

Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured fruit is **berries**



Health and Learning Success Go Hand-in-Hand

Getting children to try new foods can be hard. It is normal to offer a new food many times before kids are willing to try it. Be a good role model and eat fruits and vegetables in front of your children. Use *Harvest of the Month* tips and recipes to encourage trying new foods and to find new family favorites.

Produce Tips

- Choose fresh **blueberries** that are plump and have a solid, dark blue color. Refrigerate for up to two weeks.
- Choose fresh **raspberries** that are bright and evenly colored. Refrigerate for up to three days.
- Select fresh **blackberries** that are dry and shiny, without any green or red colors. Refrigerate for up to three days.
- Wash berries just before serving.
- Shop for fresh berries in season to get the best value.

Healthy Serving Ideas

- Add berries to your cereal for added fiber and flavor.
- Mash berries to make your own jam.
- Top pancakes with fresh blueberries or blackberries.
- Stir your favorite berries into lowfat yogurt for a tasty snack.
- Toss raspberries into a spinach salad.
- Keep a bag of mixed berries in the freezer for smoothies.

HONEY GINGERED FRUIT SALAD

Makes 6 servings. 1 cup per serving.
Prep time: 30 minutes

Ingredients:

- 1 large mango, peeled and cubed
- 1 cup fresh blueberries
- 1 small banana, peeled and sliced
- 1 cup strawberries, sliced
- 1 cup seedless green grapes
- 1 cup nectarines, sliced
- 1 cup kiwifruit, peeled and sliced

Honey Ginger Sauce:

- 1/3 cup 100% orange juice
- 2 tablespoons lemon juice
- 1 tablespoon honey*
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger

1. In a large bowl, combine fruit.
2. In a small bowl, mix all sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes. Serve chilled.

*Do not give honey to children under the age of one.

Nutrition information per serving:

Calories 124, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions*, Network for a Healthy California, 2009.

Recipe courtesy of BOND of Color.

Let's Get Physical!

Biking is a great way to be active and healthy. It also helps the environment by lowering air pollution and traffic.

- **At home:** Ride your bike for errands.
- **At work:** Invite coworkers to ride bikes during Bike-to-Work in May.
- **With the family:** Ride to a park after dinner to play a game of tag.

For more information, visit:

www.bikeleague.org/programs/bikemonth

Nutrition Facts

Serving Size: 1/2 cup blueberries (74g)	
Calories 42	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 0%
Vitamin C 12%	Iron 1%

How Much Do I Need?

- A 1/2 cup of berries is about one cupped handful.
- A 1/2 cup of most berries (blueberries, strawberries, blackberries, raspberries) is a good source of vitamin C and fiber.
- Berries are rich in phytochemicals, which come from plants and may help you stay healthy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. All forms of fruits and vegetables count toward your daily needs – fresh, frozen, canned, dried, and 100% juice! Look at the chart below to find out how much your family needs.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 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?

In California, blackberries, blueberries, and raspberries are in peak season in late spring and summer. Frozen berries are available year round. Visit a local farmers' market to ask about the berry season in your area.

Try these other rich sources of phytochemicals: beets, cherries, plums, red or purple cabbage, red or purple grapes, and whole grains.

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Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of berries – like blackberries, blueberries, raspberries, strawberries – is a good source* of vitamin C. This vitamin helps the body heal cuts and wounds and lower the risk of infection. A ½ cup of most berries is also a good source* of fiber, which helps you feel full. Berries are rich in phytochemicals that may help you stay healthy.

*Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Blend frozen berries with sliced bananas, lowfat milk, and 100% orange juice for a refreshing smoothie.



Make healthy banana splits for dessert! Top a peeled banana with lowfat vanilla yogurt. Sprinkle with lowfat granola and add your favorite berries.



Add blueberries to oatmeal, lowfat yogurt, or cereal.



Shopper's Tips

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- Select fresh **blackberries** that are dry and shiny, without any green or red colors. Refrigerate for up to three days.
- Wash berries just before serving.
- Shop for berries in season to get the best value. Low-cost produce can be found at your local farmers' market. Or buy frozen berries year-round at the grocery store.

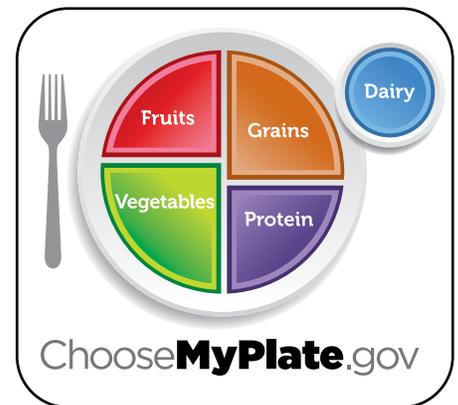
Let's Get Physical!

Local farms often have "pick-your-own" berry patches. Have fun and be active by selecting and picking your own fresh fruit.

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:
www.CaChampionsForChange.net