

Harvest of the Month



Network for a Healthy California

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



Health and Learning Success Go Hand-in-Hand

Food Day is October 24. It is a national movement to eat more healthy, affordable, and sustainable food – like fruits and vegetables. Make half your children's plates fruits and vegetables and help them get at least 60 minutes of physical activity every day. Doing these things is good for their health and can also help your children do better in school. So celebrate Food Day and use *Harvest of the Month* to help you and your family live a healthy, active lifestyle.

Produce Tips

- Pick fresh pumpkins that are firm and feel heavy for their size.
- Keep fresh pumpkins in a cool, dark place for up to two months.
- Look for canned pumpkin with no added sugars or sodium. You can use canned pumpkin in any recipe that uses cooked pumpkin.
- For best prices, buy pumpkins at a pick-your-own pumpkin patch or a local farmers' market.

Healthy Serving Ideas

- Roast, bake, or mash pumpkin for warm, tasty side dishes. You can even purée pumpkin to use in soups.
- Roast pumpkin seeds in a preheated oven at 300°F for 10 to 25 minutes. Be sure to wash and dry the seeds first!
- Use canned pumpkin to make tasty breads, muffins, or even pancakes. Add raisins or chopped nuts for extra fiber.

PUMPKIN BEAN SOUP

Makes 6 servings. 1 cup per serving.
Cook Time: 30 minutes

Ingredients:

- 1 can white beans, undrained
 - 1 small onion, finely chopped
 - 1 cup water
 - 1 15-ounce can 100% pumpkin
 - 1½ cups 100% apple juice
 - ½ teaspoon cinnamon
 - ⅛ teaspoon nutmeg or ginger
 - ½ teaspoon black pepper
 - ¼ teaspoon salt
1. In a blender, add beans, onion, and water. Blend until smooth.
 2. In a large pot, add the pumpkin, juice, and spices. Stir well.
 3. Add the blended bean mix to the pumpkin juices.
 4. Cover and cook over low heat for 15-20 minutes. Serve warm.

Nutrition information per serving:
Calories 160, Carbohydrate 32 g, Dietary Fiber 7 g, Protein 8 g, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 330 mg

Adapted from:
Pennsylvania Nutrition Education Network

For more recipes, visit:
<http://recipefinder.nal.usda.gov/>

Let's Get Physical!

- Make family time an active time. Limit screen time with TV, computers and video games. Add active time with family walks on the weekend, or after dinner.
- Go on a scavenger hunt for trees in your neighborhood. Try to find leaves in every color.
- Plan ahead. Put active time on the family calendar.

For more ideas, visit:
<http://kids.usa.gov/grown-ups/for-parents/exercise-fitness-nutrition/index.shtml>

Nutrition Facts

Serving Size: ½ cup pumpkin, cooked (123g)	
Calories 24	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 6g	2%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 1g	
Vitamin A 122%	Calcium 2%
Vitamin C 10%	Iron 4%

How Much Do I Need?

- A ½ cup of pumpkin is an excellent source* of vitamin A and a good source* of vitamin C.
- Vitamin A helps keep your vision good, fight infection, and keep your skin healthy.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. Make half your plate fruits and vegetables to reach your total daily needs!



What's in Season?

California grown pumpkins are in peak season in fall. They are usually available from October to December. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other California grown produce items in fall: collard greens, kale, sweet potatoes, and winter squash (acorn, butternut, pumpkins).



Network participation in Food Day is for the purpose of educating and informing SNAP-Ed eligibles about healthy eating and physical activity and will not include advocacy for or against any specific laws, regulations or ordinances.

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. © California Department of Public Health 2012



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