



Farm Shares for Health
2022 Season

— THE —
University of Vermont
MEDICAL CENTER

Farm Shares for Health

July, 2022

Welcome to Farm Shares for Health!

Farm Shares for Health is a partnership between local, organic farmers & health professionals who are passionate about providing Vermont communities with farm-fresh foods, information on healthy eating and cooking, and tips for healthy living. The mission of the Farm Shares for Health team is to support you and your family in eating together, eating home-cooked meals year 'round, and cooking with fresh, local produce. We thank you for choosing to become a Farm Shares for Health Member and for making the commitment with us to work towards cultivating a healthy diet and healthy lifestyle habits for yourself and your family.

Here are a few important details to keep in mind for the 2022 season:

- There are currently three participating local farms / food suppliers to choose from:
 - o Full Moon Farm, Hinesburg
 - o Jericho Settlers' Farm, Jericho
 - o The Intervale Food Hub, Burlington
- You are enrolled at the farm of your choice, as a seasonal CSA member and will pick up your farm share in accordance with the farm's CSA program (at the designated times and locations specified).
- You will receive communications as a CSA member directly from the farm! This may include important weekly information about your share or about special events.
- If you have any questions or concerns about the program or your participation, please contact either Laurel Audy or Alain Douchinsky at the UVM Comprehensive Pain Program at (802) 847-5550. They will reach out periodically to check-in.

Each week, you will receive a share of delicious fresh seasonal produce grown in Chittenden County, VT. This notebook is provided to help you understand the foods that you may receive in your weekly share. If you choose to pick up your share at the farm, you will have the opportunity to see how and where your food was grown and you may even get to meet some of the farmers who grew it! We encourage you to bring the whole family to pick up your share at the farm and experience the joy of doing something good for you and your family's health.

The Farm Shares for Health program is made possible by the generous support of the University of Vermont Medical Center's Nutrition Services department.

We are excited to work and learn with you throughout the 2022 summer season and look forward to improving our health together! Don't hesitate to reach out with questions and please let us know if there are any ways we can improve your experience.

The Farm Shares for Health Team

A Partnership With:

THE
University of Vermont
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Farm Shares for Health 2022 Season

Table of Contents

Nutrition Education and Recipes	11 - 38
Beets	9
Spring Greens with Beets and Carrots	10
Red Flannel Hash	10
Broccoli	11
Roasted Broccoli & Cauliflower Salad	12
Broccoli or Cauliflower Slaw	14
Cabbage	15
Grilled Squash, Corn and Cabbage Salad.....	16
Cider-Braised Cabbage and Apples	16
Carrot	17
Carrot Apple Salad	18
Dilly Carrots.....	18
Celeriac	19
Carrot and Celeriac Slaw.....	20
Celery Root Colcannon.....	20
Eggplant	21
Eggplant Ratatouille	22
Eggplant Dip.....	22
Fennel	23
Fennel Citrus Salad	24
Fennel and Chickpea Ratatouille	24
Green Beans	25
Green Bean Fries.....	26
Sautéed Green Beans and Cherry Tomatoes....	26
Kale	27
Kale Pesto	28
Kale and Bean Soup.....	28
Kohlrabi	29
Kohlrabi Chips	30
Roasted Kohlrabi with Parmesan.....	30
Peppers	31
Breakfast Peppers.....	32
Tomato-Pepper Pizza Sauce.....	32
Radish	33
Cucumber and Radish Tzatziki	34
Quick Refrigerator Dill Pickles	34
Summer Squash	36
Summer Squash w/ Lemon, Mint and Feta.....	37
Zucchini Parmesan	37
Swiss Chard	38
Swiss Chard, Beans and Caramelized Onions..	39
Swiss Chard and Lentil Soup.....	40
Winter Squash	41
Pumpkin Pie Smoothie.....	42
Mashed Maple Squash.....	42
Healthy Children, Healthy Families	43 - 58
Meal Planning Tips	59 - 68
Food Safety and Preservation	65 - 68
Nutrition and Culinary Education	69 - 80
Community Resources	81 - 86

Farm Shares for Health

To help you improve your health with fresh foods right from the farm!

