

***Harvest of the
Month Calendar***

Fresh Local Foods this month are . . .

Squash



Most varieties of squash are great sources of iron. Iron helps most oxygen from the lungs to the rest of your body and helps you fight off infections.

Pumpkins

A 1/2 cup of cooked pumpkin contains 122% of your daily value of vitamin A. Vitamin A helps keep your eyesight healthy. It also helps your body fight infections and keeps your skin healthy.



Apples



Apples are a great source of fiber. 1/2 cup of sliced apples contains one gram of fiber. A majority of the fiber in apples is found within the skin of the apple.

Recipe of the Month: Pumpkin Bread

Ingredients:

1/3 cup vegetable oil
1 cup sugar
2 eggs, well beaten
1 cup canned pumpkin
1 2/3 cups all-purpose flour
1/4 teaspoon baking powder
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
3/4 teaspoon salt
3/4 teaspoon baking soda
1/3 cup water

Cooking Instructions:

Combine oil and sugar; beat well. Add eggs and pumpkin; mix thoroughly. Sift together flour, baking powder, cinnamon, nutmeg, and salt. Add to pumpkin mixture. Mix baking soda and water together; add to pumpkin mixture and mix well. Pour into a greased 9" X 5" loaf pan. Bake at 350 F for 1 hour.

Recipe from Let's Bake Quick Breads 4-H Project Book.

October

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Did you know?

You can trade more than applesauce for oil in your baked goods. Go online and search for “fruit and vegetable puree substitutions” for fat and egg substitutions to make your baked goods more healthy in a fun way!

Fresh Local Foods this month are . . .



Potatoes

Did you know that potatoes are a good way to get vitamin C, niacin, and other important vitamins and minerals. Niacin helps your body make energy.

Onions

Onions contain chromium which assists in regulating blood sugar levels. They can also help reduce inflammation and heal infections.



Carrots



Looking for a way to keep your eyesight healthy? Try eating a 1/2 cup of carrots which contains 204% of the daily value for vitamin A. Vitamin A found in carrots not only gives you better eyesight but it keeps your skin healthy and helps your body fight off infections.

Recipe of the Month: Minestrone Soup

Ingredients:

1/2 small onion, chopped
1 small potato, cubed
1 small carrot, sliced
1 tablespoon oil
2 cups water
1/2 teaspoon oregano
1/2 teaspoon basil
1/8 teaspoon garlic powder
1/2 teaspoon salt
Pinch of pepper
1 cup zucchini, sliced
1 cup canned kidney beans, drained
1 cup canned tomatoes
2 ounces whole wheat spaghetti, broken into 2-inch pieces
Grated Parmesan Cheese, optional

Instructions:

1- Sauté onion, potato, and carrot in oil in a large saucepan until onion is golden brown and tender.
2- Add water, oregano, basil, garlic powder, salt, and pepper. Boil gently for 15 minutes.
3- Add remaining ingredients and boil an additional 12 minutes, until spaghetti is tender.
4-Serve with grated Parmesan cheese, if desired.

Recipe from the Sports Nutrition 2:
Get Set! 4-H Project Book

November

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Fit Tips

- Caffeine may be legal, but it is a stimulant drug. It can cause side effects such as an upset stomach, a headache, jitteriness, and sleep problems— all of which drag you down, not power you up!
- Get moving! It's easy to fit physical activities into your daily routine. Climb stairs instead of taking an elevator. Try to do these things for a total of 30 minutes every day.

Fresh Local Foods this month are . . .



Mushrooms

Need to eat something good for you? Why not try adding some mushrooms to your diet. Mushrooms are full of nutrients that are good for your heart, digestion and help strengthen your immune system.

Winter Squash

Most varieties of squash are great sources of iron. Iron helps most oxygen from the lungs to the rest of your body and helps you fight off infections.



