

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **peppers**



Health and Learning Success Go Hand-in-Hand

Eating fruits and vegetables and being physically active are simple ways to make your family healthier. Healthy habits can help students concentrate and do better in school. Use *Harvest of the Month* to learn how to eat more fruits and vegetables and be more active.

Produce Tips

- Look for firm peppers that have thick, shiny, smooth skin and green stems.
- Choose sweet peppers with a solid color—green, yellow-orange, or red.
- Choose hot (or “chili”) peppers with a solid color—red, yellow, orange, green, purple, or brown.
- Store whole peppers in a sealed plastic bag in the refrigerator for up to one week. Wrap cut peppers in plastic and store in refrigerator for up to three days.
- **Helpful Hint:** Use rubber gloves when handling hot peppers. Be careful to never touch or rub your eyes.

Healthy Serving Ideas

- Slice raw sweet peppers and serve with lowfat dip for a snack.
- Top homemade pizza with sliced bell peppers—red, green, and yellow. Or, use chili peppers for a spicy kick!
- Use chopped hot peppers to make spicy salsa. (Hint: For less spice, remove seeds and inner membranes.)
- Add chopped sweet peppers to salads or stir into soups and pasta sauces.
- Try a new pepper variety each week.

VEGETABLE QUESADILLAS

Makes 4 servings. 1 quesadilla each.

Cook time: 15 minutes

Ingredients:

- nonstick cooking spray
- ½ cup chopped green bell pepper
- ½ cup frozen corn, thawed
- ½ cup sliced green onion
- ½ cup chopped tomato
- 2 tablespoons chopped cilantro
- 4 (6-inch) flour tortillas
- ½ cup shredded lowfat cheese

1. Coat medium skillet with nonstick cooking spray. Sauté bell pepper and corn over medium heat until softened, about 5 minutes.
2. Add green onion and tomato. Cook until heated, then stir in cilantro.
3. Heat tortillas in a separate skillet over high heat. Place equal amounts of cheese and sautéed vegetables on each tortilla. Fold in half and continue to cook until cheese is melted. Serve hot.

Nutrition information per serving:
Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg

Adapted from: *Healthy Latino Recipes Made With Love*, Network for a Healthy California, 2008.

For more recipes, visit:
www.cachampionsforchange.net

Let's Get Physical!

- **At home:** Do sit-ups and push-ups during TV commercials.
- **At work:** Go for a one-mile walk (about 25 minutes) during lunch.
- **With the family:** Visit a local or state park and go for a hike.

To find a park in your area, visit:

www.parks.ca.gov

Nutrition Facts

Serving Size: ½ cup chopped sweet green pepper (74g)	
Calories 15	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	
Vitamin A 5%	Calcium 1%
Vitamin C 99%	Iron 1%

How Much Do I Need?

- A ½ cup of chopped peppers is about one small pepper.
- A ½ cup of sweet peppers (green, yellow, and red) is an excellent source of vitamin C.
- A ½ cup of sweet red peppers is also a good source of vitamin B₆, which helps your body build healthy blood cells.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Choose all forms of fruits and vegetables—fresh, frozen, canned, dried, and 100% juice. They all count towards your daily amount!

Recommended Daily Amounts of Fruits and Vegetables*

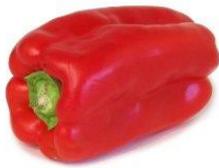
	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*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 peppers are in peak season in summer. They are usually available from May through November. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other good sources of vitamin B₆: avocados, bananas, and potatoes.



Kev Sau Qoob Lub Hlis

Yog piau txog hom zaub noj uas yog

Kuav Txob Phawv

Yuav Kawm Tau Ntawv Zoo Los Yuav Tsum Yog Muaj Kev Noj Qab Nyob Zoo Thiab!

Yog noj txiv hmab txiv ntoo thiab zaub thiab nquag siv lub cev ua hauj lwm yog ib qho txiaj ntsim uas pab tau koj tsev neeg txoj kev nyob hauj zas dua. Kev nyob tau hauj zas hlo yog ib qho pab tau rau cov me nyuam lub hlwb kom muaj cim xeeb kawm tau ntawv zoo. Mus Saib *Tsab Ntawv Sau Qoob Raws Hli* kom paub xyaum noj txiv hmab txiv ntoo, noj tej zaub uas tsis tau noj los dua thiab paub siv lub cev ua hauj lwm ntau dua qub.

Kev Tu (Khaws) Kuav Txob Phawv Cia

- Xaiv yuav lub kuav txob phawv uas khov kho thiab tuab npawv, ci nplas, du lug thiab tus ko ntsuab xiab.
- Xaiv yuav cov kuav txob phawv qab zib uas daim tawv muaj kob ntsuab xiab, daj rhuv, daj kua taub, los yog liab ploog.
- Cov kuav txob ntsim (yog cov me los yog cov me me) muaj kob liab ploog, daj rhuv, daj kua taub, ntsuab xiab, tsam xem, thiab daj doog nkawv.
- Muab cov kuav txob tso rau cov hnab yas zawm ncauj es muab tso rau hauv tub yees yuav kav ntev li ib lim piam /vas thiv. Cov kuav txob uas muab suam lawm muab qhwv ntaub yas zoo zoo es muab tso rau hauv tub yees yuav zoo noj ntev txog peb hnub.
- **Qhia Me Ntsis Pab:** Nco ntsoov muab hnab looj tes thaum kov cov kuav txob ntsim. Ceev faj txhob lam ua chww los sis mos qhov muag.