*You don't have to cook fancy or complicated masterpieces,
just good food from fresh ingredients. - Julia Child*

WHAT IS A CSA?

CSA stands for Community Supported Agriculture and it is an alternative model of business where the community member pre-purchases farm-grown produce for the upcoming season. This benefits the farmer by providing them with income during a time of the year (such as early winter/spring) when they have a lot of expenses (greenhouse, seeds, equipment, labor) but will not see any income on those expenses for several weeks. It benefits the consumer by providing a fresher product at a lower price. This win-win model helps sustain the farmer financially, so that the farmer can sustain the community, nutritionally.

HOW DO I GET MY CSA SHARE?

Farms have various options for pick-up, to offer convenience to their customers. Almost all farms will always offer on-farm pick-up options and some offer a variety of off-site pick-up locations as well, such as area farmer's markets, various area businesses, churches, etc. These pick-up options are offered at different times and days to fit members' schedules. See more information about these options on the reverse side.

I'M INTERESTED; HOW DO I SIGN-UP?

Enrollment will be done through the UVM Comprehensive Pain Program. This program is offered to current CPP participants and alumni who are interested in learning how to use better nutrition to improve their health and symptoms. Participants must be able to pick-up their share at the farm (or other designated site) or provide a suitable location for delivery, if applicable. Participants must also be able to view online culinary and nutrition education resources to learn new culinary skills including food preparation, fun recipes and even some gardening tips!

WHAT IS INCLUDED IN A CSA?

CSA shares are a little different at each farm, both by what they offer and for how long. Some farms offer produce only, while others offer some meat and dairy or eggs (raised from animals on their farm or that were raised by another local farm), flowers, various 'value-added' products such as preserved items like jams, jellies or pickles, and even CBD products. In this program, only produce or meat will be included but other items are available for you to purchase from the farm if you'd like. Some farms provide only summer CSAs, while others provide in other seasons as well.

Even how the CSA program works can be different. For example, some farms simply provide members with a Farm Gift Card that can be used to purchase anything in their Farm Market. Because the member purchases these in advance, they are offered at a significant discount off the usual market price - usually 10-30%. Other farms provide a pre-packed CSA share that includes a *share* of what they harvested from the farm that week. Members can purchase different sized shares based on how many members are in their household.

HOW MUCH DOES IT COST?

There is no cost to you! This program is being offered to eligible patients by the Nutrition Services department at UVM Medical Center. The value of your summer share is around \$750 (average).

*Please note that CSA shares may not provide 100% of your food needs.

FULL MOON FARM

Full Moon Farm, started in 1999 at the Intervale in Burlington, is a certified, organic farm run by the husband and wife team of David Zuckerman and Rachel Nevitt. Located in Hinesburg since 2008, David and Rachel grow 25 acres of organic vegetables, flowers and CBD and raise pastured organic pigs and chickens. Farmers David and Rachel manage multiple initiatives that help give back to their community through healthy food donations and on-farm community events (in non-pandemic years!). When not farming, they enjoy painting, music, pottery, soccer, basketball, dancing, hiking, xc skiing and raising their daughter.

HOW DOES THE CSA PROGRAM AT THIS FARM WORK?

Summer shares at Full Moon Farm start mid-June and continue weekly until mid-October, or about 18 weeks. CSA members at this farm are provided with a gift card in an amount that will cover a share of an appropriate size for your family. Members can visit one of the four CSA pick-up locations and can choose any edible items they'd like, including vegetables, pork, chicken and eggs. You can visit when you'd like, at whatever site is most convenient. When you shop, the cost of your items will be deducted from your Farm Card. Cards will not be reloaded once empty so its important to plan your spending for the entire length of the share.