Recipe of the Month: Wild Rice- Mushroom Soup

Ingredients:

1/2 cup uncooked wild rice
3 tablespoons butter
2 medium stalks celery, sliced (1 cup)
1 medium onion, chopped (1/2 cup)
1/4 flour
1 teaspoon sugar
1/4 pepper
3 cups chicken broth
3/4 cup chopped cooked ham or chicken
1 teaspoon Worcestershire sauce
1 cup plain yogurt

Cooking Instructions:

1- Cook wild rice as directed on package.
2- Meanwhile, in 3-quart saucepan, melt butter over medium heat. Add celery, onion and mushrooms; cook about 5 minutes, stirring occasionally, until crisp-tender.
3- Stir in flour, sugar and pepper. Stir in cooked wild rice, broth, ham and Worcestershire sauce; cover and simmer 10 minutes over medium heat. Stir in yogurt; heat just until hot (do not boil).

Adapted from bettycrocker.com

December

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Keep it Safe

When cooking with boiling water or other liquids, take special care to avoid burns from liquid or steam. Steam can burn just as quickly as boiling water or a hot burner.

- Lift pot lids away from you to protect you from steam.
- Hold the pan so the steam will not rise and burn your hands or arms.
- Always pour liquids away from you body.

Fresh Local Foods this month are . . .

Green House Lettuce



Visit a local green house and pick your own lettuce. Remember when picking out a head of lettuce keep in mind the darker the lettuce the more nutritious it contains.

Recipe of the Month:

Teriyaki Beef and Pineapple Lettuce

Ingredients:

1lb lean ground beef
1/4 teaspoon salt
1/8 teaspoon pepper
1 can (8oz) pineapple tidbits in juice, drained, reserving liquid
1/4 cup teriyaki baste and glaze sauce
1 tablespoon cornstarch
2 green onions, sliced (2 tablespoons)
1/4 cup diced red bell pepper, if desired
5 large Bibb lettuce leaves

Cooking Instructions:

1– In 10-inch skillet, cook ground beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in salt and pepper.
2– In small bowl, mix reserved pineapple liquid, baste and glaze sauce and cornstarch. Stir mixture into ground beef. Cook and stir until thick and bubbly, stirring frequently. Stir in pineapple, green onions and bell pepper. Cook 1 to 2 minutes, stirring occasionally, until thoroughly heated. Spoon about 1/2 cup mixture into each lettuce leaf; roll up to serve.

Adapted from bettycrocker.com

January

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Did you know?

- You might have noticed that some canning lids are gold and some are silver. The color change from gold to silver was made to better coordinate the lids with today's kitchens, many of which contain stainless accents.
- Water accounts for up to 90% of the weight in most produce.
- The oldest known recipes for food originate from southern Mesopotamia in 200 BC.

Fresh Local Foods this month are . . .

Chicken



Chicken is very high in lean, low fat protein. It can serve as a natural anti-depressant. Chicken also is rich in phosphorus. Phosphorus is a mineral that helps support your teeth, bones, kidney, liver and central nervous system. Try making some of your favorite meals with chicken this month!

Recipe of the Month: Italian Chicken Noodle Soup

Ingredients:

1 tablespoon olive oil
2 boneless skinless chicken breast (about 1/2lb), cut into 1/2-inch pieces
1/2 cup chopped onion
32oz chicken broth
2 cups water
1 1/2 cups sliced carrots
2 cups broccoli florets
1 1/2 cups uncooked medium egg noodles
1 teaspoon dried basil leaves
1/2 teaspoon garlic-pepper blend
1/4 cup shredded parmesan cheese

Cooking Instructions:

1-In 4-quart saucepan, heat oil over medium heat. Add chicken. Cook 4 to 6 minutes, stirring occasionally, until no longer pink in center. Stir in onion. Cook 2 to 3 minutes, stirring occasionally, until onion is tender.
2- Stir in broth, water and carrots. Heat to boiling. Cook 5 minutes over medium heat. Stir in broccoli, noodles, basil and garlic-pepper blend. Heat to boiling; reduce heat. Simmer uncovered 8 to 10 minutes, stirring occasionally, until vegetables and noodles are tender.
3- Pour dressing over vegetables in large bowl.
4- Top each serving with cheese.

