

# Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured produce is

## winter squash



### Health and Learning Success Go Hand-in-Hand

Breakfast can give children the nutrients they need to grow healthy. Eating a healthy breakfast also promotes a healthy mind. Encourage your child to eat school breakfast and help put your child on the road to health and learning success.

### Produce Tips

- Squash are members of the gourd family. Winter squash have hard shells, inedible skins, and large seeds.
- 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. They can keep up to three months.
- Once cut, squash can keep about one week when wrapped and refrigerated.
- Varieties include acorn, banana, butternut, hubbard, kabocha, pumpkin, spaghetti, and turban squash.

For more tips, visit:

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

### Healthy Serving Ideas

- Bake, boil, roast, 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.)

### SPICY APPLE-FILLED SQUASH

Makes 4 servings.

1 wedge per serving.

Cook time: 70 minutes

#### Ingredients:

- 1 large acorn squash (about 1 pound)
- 1 cup water
- 2 teaspoons butter
- 1 large apple, cored, peeled, chopped
- 1 tablespoon brown sugar
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- ⅛ teaspoon nutmeg

1. Preheat oven to 400 F.
2. Cut squash in half and scoop out seeds. Place squash, cut side down, in 13 x 9-inch dish.
3. Add water and bake 35 to 45 minutes or until fork-tender.
4. While squash is baking, cook rest of the ingredients in a saucepan over medium heat for 8 minutes or until apple is crisp-tender.
5. Cut each squash half into two pieces and divide apple mixture equally among squash wedges. Return squash to oven. Bake 10 minutes more. Serve hot.

#### Nutrition information per serving:

Calories 99, Carbohydrate 21 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 18 mg

Adapted from: *Everyday Healthy Meals*, Network for a Healthy California, 2007.

### 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.
- Find a local pumpkin farm and take a family walk through the fields.

### Nutrition Facts

Serving Size: ½ cup cooked acorn squash, cubed (103g)	
Calories 57	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	18%
Sugars 0g	
Protein 1g	
Vitamin A 9%	Calcium 5%
Vitamin C 19%	Iron 5%

### How Much Do I Need?

- A ½ cup of cooked squash is about one cupped handful.
- A ½ cup of winter squash, like butternut, hubbard, and pumpkin, is an excellent source of vitamin A.
- A ½ cup of winter squash, like acorn, butternut, hubbard, and pumpkin, is a good source of fiber and vitamin C.
- A ½ cup of acorn squash provides iron and calcium.
- Iron is a mineral that helps move oxygen from the lungs to the rest of the body. It also helps the body fight infections.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. It is important to eat a variety of colorful fruits and vegetables every day to get all the nutrients your body needs. Find out how much each person in your family needs.

### Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	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](http://www.mypyramid.gov) to learn more.



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## Lub Hlis Sau Qoob.

### Kev Kawm Tau Txuj Ci Zoo Vim Yog Noj Txij Txhua Pab Lub Cev Sib Nrawg Nroos.

Lub National School Week Noj Sus Hauv Tsev Kawm Ntawv Ntawm Haiv Neeg (National School Lunch Week) yog nyob rau lub plua thib ob ntawm lub 10 Hli. Cov me nyuam tus uas noj tsev kawm ntawv cov zaub mov yeej nyiam noj txiv hmab txiv ntoo thiab zaub dua. Kev kawm tshawb tau tias cov me nyuam kawm ntawv tus uas noj txiv hmab txiv ntoo, noj zaub thiab nquag siv lub cev dua ntawd yeej kawm tau ntawv zoo dua thiab. Yeej meem txhob kom koj cov me nyuam noj tsev kawm ntawv tej zaub mov thiab pab tu kom lawv nyob hauj zas thiab qhuab kom lawv rau siab ntso rau lawv txoj kev kawm kom tiav.

