cost less than varieties shipped from other states or countries.

Try these California grown varieties: bok choy, collard greens, kale, kohlrabi, mustard greens, spinach, Swiss chard, and turnip greens.

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. © California Department of Public Health 2009.

CHAMPIONS for CHANGE
Network for a Healthy California

La Cosecha del Mes

Red para una California Saludable

La verdura de *La Cosecha del Mes* es la

verdura de hoja cocinada

La salud y la nutrición van mano a mano

Haga que la mitad de su plato contenga frutas y verduras y manténgase activo todos los días. Tome agua en lugar de bebidas azucaradas. (Las bebidas azucaradas son la mayor fuente de azúcar agregada en la dieta americana). Si hace estas cosas podrá reducir su riesgo de padecer problemas serios de salud como obesidad, diabetes tipo 2, enfermedades del corazón y algunos tipos de cáncer.

Una ½ taza de verduras de hoja es una fuente excelente* de vitamina A, vitamina C y vitamina K. Las verduras de hoja también tienen calcio y hierro, que son minerales importantes.

* Las fuentes excelentes aportan al menos 20% del valor diario.

Ideas saludables de preparación

Déles sabor a las hojas de berza cocinándolas con pechuga de pavo ahumada. Agregue chiles picados para un toque picosito.

Agregue acelga picada o acelga rizada a los caldos, sopas y guisados.

Sofría el repollo chino (*bok choy*) con verduras de diferentes colores. Sirva sobre arroz integral.

Consejos saludables

- Escoja verduras de hoja frescas.
- Evite las verduras con hojas cafés, amarillas, manchadas o marchitas.
- Almacene las hojas en el refrigerador en bolsas de plástico de dos a cinco días.
- Enjuague bien las hojas antes de usarlas.

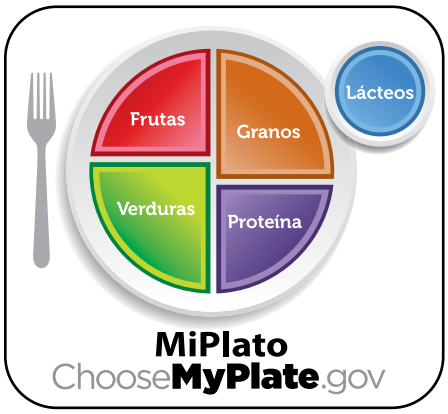
¡En sus marcas, listos...!

Comience el día en movimiento. Corra o haga saltos de tijera para elevar su ritmo cardíaco. Mantenga el ritmo con caminatas vigorosas durante los descansos en el trabajo. Termine el día haciendo estiramientos por la noche.

¿Cuánto necesito?

La cantidad de fruta y verdura que necesita depende de su edad, si es hombre o mujer y la cantidad de actividad física que hace cada día. Un buen consejo a seguir es:

- ¡Haga que la mitad de su plato contenga frutas y verduras para alcanzar el total de su necesidad diaria!



Adaptado del USDA

Para más consejos y recetas, visite:
www.CampeonesDelCambio.net

Para información sobre CalFresh, llame al 1-888-9-COMIDA. Financiado por SNAP-Ed del USDA, un proveedor y empleador que ofrece oportunidades equitativas. Para consejos saludables, visite www.CampeonesDelCambio.net. © Departamento de Salud Pública de California 2013