Adapted from bettycrocker.com

February

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Keeping it Safe

- Always wash your hands before preparing food and after handling raw meat.
- Be sure to properly clean your cutting board after each use. Wash it with soap and warm water. Then rinse and sanitize it, and follow that by washing it with soap and water again.

Fresh Local Foods this month are . . .

Recipe of the Month: Eggs in a Nest

Eggs



Eggs are full of choline, which babies need for development of the brain. They also improve your reflexes, help reduce your risk of cancer and can help lower blood pressure. Eggs are a great source of protein before a workout.

Dairy

1 cup of milk provides you with 30% of your daily value of calcium. This is equal to 7 cups of raw broccoli. Milk is also the number 1 source of vitamin D.



Ingredients:

1 large egg
1 slice whole wheat bread
Non-stick cooking spray

Equipment:

Small bowl
Whisk or fork
Small cookie cutter
Small frying pan
Pancake turner

Instructions:

- 1-Break egg. Place in bowl and whisk egg until mixed well.
- 2-Place one piece of bread on cutting board. Use the cookie cutter to cut a shape out of the middle of the bread.
- 3- Spray pan lightly with non-stick cooking spray and bring to medium heat.
- 4- Put bread in skillet and pour egg into hole in bread.
- 5- As the egg begins to cook, slowly stir the egg mixture. When the egg mixture starts to thicken, use a pancake tuner to flip the bread and egg together.
- 6- When egg is firm, remove from the skillet.

Recipe from Let's Start Cooking 4-H Project Book

March

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Did you know?

- China and India produce more wheat than the United States, but the U.S. is the number one exporter of wheat.
- You can add tasty nutrition from grain products to almost every meal.
- Mixing the dry and wet ingredients separately ensures they are evenly distributed before you bake the batter.

Fresh Local Foods this month are . . .

Recipe of the Month:

Grilled Asparagus and New Potatoes



Asparagus

Eating asparagus is a great way to get vitamins A, C, E, and thiamin. Asparagus is full of vitamin E which keeps your skin, hair and immune system healthy.

Rhubarb

Need more calcium in your diet? Try eating some rhubarb. Along with the high amount of calcium rhubarb is also high in potassium. The potassium found in rhubarb can help reduce blood pressure.



Ingredients:

2 tablespoons olive oil
1/2 teaspoon salt
1/2 teaspoon lemon-pepper seasoning
6 small red potatoes, unpeeled, quartered
1lb fresh asparagus spears, trimmed

Cooking Instructions:

1-Heat gas or charcoal grill. In large shallow bowl, mix 1 tablespoon of the oil, 1/4 teaspoon of the salt and 1/4 teaspoon of the lemon-pepper seasoning. Add potatoes; toss to coat. Place in grill basket.
2-Place grill basket on grill over medium heat. Cook 15 minutes, shaking grill basket occasionally to turn and mix potatoes.
3-Meanwhile, place asparagus spears in same shallow bowl. Add remaining tablespoon oil, remaining 1/4 teaspoon salt and remaining 1/4 teaspoon lemon-pepper seasoning; toss to coat.
4-Add asparagus to potatoes in grill basket. Cook about 10 minutes longer or until potatoes and asparagus are tender, shaking basket occasionally to turn and mix vegetables.

Adapted from bettycrocker.com

April

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Did you know?

Many restaurants serve food portions that are two or even four times the size recommended by federal dietary guidelines. In a survey about how chefs decide portion size, “presentation” was the popular choice (70%). Only 16% said they consider calories. Source: Clemson Public Service Activities.

Fresh Local Foods this month are . . .