Cov qoob ntawm **Lub Hlis Sau Qoob (Harvest of the Month)** no yog tham txog

### Hom Taub Dag Caij Ntuj No

#### Qhia Xaiv thiab Khaws Cia

- Taub yog ib hom qoob uas txi nyob saum npoo av. Cov taub dag caij ntuj no no daim plhaub tuab tuab, daim tawv noj tsis tau thiab cov noob loj loj.
- Muaj ntau yam taub xws li taub dag pob taub (pumpkin), taub dag dawb ntev (butternut), taub dag txiv qhib (acorn), taub dag xwb kuab (spaghetti), taub dag txiv tsawb (banana), taub dag ntsuab (kabocho) thiab taub dag txiv qhib txaij (turban).
- Xaiv yuav lub taub uas khov kho, nyhav ncawv thiab daim tawv tsaus txig xwb (txhob ci). Hom taub dag caij ntuj no no daim tawv tawv tawv tsis tawg pleb los sis tsis doog/to li.
- Ua zoo khaws cov taub dag caij ntuj no uas tsis tau phua cia rau tej qhov chaw ntxoov ntxoo tsaus nyos, txias, qhuav qhawv (sov kwv yees li 50-60F xwb). Khaws cia li no mas txij li peb lub hlis los cov taub yeej tseem zoo noj.
- Yog tias muab lub taub phua lawd, ua zoo muab qhwv zoo zoo thiab tso rau hauv txee txias (refrigerator) mas ib lim piam los tseem zoo noj.
- Cov hom taub tawv nyias li taub dag txiv qhib (acorn) los sis taub dag dawb ntev (butternut), txawm muab me nyuam riam los chais daim tawv xwb los yeej chais tau.
- Cov hom taub tawv tuab zog li taub dag txiv qhib txaij (turban), yuav tau siv cov riam loj nyhav ncawv thiaj phua tau.

### Siv Lub Cev Ua Hauj Lwm!

- Ua ib tug qauv zoo. Kev kawm qhia tias cov me nyuam tus uas pom niam thiab txiv ua lub neej kaj siab lug thiab ua neeg nquag plias mas lawv ua lawv lub neej los lawv yeej ua neeg nquag thiab.
- Taug kev ceev nrooj li 10 feeb los pauv qhov zaum so ib pliang haus ib qho kas fes (coffee), yeej meem txhob kom koj tus me nyuam nquag ncig, tsis txhob pheej zaum ntawv ntua.
- Nquag caij tshab kauj vab ua ke nrog koj tus me nyuam me ntsis.
- Xyuas cov teb taub nyob ze ib cheeb tsum no thiab coj koj tsev neeg mus ncig xyuas ib thaj. Sib tham seb taub txi li cas.

### Ua Pab Rau Kom Me Nyuam Nyiam Noj Tej Khoom Uas Muaj Txiaj Ntsim Rau Lub Cev

- Muab hom taub dag caij ntuj no no ci, hau, cub/ncu ua kua las, rau me me dej los muab me ntsis roj pleev qab lauj kaub es ncu los sis ncu hauv microwave noj. Muab tsaws xyaw lwm yam khoom noj, hau ua zaub noj, do xyaws salads noj, ntsw khoom noj, noj nrog breads thiab ncuav(pies).
- Muab taub dag caij ntuj no los ua tau ntau yam yooj yooj yim noj. Nyob ntawm koj tsev neeg nyiam noj (saib ntawd qhov kev qhia ua, muaj ntau yam ua).
- Ntau yam khoom noj muaj xim daj/xim txiv kab ntxwv de tshiab los es cov xim tsaus tau doog dua yeej muaj cov txab zoo rau lub cev dua li cov muaj xim kaj zog. (Muab tswv yim pab: Hom taub dag dawb ntev (Butternut) yeej muab txab zoo ntau tshaj li hom taub dag xwb kuab (spaghetti).
- Hau hom taub dag caij ntuj no nrog rau tej zaub uas koj tsev neeg nyiam noj los sis muab ci xyaw nrog rau tej nqaij nej ci hauv qhov cub. Hais kom koj cov me nyuam pab koj ua thiab.

### Ua Raws Daim Qauv Qhia Noj Hauv Qab No

	Me Nyuam Yaus, Hnub Nyoog 5-12 xyoos	Cov Hluas thiab Cov Laus, Hnub Nyoog 13 xyoos rov saud
Txiv Neej	lb hnub noj 2½ - 5 khob	lb hnub noj 4½ - 6½ khob
Poj Niam	lb hnub noj 2½ - 5 khob	lb 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](http://www.mypyramid.gov) los saib kom paub ntau ntxiv.

### Kuv Yuav Noj Ntau Npaum Li Cas Thiaj Txias Lub Cev?

Ib zaug twg tsuas noj cov taub dag caij ntuj no uas txhoov hau siav lawm ntau kwv yees li ib khob xwb. Noj npaum no tej zaum twb ntau dhau rau cov me nyuam yaus lawm. Sim noj me ntsis kom xwv thiaj pab tau lub cev li lub cev tim tsum tej txab ntawm tej txiv hmab txiv ntoo tej hnwb hnub.