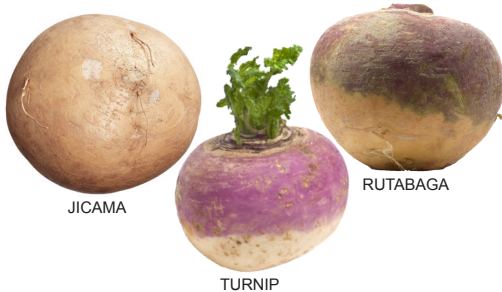


Harvest of the Month

Network for a Healthy California

The *Harvest of the Month* featured vegetables are

root vegetables



Health and Learning Success Go Hand-in-Hand

Family meals can be a great time to care for the body. Take time to set the table, eat together, and share stories. Experts agree that sharing meals may help to avoid teenage smoking, alcohol/drug abuse, and depression. Use *Harvest of the Month* recipes and serving ideas for healthy ways to enjoy root vegetables.

Produce Tips

- Select firm **jicama** that are smooth with no bruises or spots. Store in a cool, dry place for up to four months. Keep sliced jicama in a sealed plastic bag in the refrigerator for up to one week.
- Choose small- to medium-sized **turnips** that are smooth, round, and firm. Store in a cool, dry place for up to two months or in a plastic bag in the refrigerator for up to two weeks.
- Look for **rutabagas** that are heavy, smooth, round, and firm. Store in a cold, dry place for up to four months or in the refrigerator for one month.

Healthy Serving Ideas

- Look for roots like jicama, parsnips, turnips, rutabagas, and radishes at your local market.
- Peel and slice crisp jicama. Sprinkle with chili powder for a quick snack.
- Peel and cube parsnips and add to your favorite soup.
- Sauté sliced turnips, turnip greens, and chopped onions for a flavorful dish.
- Serve mashed rutabagas instead of mashed potatoes.
- Shred radishes and add to a green salad.

JICAMA PIÑA BREEZE

Makes 3 servings. 1 cup per serving.
Cook time: 10 minutes

Ingredients:

- ½ cup canned pineapple chunks with juice, packed in 100% juice
- ½ cup fresh jicama, peeled and cut into small pieces
- ½ cup fresh orange, peeled and cut into small pieces
- 2 cups 100% orange juice

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve immediately.

Nutrition information per serving:

Calories 117, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg

Source: *Healthy Latino Recipes Made with Love, Network for a Healthy California*, 2008.

For more recipes, visit:
www.cachampionsforchange.net

Let's Get Physical!

- **At work:** Stretch with co-workers to help relax during your break.
- **At school:** Encourage your child to start a walking group during recess. They can talk while they walk!
- **With the family:** Play touch football or tag this weekend.

Gardening, doing yard work, vacuuming, sweeping – all types of physical activity count towards your daily needs!

To find out how much activity you and your family need, visit:

www.cdc.gov/physicalactivity

Nutrition Facts

Serving Size: ½ cup raw jicama, sliced (60g)

Calories 23

Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Calcium 1%
Vitamin C 20%	Iron 2%

How Much Do I Need?

- A ½ cup of sliced jicama, turnips, or rutabagas is about one cupped handful.
- A ½ cup of most root vegetables is an excellent source of vitamin C.
- Root vegetables are rich in complex carbohydrates, or starch, which give your body energy, especially for the brain and nervous system.
- Most people should get over half of their calories from complex carbohydrates. Good sources include fruits, vegetables, and whole grains.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Encourage your family to try a variety of colorful fruits and vegetables every day. It will help them reach their recommended daily amounts.

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?

Roots – like jicama, turnips, rutabagas, radishes, and parsnips – are in peak season in late spring through fall.

Try these other good or excellent sources of complex carbohydrates for energy: corn, dry beans, peas, and sweet potatoes.

Harvest of the Month



Network for a Healthy California

Daim ntawv sau qoob lub hlis no yog hais txog

Zaub Ntug Hauv Paus

**Yuav Kawm Tau Ntawv Zoo Los Yuav Tsum Yog
Muaj Noj Txaus Txhij Txhua Thiab.**

Pluas mov yog ib pluag noj tseem ceeb uas noj yug pab lub cev. Tsim nyog tsev neeg yuav tau siv caij los zaum noj mov ua ke thiab sib tham seb sawv daws tau mus pom yam txawv los sis yam tshiab li cas los. Cov txawj ntse kawm tau tias tsev neeg twg yog tau noj mov ua ke ntau tshaj nws pab txo tau nws cov tub ntxhais hluas tsis haus luam yeeb, tsis haus cawv, tsis siv yeeb tshuaj, thiab tsis muaj kev ntxhov siab ntau. Siv daim ntawv qhia txhua hli no los kawm pab txog kev ua noj thiab seb yam twg yog yam qab thiab yam tshiab zoo li cov zaub ntug hauv paus no.