Spinach



Need more vitamin K in your daily diet? 1 cup of spinach contains 56% of your daily value of vitamin K. Vitamin K helps stop cuts from bleeding and helps start the healing process.

Lettuce

When picking out a head of lettuce keep in mind the darker the lettuce the more nutritious it contains. Lettuce is a great way to get vitamins



Recipe of the Month: Spinach and Mandarin Orange Salad

Ingredients:

Salad-

- 1, 10 to 12 ounce bag spinach leaves, washed and torn into bite-sized pieces
- 1, 11 ounce can mandarin oranges, drained
- 1 apple (washed, cored, and cut into small pieces)
- 1/4 cup toasted almonds, peanuts, pecans, or walnuts

Dressing-

- 1/2 cup orange juice
- 2 tablespoons balsamic vinegar
- 1 tablespoon sugar
- 1 tablespoon vegetable oil
- 1/2 teaspoon black pepper

Cooking Instructions:

- 1-mix spinach, oranges, apple, and nuts in a large bowl; toss gently.
 - 2-Combine orange juice, vinegar, sugar, oil, and pepper in a small covered bowl; shake well.
 - 3-add salad dressing to large bowl containing spinach, oranges, apple, and nuts; toss gently.
- Makes 6 servings

Sports Nutrition 1: On your Mark
4-H Project Book

May

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Fit Tip

- Nutrients come in colors! Eating several different colors of foods each day adds a variety of foods, nutrients, and flavors to your diet.
- The stomach digests different foods in different amounts of time, and digestion time can vary from one person to another.

Fresh Local Foods this month are . . .



Beets

A 1/2 cup of cooked beet greens are a great source of riboflavin. Riboflavin or vitamin B2 helps build your red blood cells and support cellular functions that give you energy.

Strawberries

Did you know there are about 200 tiny seeds on every strawberry! Eating just a 1/2 cup of strawberries can help your body heal cuts and wounds and fight off infections.



Peas



A 1/2 cup of peas contains 18% of your daily fiber value. Peas also contain 19% of your daily value of vitamin C. Eating peas will help keep your body's nerves healthy.

Broccoli

Broccoli is dark green because it is very high in nutrients. A 1/2 cup of broccoli contains 65% of your daily value of vitamin C. Eating broccoli can help protect you against heart disease.



Recipe of the Month: Strawberry Yogurt Pops

Ingredients:

2 cups fresh strawberries
2 cups low-fat vanilla yogurt

Equipment:

12 small paper cups
12 pop sticks
Foil
Mixing bowl
Cutting board
Knife

Instructions:

- 1- Chop strawberries into small pieces.
- 2- Combine strawberries and yogurt in mixing bowl. Mix well.
- 3- Spoon Mixture into 12 cups. Cover each cup with foil.
- 4- Insert pop stick through foil.
- 5- Freeze pops till firm.
- 6- Gently tear away paper cup from yogurt before eating.

Recipe from Let's Start
Cooking 4-H Project Book

June

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Food Safety Tips

- Fruits and vegetables often come into contact with bacteria when they are grown, watered, picked, shipped, and packaged. Wash all produce, including fruit with a peel (such as bananas), under running water and dry it with a paper towel. You may need a brush to scrub produce with rind (such as melons and cucumbers).

Fresh Local Foods this month are . . .

Blueberries



Berries are rich in phytochemicals. Phytochemicals help keep you healthy. Blueberries are an excellent source of minerals such as manganese, iron, magnesium and potassium. They also contain salicylic acid which is a natural version of aspirin.

Green Beans

Did you know green beans can provide you with at least 10% of your daily value of fiber? Eating a 1/2 cup of green beans is a great way to get vitamins C, K and fiber. They can help make you feel full and keep your blood sugar levels normal.



Peppers



Peppers contain more than 30 different carotenoids. They provide excellent amounts of antioxidants that help your body produce healthy blood cells.