Tswv Yim Qhia Ua Noj

- Suam cov kuav txob phawv qab zib ua tej daim nyias nyias xyaw tej zaub noj nyoos thiab siv cov kua ntsaw zaub uas muaj roj tsawg noj txom ncauj.
- Ua pizza es suam tej daim kuav txob phawv nyias nyias tso plia rau saud — siv cov liab, ntsuab, thiab daj los tau, yog nyiam ntsim no rau cov kuav txob me me xyaw ntxiv!
- Siv cov kuav txob phawv me uas ntsim do ua salsa noj. (Qhia pab: Kom txhob ntsim heev, kaus cov noob thiab txheej hlwb hauv tawm.)
- Txhoov cov kuav txob phawv qab zib do xyaw xam lav noj los sis muab hau xyaw lwm yam zaub noj.
- Ib lim piam twg xyaum noj cov kuav txob phawv sib txawv tej.

Cov ntawv no yog tsim tawm hauv California Department of Public Health's Network for Healthy California tuaj, tiam sis, qhov chaw pab nyiaj txiag kom tsim muaj yog tuaj hauv USDA Supplement Nutrition Assistance Program (yog thooj nyiaj txiag pab muas noj haus). Txoj kev pab no peb pab rau txhua txhua leej txhua tus kom muaj feem xyuam tau txais tib yam nkaus, yog li nyob hauv xeev California no, thiaj muaj cov nyiaj txiag los pab rau cov tsev neeg uas khwv tau nyiaj txiag tsawg. Cov nyiaj no yog tsim los pab kom cov neeg ntawd muaj noj muaj haus txaus thiaj pab tau lawv lub cev nyob hauj zas hlo. Yog xav paub txog cov nyiaj muas noj ntau ntxiv hu rau 1-877-841-3663. Yog xav paub ntau txog khoom noj zoo mus saib hauv www.cachampionsforchange.net.

Siv Lub Cev Kom Tawm Fws!

- **Nyob Hauv Tsev:** Zaum sawv zaum sawv thiab pw sawv pw sawv thaum saib TV.
- **Nyob Tom Hauj Lwm:** Taug kev kom deb li thaj tsam 1 mais (ntev li 25 feeb) lub sijhawm so noj sus.
- **Thaum Nrog Tsev Neeg:** Mus ncig tej chaw ua si nyob hauv zos los sis sab nraud thiab mus nce roob.

Xav paub cov chaw ua si ze ntawm zos, mus qhib hauv: www.parks.ca.gov los saib.

Noj Kuav Txob Npaum Li Cas Thiaj Zoo?

- Noj ib zaug twg ib nrab khob cov txhoov tau los sis ib lub kuav txob phawv me.
- Noj ib zaug twg ib nrab khob cov kuav txob phawv qab zib tsis hais cov (ntsuab, daj, thiab liab) muaj kuab vitamin C zoo heev rau lub cev.
- Noj ib nrab khob cov kuav txob phawv qab zib liab nws muaj cov kuab vitamin B₆ zoo heev rau lub cev thiab tseem pab lub cev xeeb cov tsig ntshav ntxiv.

Qhov noj txiv hmab txiv ntoo thiab zaub kom haum rau lub cev yog noj raws lub hnub nyoog, noj raws nws tsav, thiab seb yog lub cev ua hauj lwm ntau npaum cas. Noj txhua yam txiv hmab txiv ntoo thiab zaub—cov de tshiab tshiab los, cov muab cia nkoog lawm, cov muab ua ko poom, cov muab ua qhuav cia, thiab cov kua txiv ntoo 100%. Cov no tsuav yog noj txhua hnub li hais xwb ces puav leej pab tau rau lub cev.

Ua Raws Daim Qauv Qhia Noj Hauv Qab No

	Me Nyuam Yaus, Hnub Nyoo 5-12 xyoos	Cov Hluas thiab Cov Laus, Hnub Nyoo 13 xyoos rov saud
Txiv Neej	Ib hnub noj 2½ - 5 khob	Ib hnub noj 4½ - 6½ khob
Poj Niam	Ib hnub noj 2½ - 5 khob	Ib hnub noj 3½ - 5 khob

*Yog tias koj ua hauj lwm heev txhua hnub, noj kom ntau khob ntxiv. mus qhib hauv www.mypyramid.gov los saib kom paub ntau ntxiv.

Lub Caij Twg Thiaj Muaj Kuav Txob?

Lub caij ntuj so yog lub caij cog kuav txob ntau tshaj plaws nyob lub Xeev California. Lub Tsib Hlis Ntuj mus rau lub Kaum Ib Hlis Ntuj mas yeej muaj kuav txob noj tsis tu ncuu li. Hauv Xeev California yeej cog muaj ntau yam qoob heev thiab muaj cov de tshiab tshiab los ntau dua thiab tus nqi los pheej yig tshaj li tej qoob uas thauj lwm lub xeev thiab txawv teb chaws tuaj. Sim noj cov qoob uas muaj cov kuab vitamin B₆ ntau thiab: xws li yog cov txiv asvauskadaus (avocados), txiv tsawb, thiab qos yaj ywm.