



# Harvest of the Month

Lub Kaum Ib Hlis Ntuj

## Pab Koj Tus Me Nyuam Txoj Kev Noj Haus Zoo

Noj txiv taub Fuyu (hom pob taub) txom ncauj ua si thaum lawb ntawv los sis lawb haujlwm los tsev.



Suam txiv taub ua tej nplai xyaw zaub xav lav (salad) los sis xyaw nrog zaub kib noj.

## Kev Noj Qab Nyob Zoo Thiab Kev Kawm Ua Tau Zoo Ua Ib Ntxaig Ua Ke

Noj ntau yam txiv hmab txiv ntoo thiab txhua hom zaub ntsuab thiab niaj hnuv siv luv cev ua si yuav pab tau koj tsev neeg kom tsis muaj mob thiab yuav tiv thaiv tau tej kev muaj mob uas mob ntsuj ntsoos mus tas li, xws li mob ntshav qab zib, mob plawv thiab mob lwm yam kev mob khees xaws (cancer).

Yuav tsum txhawb koj tsev neeg kom noj txiv taub thiab pab koj cov me nyuam rau txoj kev noj qab nyob zoo thiab kev xyaum ua tau zoo.

## Txiv Taub (Persimmons)

Muaj ob hom txiv taub uas cog hauv California no



Hachiya

Fuyu

## Kev Pab Qhia Me Ntsis Txog Txiv Taub

- Nrhiav lub txiv uas liab ploog thiab daim tawv du dais es tseem muaj cov nplooj dai ntawm lub txiv.
- Yam txiv taub ntoos Fuyus (hom pob taub) thaum nws siav lawm nws yuav tawv nruj nrees thiab kav ntev mus li ntawm peb vij. Yog muab cia hauv taub yees, nws yuav kav ntev dua.
- Yam txiv taub Hachiyas (hom ntev) thaum nws siav lawm nws yuav muag thiab ntsws los sis dub tej thaj. Muab cia rau tej qho chaw uas txhob sov thiab txhob txias thiab yuav tsum muab siv li ntawm ob peb hnuv.

## Los Siv Lub Cev Dhia Ua Si!

Txoj kev siv lub cev ua si yeej tseem ceeb ib yam li kev noj qab haus huv yog thaum hais txog txoj kev xyaum ua tau zoo hauv tsev kawm ntawv. Cov tub ntshais kawm ntawv uas siv lawv lub cev ua si thiab noj txiv hmab txiv ntoo rau lawv lub cev yeej keej dua los yog uas tau zoo dua thiab yeej cim xeeb tau dua.

Thaum lawb ntawv los tsev, sim muab li ntawm 20 nas this rau koj tus me nyuam ua si nraum zoov los yog hauv tsev ua ntej lawv yuav pib ua lawv cov ntaub ntawv. Qhov no nws yuav pab koj tus me nyuam kom nws rau siab dua.

## Kuv Yuav Tau Noj Npaum Li Cas?

Ib qho (serving) txiv taub yog npaum li ib lub txiv taub hom nrab. Nws loj npaum li lub npev npos (baseball). Noj ntau yam txiv hmab txiv ntoo thiab txhua hom zaub ntsuab txhua txhua hnuv yuav pab tau koj thiab koj tus me nyuam kom thiaj li yuav noj txhua li cov khoom uas lub cev yuav tsum tau noj.

## Yuav Tsum Noj Txiv Hmab Txiv Ntoo Thiab Zaub Txhua Txhua Hnuv

<b>Me Nyuam, 5-12 xyoo</b> 2 1/2 - 5 Khob ib hnuv	<b>Tub ntshais hlus</b> 3 1/2 - 6 1/2 Khob ib hnuv	<b>Cov laus, 19+</b> 3 1/2 - 6 1/2 Khob ib hnuv
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Yog xav paub ntxiv, mus saib [www.mypyramid.gov](http://www.mypyramid.gov)

Yog koj noj txiv hmab txiv ntoo thiab zaub ntau nws yuav pab koj txoj kev uas yuav txais tau Cancer (mob khees xaws), mob plawv, ntshav qab zib thiab ntau yam mob. Yog koj xav tias koj muaj mob, thov mus ntsib koj tus thaj maum. Koj tus thaj maum yuav pab tshawb kom tau rau ntshav siab, ntshav qab zib, nrog rau kev yuav pab kom koj tiv thaiv tau cov kab mob no.

## Cov Thaj Maum Uas Yuav Pab Tau Koj

Del Norte Clinics yuav pab koj tshawb txog ntshav qab zib thiab ntshav siab (lawv txais Medi-Cal)

## Oroville Family Health Center (530) 534-7500

2800 Lincoln Boulevard  
Oroville, CA 95965



Ntxiv txiv taub Hachiya (hom ntev) rau ncauj qab zib, khaub ci qab zib (muffins, pies & puddings).



**For information about Medi-Cal/Healthy Families insurance contact:  
1-800-880-5303**

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