

# Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured produce is **cabbages**

SAVOY CABBAGE



RED (PURPLE) CABBAGE



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

Do more. Watch less. Studies show students who watch less TV and get more physical activity do better on academic tests. Harvest of the Month can help your family learn new ways to eat more fruits and vegetables and be physically active every day.

## Healthy Serving Ideas

- Make a “rainbow coleslaw” by using a mix of green and red cabbage. (See recipe.)
- Boil or steam cabbages to use in stews, soups, and casseroles.
- Provide raw, crunchy fruits and vegetables as snacks for your child.
- Look for a farmers’ market in your area to find low-cost fruits and vegetables.

For more ideas, visit:

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## Produce Tips

- Choose firm cabbage heads that feel heavy and are tightly-packed.
- Store whole or chopped cabbage in a sealed plastic bag in the refrigerator. Use within one week.
- Before use, rinse cabbage thoroughly and remove tough outer leaves. Cut in half and trim core.

## RAINBOW COLESLAW

Makes 12 servings.

½ cup per serving.

Prep time: 15 minutes

### Ingredients:

- 2 cups thinly sliced red cabbage
- 2 cups thinly sliced green cabbage
- ½ cup chopped yellow or red bell pepper
- ½ cup shredded carrots
- ½ cup chopped red onion
- ½ cup fat free mayonnaise
- 1 tablespoon red wine vinegar
- ¼ teaspoon celery seed (optional)
- ½ cup lowfat Cheddar cheese, cubed

1. In large bowl, combine vegetables.
2. In small bowl, combine mayonnaise, vinegar, and celery seed to make the dressing.
3. Pour dressing over the vegetables in large bowl. Toss until well coated.
4. Add cheese and serve chilled.

### Nutrition information per serving:

Calories 30, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions*, Network for a Healthy California, 2008.

## Nutrition Facts

|   |                     |
|---|---------------------|
| Serving Size: ½ cup green cabbage, shredded (35g) |                     |
| Calories 9  | Calories from Fat 0 |
| % Daily Value                                     |                     |
| Total Fat 0g                                      | 0%                  |
| Saturated Fat 0g                                  | 0%                  |
| Trans Fat 0g                                      |                     |
| Cholesterol 0mg                                   | 0%                  |
| Sodium 6mg  | 0%                  |
| Total Carbohydrate 2g                             | 1%                  |
| Dietary Fiber 1g                                  | 4%                  |
| Sugars 1g   |                     |
| Protein 1g  |                     |
| Vitamin A 1%                                      | Calcium 1%          |
| Vitamin C 21%                                     | Iron 1%             |

## How Much Do I Need?

- A ½ cup of cabbage is about one cupped handful.
- A ½ cup of fresh or cooked cabbage is an excellent source of vitamin C and vitamin K.
- A ½ cup of cooked cabbage also provides fiber and folate.
- Cabbage is a cruciferous vegetable that is rich in phytochemicals, which help boost the immune system and help lower the risk of heart disease and certain types of cancer.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Look at the chart below to find the amount that is right for you and your family. Eating a variety of colorful fruits and vegetables throughout the day – fresh, frozen, canned, and dried – will help you reach your daily goals.

## 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.

## Let's Get Physical!

- Cut back on screen time\* and add activity time. It will help prepare your child for spring fitness testing.
- Create activity calendars for you and your family. You can create calendars online at [www.bam.gov](http://www.bam.gov).
- Include indoor and outdoor activities on your calendar (like dancing, doing sit-ups, walking/jogging, jumping rope, and playing basketball and soccer).

\*The American Academy of Pediatrics recommends no more than two hours of quality programming per day.

For more ideas, visit:

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

