

# Harvest of the Month



Network for a Healthy California

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



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

Students who get regular physical activity often perform better in the classroom. Children need at least 60 minutes of physical activity every day. Encourage your child to be active and help them eat a colorful variety of fruits and vegetables.

## Produce Tips

- Look for bright orange and red-colored persimmons with smooth skins and leaves still attached.
- Ripe Fuyus are firm and stay fresh for up to three weeks at room temperature. For longer storage, keep refrigerated.
- Ripe Hachiyas are soft and may be slightly wrinkled or have a few brown spots. Store at room temperature and use within a few days.
- To ripen firm Hachiyas, place in paper bag with an apple or banana.

**Helpful Hint:** Hachiyas are mostly used in baking and can be eaten by scooping the flesh out with a spoon.

For more tips, visit:

[www.fruitsandveggiesmatter.gov/month/persimmons.html](http://www.fruitsandveggiesmatter.gov/month/persimmons.html)

## Healthy Serving Ideas

- Offer whole or quartered Fuyu persimmons to your child as an after-school snack.
- Toss sliced Fuyu persimmons into salads or add to stir-fries.
- Add Hachiya persimmons to recipes like muffins, pies, and puddings.
- Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack.

## PERSIMMON & SPINACH SALAD

**Makes 6 servings.** ½ cup per serving.

**Prep time:** 30 minutes

### Ingredients:

- 1½ tablespoons olive oil
- 3 tablespoons 100% orange juice
- 2 tablespoons rice vinegar
- ½ teaspoon salt
- 3 cups spinach, washed
- 3 medium Fuyu persimmons, sliced
- ¼ cup dried cranberries

1. In small bowl, combine oil, orange juice, rice vinegar, and salt for dressing. Chill in refrigerator.
2. In large bowl, combine spinach, persimmons, and cranberries.
3. Toss salad with dressing and serve.

Variation: Top with sliced, grilled chicken breasts.

*Nutrition information per serving:*

Calories 112, Carbohydrate 21 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 4 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 210 mg

Adapted from: [www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

## Let's Get Physical!

- **In the morning:** Go for a brisk 10 minute walk with your child to warm up your bodies and minds.
- **After school:** Set aside 20 minutes for your child to play outside or be active indoors before starting homework. It may help your student to focus better.
- **In the evening:** Unwind by doing stretches with your child.
- **On the weekend:** Walk around at a farmers' market and see how many different produce items you and your child can find.

For more ideas, visit:

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

## Nutrition Facts

Serving Size: ½ medium persimmon (84g)	
Calories 59	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 0g	
Vitamin A 27%	Calcium 1%
Vitamin C 11%	Iron 1%

## How Much Do I Need?

- Half of a medium persimmon is about a ½ cup of fruit.
- A ½ cup of persimmon is an excellent source of vitamin A and a good source of vitamin C and fiber.
- Persimmons also have many antioxidants like beta-carotene, which becomes vitamin A in the body. Vitamin A helps maintain good vision, fight infection, and keep skin healthy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Encourage your family to eat a variety of colorful fruits and vegetables every day – fresh, frozen, canned, and dried! It will help them reach their recommended daily amount.

## 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.



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. © California Department of Public Health 2010.



# La Cosecha del Mes

Red para una California Saludable

La fruta de *La Cosecha del Mes* es el

## pérsimo



### La salud y la nutrición van mano a mano

Haga que la mitad de su plato contenga frutas y verduras y manténgase activo todos los días. Tome agua en lugar de bebidas azucaradas. (Las bebidas azucaradas son una de las mayores fuentes de azúcar agregada en la dieta americana). Si hace estas cosas podrá reducir su riesgo de padecer problemas serios de salud como obesidad, diabetes tipo 2, enfermedades del corazón y algunos tipos de cáncer.

Una ½ taza de pérsimo es una fuente excelente\* de vitamina A y una fuente buena\*\* de vitamina C y fibra. Los pérsimos tienen también varios antioxidantes como beta caroteno, que se convierte en vitamina A en el cuerpo. La vitamina A es buena para la vista, ayuda a combatir infecciones y a mantener saludable la piel.

\* Las fuentes excelentes aportan al menos 20% del valor diario.

\*\* Las fuentes buenas aportan 10-19% del valor diario.

### Ideas saludables de preparación

Sustituya el tomate de su salsa favorita por pérsimos fuyu y tendrá una salsa dulce como bocadillo.



El pérsimo fuyu es un alimento rápido y muy bueno. Simplemente rebane y disfrute.



Agregue pérsimo fuyu picado a las ensaladas para darles un toque dulce.



### Consejos saludables

- El pérsimo fuyu tiene forma de calabaza, es dulce y puede comerse fresco. Los pérsimos maduros deben sentirse firmes. Guarde el pérsimo fuyu maduro a temperatura ambiente hasta por 3 semanas. Puede guardarlo en el refrigerador hasta por 2 meses.
- El pérsimo hachiya tiene forma de bellota, es agrio, y normalmente se cocina. El pérsimo hachiya maduro debe ser muy suave. El pérsimo hachiya maduro puede guardarse a temperatura ambiente hasta por 4 días.

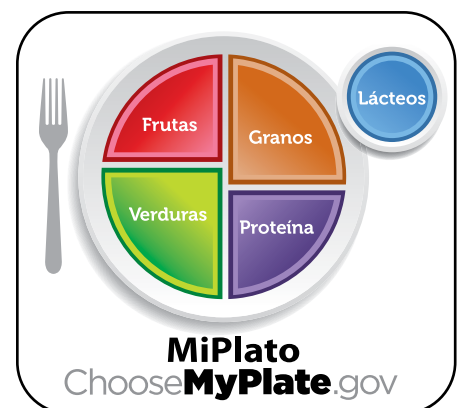
### ¡En sus marcas, listos...!

Piense cómo agregar de 10-20 minutos de actividad física a cada día e inténtelo al menos por 3 semanas. Una vez que logre esa meta, fije otra.

### ¿Cuánto necesito?

La cantidad de fruta y verdura que necesita depende de su edad, si es hombre o mujer y la cantidad de actividad física que hace cada día. Un buen consejo a seguir es:

- ¡Haga que la mitad de su plato contenga frutas y verduras para alcanzar el total de su necesidad diaria!



Adaptado del USDA

Para más consejos y recetas, visite:  
[www.CampeonesDelCambio.net](http://www.CampeonesDelCambio.net)