Kev Xaiv Yuav thiab Tu Cia

- **Qos hmab soo** xaiv yuav cov khov kho thiab du du txhob dub los yog txhob to. Muab tso rau chaw txias thiab qhuav qhawv nws yuav kav noj li 4 lub hlis, cov chais tau lawm yog muab ntim hnab yas tso rau hauv tsee txias yuav kav 1 lim piam tseem zoo noj.
- **Lauj pwm soob** xaiv yuav cov me mus rau cov ib nrab, yuav lub du du, kheej thiab khov kho xwb. Yog muab tso rau qhov chaw txias thiab qhuav qhawv nws yuav kav txog 2 hlis, yog ntim rau hauv hnab yas es tso rau tsee txias nws kav txog 2 lim piam xwb.
- **Lauj pwm loj** nrhiav yuav cov nyhav ncaw, du du, kheej thiab khov kho. Yog muab tso rau chaw txias thiab qhuav qhawv yuav kav ntev li 4 hlis yog tso rau hauv tsee txias yuav kav li 1 hlis.

Kev Ua Noj

- Yuav cov zaub ntug hauv paus li qos hmab soo, kas lauv dawb, lauj pwm soob, lauj pwm loj, thiab me nyuam lauj pwm liab uas muag tom khw los noj.
- Chais qos hmab soo ua tej daim ces nphoo ntsev thiab hmoov kua txob rau noj txom ncauj.

- Muab cov kas lauv dawb txhoov hau xyaw ngaij noj.
- Chais cov lauj pwm soob, muab nws cov nplooj mos mos thiab dos loj kib xyaw ngaij noj.
- Hau cov lauj pwm loj tuav mos mos noj hloov cov qos yaj ywm (mashed potatoes) noj zoo dua.
- Txhoov cov me nyuam lauj pwm liab do xyaw zaub xam lav noj nyoos.

Sib Yaum Siv Lub Cev Hom Khaj!

- **Nyob Tom Hauj Lwm:** Koom nrog koj cov neeg ua hauj lwm ncab tes taws thaum caij so.
- **Nyob Tom Tsev Kawm Ntawv:** Qhia koj tus me nyuam yaum nws cov phooj ywg tom tsev kawm ntawv mus taug ke sib tham ua si thaum lawv lub caij so.
- **Nyob hauv tsev:** Ntaus pob nrog me nyuam ob hnub so kawm ntawv.
- Coj me nyuam ua teb zaub, tu qab vag tsib taug, nqus tsev, txhuam tsev, ua txhua yam tsuav yog pab lub cev ua hauj lwm hom khaj kom ntau li ntau tau!

Xav paub ntau ntxiv mus saib hauv:

www.cdc.gov/physicalactivity

Yuav Noj Ntau Npau Li Cas Thiaj Zoo?

- Noj ib nta khob cov qos hmab soo thiab cov lauj pwm loj piv li ib npoov tes puv nkaus.
- Noj ib nta khob cov zaub ntug hauv paus yam twg los zoo vim lawv muaj vitamin C ntau.
- Cov zaub ntug hauv paus no muaj ntau yam zoo muaj cov txab (carbohydrates) nws pab kom tsau plab, muaj txo ziv pab lub cev kom muaj zog, qhov tseem ceeb yog pab lub hlwb thiab cov hlab xa xov hlwb.
- Feem ntau neeg yuav tsum tau noj cov muaj txab (carbohydrates) cov txiv hmab txiv ntoo, txhua yam zaub, thiab ntau yam mov mus yug lub cev thiaj zoo.
- Qhov noj txiv hmab txiv ntoo thiab zaub kom txaus lub cev no yuav yog nyob ntawm tus neeg lub hnoob nyoog, poj niam los txiv neej, thiab seb yog tus neeg ntawd qhov kev siv lub cev ua hauj lwm ntau los tsawg. Txhob koj tsev neeg noj ntau yam zaub thiab txiv ntoo uas muaj ntau yam kob sib txawv txhua txhua hnub xwb ces yeej pab lawv lub cev txaus lawm.

Lub Caij Twg Thiaj Muaj?

Cov zaub ntug hauv paus li – qos hmab soo, lauj pwm soob, lauj pwm loj, lauj pwm liab me, thiab cov kas lauv dawb – ces muaj rau lub caij ntuj so txog ntua lub caij ntuj tsaug.

Noj pob kws, noj noob taum qhuav, noj noob taum mog, thiab qos liab qos dawb ntxiv, nws pab rau lub cev zoo heev vim nws muaj ntau yam txab pab rau lub cev kom muaj zog.