

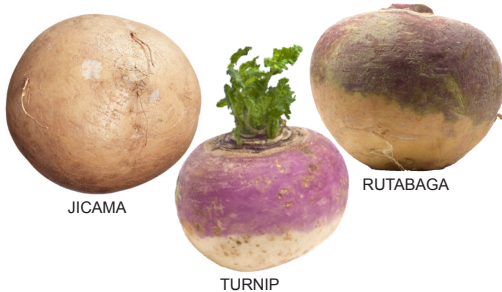
Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetables are

root vegetables



JICAMA

TURNIP

RUTABAGA

Health and Learning Success Go Hand-in-Hand

Family meals can be a great time to care for the body. Take time to set the table, eat together, and share stories. Experts agree that sharing meals may help to avoid teenage smoking, alcohol/drug abuse, and depression. Use *Harvest of the Month* recipes and serving ideas for healthy ways to enjoy root vegetables.

Produce Tips

- Select firm **jicama** that are smooth with no bruises or spots. Store in a cool, dry place for up to four months. Keep sliced jicama in a sealed plastic bag in the refrigerator for up to one week.
- Choose small- to medium-sized **turnips** that are smooth, round, and firm. Store in a cool, dry place for up to two months or in a plastic bag in the refrigerator for up to two weeks.
- Look for **rutabagas** that are heavy, smooth, round, and firm. Store in a cold, dry place for up to four months or in the refrigerator for one month.

Healthy Serving Ideas

- Look for roots like jicama, parsnips, turnips, rutabagas, and radishes at your local market.
- Peel and slice crisp jicama. Sprinkle with chili powder for a quick snack.
- Peel and cube parsnips and add to your favorite soup.
- Sauté sliced turnips, turnip greens, and chopped onions for a flavorful dish.
- Serve mashed rutabagas instead of mashed potatoes.
- Shred radishes and add to a green salad.

JICAMA PIÑA BREEZE

Makes 3 servings. 1 cup per serving.
Cook time: 10 minutes

Ingredients:

- ½ cup canned pineapple chunks with juice, packed in 100% juice
- ½ cup fresh jicama, peeled and cut into small pieces
- ½ cup fresh orange, peeled and cut into small pieces
- 2 cups 100% orange juice

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve immediately.

Nutrition information per serving:

Calories 117, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg

Source: *Healthy Latino Recipes Made with Love, Network for a Healthy California, 2008.*

For more recipes, visit: www.cachampionsforchange.net

Let's Get Physical!

- **At work:** Stretch with co-workers to help relax during your break.
- **At school:** Encourage your child to start a walking group during recess. They can talk while they walk!
- **With the family:** Play touch football or tag this weekend.

Gardening, doing yard work, vacuuming, sweeping – all types of physical activity count towards your daily needs!

To find out how much activity you and your family need, visit:

www.cdc.gov/physicalactivity

Nutrition Facts

Serving Size: ½ cup raw jicama, sliced (60g)	
Calories 23	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Calcium 1%
Vitamin C 20%	Iron 2%

How Much Do I Need?

- A ½ cup of sliced jicama, turnips, or rutabagas is about one cupped handful.
- A ½ cup of most root vegetables is an excellent source of vitamin C.
- Root vegetables are rich in complex carbohydrates, or starch, which give your body energy, especially for the brain and nervous system.
- Most people should get over half of their calories from complex carbohydrates. Good sources include fruits, vegetables, and whole grains.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Encourage your family to try a variety of colorful fruits and vegetables every day. It will help them reach their recommended daily amounts.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	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 to learn more.

What's in Season?

Roots – like jicama, turnips, rutabagas, radishes, and parsnips – are in peak season in late spring through fall.

Try these other good or excellent sources of complex carbohydrates for energy: corn, dry beans, peas, and sweet potatoes.