Recipe of the Month: Blueberry Cobbler

Ingredients:

6 tablespoons butter, melted
1 1/4 cups Original Bisquick Mix
1/2 cup sugar
2/3 cup milk
3 cups fresh blueberries

Cooking Instructions:

1-Heat oven to 350°F. Pour melted butter into 8 or 9-inch square baking dish.
2-In medium bowl, whisk together Bisquick mix, sugar, and milk; pour over melted butter.
3-Sprinkle blueberries evenly over Bisquick batter. Bake 42 to 47 minutes, or until golden brown. Serve warm.

Adapted from bettycrocker.com

July

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Fit Tips

- Berries are very powerful, so don't skimp on them! Grab a handful of berries and toss them in your favorite cereal. They add natural sugar and power to your breakfast.
- At least half of the grains you eat should be whole grains.
- Thirst is not a good indication of the need of more fluids. Athletes generally lose 2% of their body weight through sweat loss before feeling thirsty. If you wait to drink, you have waited too long.

Fresh Local Foods this month are . . .

Corn



Did you know that eating corn is a good way to get thiamin? Thiamin can help boost the immune system and help maintain a positive mental attitude.

Tomatoes

Are you wanting to keep your heart healthy? Why not try eating tomatoes. Eating a 1/2 cup of sliced tomatoes is a great source of lycopene. Lycopene helps keep your heart and immune system healthy and is something your body can only get from eating red fruits and vegetables.



Cantaloupe



Need more fiber in your daily life? One small cantaloupe can provide over 7 grams of fiber. That is nearly a quarter of the recommended daily value intake of fiber.

Recipe of the Month: Corn on the Cob

Ingredients:

1 ear of corn
Olive oil, butter or butter substitute, salt, pepper, other spices, optional

Wrapped in Foil:

1-Remove the husk and silk. Place the corn on a piece of heavy-duty foil large enough to wrap the entire ear.
2-Before wrapping, add butter or butter substitute, salt, and pepper, or other spices. Wrap foil tightly around the ear and twist the ends.
3-Gill over medium hear for about 30 minutes.

Recipe from Grill Master 4-H Project Book

August

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Did you Know?

- Ohio ranks in the top ten states for direct sales to consumers represented by a wide variety of food products including but not limited to eggs, milk, cheese, honey, maple syrup, beverages, bread and other artisan products, fresh, frozen canned and dried vegetables, fruits and meats. (USDA Ag Census, 2012.)
- Agriculture is Ohio's number one industry contributing jobs for one in seven Ohioans, and more than \$107 billion to the state's economy. (ohioproud.org)
- One in six Ohioans is food insecure and lacks access to fresh, local, healthy food.

Fresh Local Foods this month are . . .

Cabbage



Looking for more vitamin A and fiber in your life? A 1/2 cup of cabbage contains vitamins A, C and K along with fiber and folate. Eating cabbage is a great way to boost your immune system and help lower your risk of cancer.

Grapes

Need more vitamins C and K in your diet? Try eating a 1/2 cup of grapes. Grapes also provide you with vitamins, minerals, fibers and many phytochemicals. A handful of grapes are a quick source of energy.



Watermelon



Eating just a 1/2 cup of watermelon is a great way to get carotenoids. Carotenoids are good antioxidants that help lower your risk of certain diseases.

Recipe of the Month: Creamy Garden Coleslaw

Ingredients:

7 cups coleslaw mix
1 cup shredded zucchini
1 cup shredded carrots
1/2 cup finely chopped green bell pepper
3/4 cup mayonnaise
2 tablespoons lemon juice
1 teaspoon celery seed
1/2 teaspoon salt

Directions:

In large bowl, gently mix ingredients. Refrigerate 15-20 minutes before serving.

September

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Healthy Tips

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Compare sodium in goods like soup, bread, and frozen meals and choose the foods with lower numbers.