



FAMILY NEWSLETTER

NUTRIENTS FOUND IN BRUSSELS SPROUTS

- Brussels sprouts are a good source of folate.
- One cup of Brussels sprouts is an excellent source of vitamin C and vitamin K.
- Brussels sprouts are a good source of dietary fiber, which aids in digestion.

HEALTHY, FIT & READY TO LEARN

- There is substantial evidence that physical activity can help improve students' grades and overall academic achievement. Everyday, kids should engage in one hour of moderate to vigorous physical activity. This can include P.E., active play, sports, and walking/running with pets. Join in with your kids for active time together!

GROWN IN OREGON

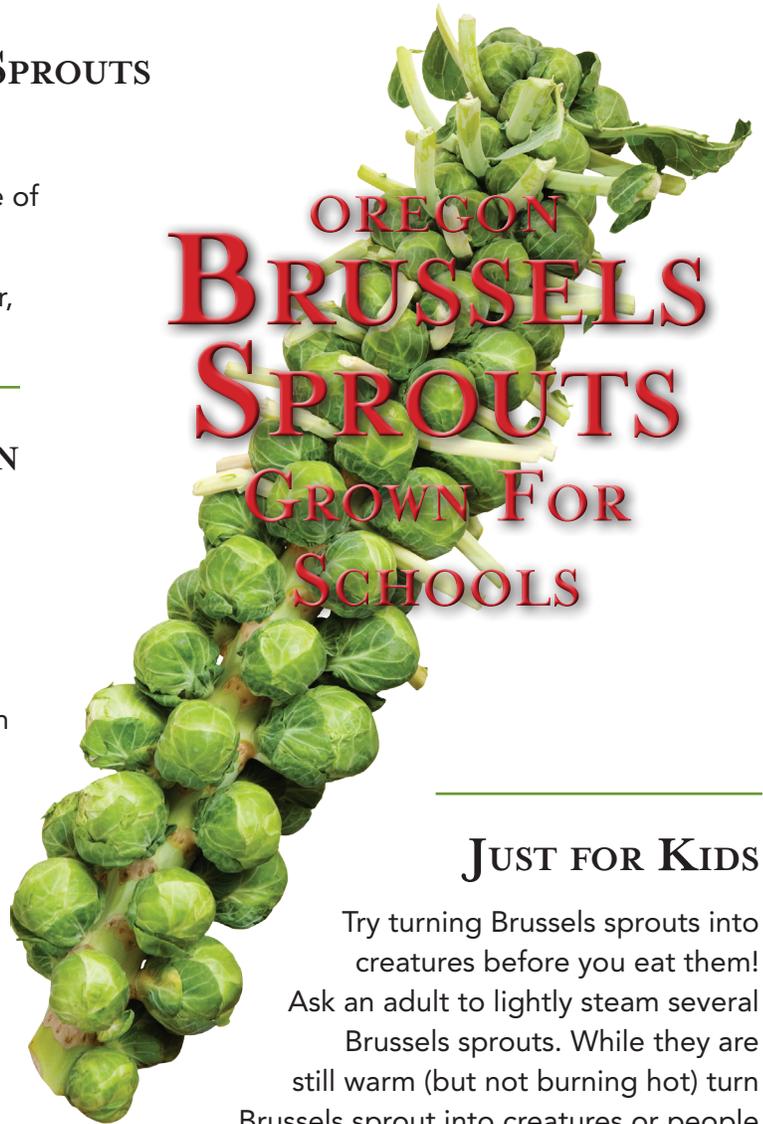
Late May until mid-July is the best time to plant Brussels sprouts in Oregon. The variety of sprouts called "Tasty Nuggets" grow especially well in Oregon!



LIVING AND EATING GREEN

Look for and enjoy foods that come with minimal packaging, such as raw fruits and vegetables. Bring your own reusable bags to the grocery

store. Encourage your kids to get involved by letting them decorate their own reusable cloth tote bags!



JUST FOR KIDS

Try turning Brussels sprouts into creatures before you eat them! Ask an adult to lightly steam several Brussels sprouts. While they are still warm (but not burning hot) turn Brussels sprout into creatures or people using toothpicks, carrot sticks, peas, or other tasty veggies. Once you've created your creature, you can eat it bit by bit!



YOUR OREGON KITCHEN

QUICK AND EASY

- Boil, steam, sauté, or microwave Brussels sprouts for quick preparation.
- Top your pizza with thinly sliced, oven roasted Brussels sprouts.
- Try slicing Brussels sprouts in half and sautéing them with olive oil and onions until they are tender.
- Roasted Brussels sprouts taste great mixed with roasted carrots and potatoes!
- Try cutting a shallow "X" in the base of each sprout before cooking, so they cook evenly throughout.

PRODUCE POINTERS

- Do not wash or trim Brussels sprouts before storing them in the refrigerator.
- Store Brussels sprouts in the refrigerator in paper bags or containers. For the best taste, use them within 3-4 days.
- To store sprouts bought on the stalk, remove from stalk and put them into an uncovered bowl. Leave their outer leaves on until just before you cook them.
- When ready to prepare, remove wilted outer leaves, then wash and trim stem leaves so that they are even with the end of the sprouts.
- When fresh Brussels sprouts are not available, look for them in the freezer section of most grocery stores.

RECIPE: ROASTED BRUSSELS SPROUTS WITH BALSAMIC VINEGAR

INGREDIENTS:

- 1 ½ pounds Brussels sprouts
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- salt, to taste
- black pepper, to taste

DIRECTIONS:

- Preheat oven to roast at 400°F.
- Trim the end, then cut brussels sprouts in half.
- In a large bowl, toss together olive oil, balsamic vinegar, salt and black pepper. Then add the brussels sprouts and toss evenly with the oil mixture.
- Spread out the brussels sprouts, cut side down. Roast in oven for 15 min., flip the sprouts to cut side up, then roast for 10-15 minutes more or until gently browned.



RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids ages 5-12	Teens & Adults ages 13+
Males	2 ½ - 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ - 5 cups per day	3 ½ - 5 cups per day

If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.

Find Out More: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/go/f2sgardens.