CSA SHARE PICK-UP LOCATIONS AND HOURS

LOCATIONS	HOURS
Temple Sinai 500 Swift Street South Burlington, VT 05403	Tuesdays 3:00pm - 5:30pm
Farmstand at Full Moon Farm 2083 Gilman Road, Hinesburg, VT 05461	Open 7 days/week 9:00am - 7:00pm
Burlington Farmer's Market 345 Pine Street Burlington, VT 05401	Saturdays (May 7 - Oct. 29) 9:00am - 2:00pm

FROM FARMER DAVE & RACHEL:

Everything we grow here is certified organic. You never have to worry that your fruits or vegetables have been treated with toxic herbicides, pesticides, or fungicides. It was grown in such a manner as to protect the earth we walk on, the water we drink and the critters we share the planet with. Not only do our growing methods protect your gut and the ecosystem, they make our food taste great too. Go ahead and take a bite; it's safe and delicious!

2083 Gilman Road
Hinesburg, VT 05461
www.fullmoonfarminc.com

10% of every share purchased is donated back to the community

SUMMER SEASON

18 weeks - Second week of June through mid - October.



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INTERVALE FOOD HUB

The Intervale Food Hub (IFH) is not a farm, exactly. It is a social enterprise of the Intervale Center whose focus is on making it easy to eat local through home delivery of locally grown produce, proteins and provisions in Burlington, Vermont. The IFH works with over 70 farming families in the community to bring CSA members the best seasonal selections of fresh food every week. Their aim is to strengthen Vermont's agricultural industry while providing the best quality produce for stronger, healthier communities. Their website hosts lots of delicious recipes and they offer year-round membership on a rolling basis. Home delivery within the City of Burlington is available.

Members living outside of Burlington can pick-up at the food hub

HOW DOES THE CSA PROGRAM AT THIS FARM WORK?

The summer share program at the IFH is 20 weeks long and starts the first week of June. The CSA-style produce packages include fresh, organic vegetables, but additional offerings such as meat and other provisions are available for purchase. Please inquire directly with the Intervale Food Hub staff if interested in purchasing additional share options. Summer shares include over 40 fruits, vegetables and herbs for you to enjoy!

CSA SHARE PICK-UP AND DELIVERY

Pick-up your share every week starting the first week of June, at the Intervale Food Hub on Wednesdays from 12pm - 6pm. In order to make pick-up as safe as possible for all members, members will be assigned a 2 hour pick-up window between these hours.

1. Masks are no longer required for vaccinated individuals during pick-up. If you are unvaccinated, please continue to wear your mask.
2. Drive up to the pop-up tent in front of the Food Hub barn. You may arrive at any time during the 2 hour window - if you need to come at a different time, please email intervalefoodhub@intervale.org with your anticipated arrival. We are not open before 12pm and close at 6pm sharp.
3. Please bring a sign with your last name on it in big, bold letters, and put it up to your window when you arrive.
4. If you're biking or walking, come on up to the tent to state your name, staying at least 6 feet away from the greeter at all times.
5. An Intervale Center staffer will collect your order and place it on the table in a sanitized basket. You can collect it when we have safely moved away and transfer the contents to your own bag, or bring the whole basket home, returning it at your next pick-up.
6. Once we have completed this process, the transfer of ownership occurs and your order is your responsibility.

Home Delivery (from IFH):

We currently offer home deliveries to all residences in Burlington, Winooski, and South Burlington Vermont on Wednesdays and Thursdays, dependent on location. This includes houses, apartment buildings, condominiums, dormitories, and co-operative living situations.

Please note that we are unable to deliver to the interior of residences; orders are left outside of buildings to minimize any potential exposure to COVID-19. Leave an iced cooler on the ground floor of your residence where we can put your share. It will come with sanitized ice packs. Please leave in the cooler so we can reuse them. Be sure to store, refrigerate or freeze your share items as soon as possible. You can specify where you'd like your order to be left outdoors in the "driver's notes" section of registration.

We begin our route at approximately 7:00am every Wednesday and Thursday, and end our route approximately 8-12 hours later. You will receive delivery at approximately the same time each week with some fluctuation. We can provide a rough 2 hour delivery window the Monday before delivery when the route is finalized; simply email intervalefoodhub@intervale.org. Please add your mobile phone number to your account under the "Account Info" tab; you will then receive SMS messages when your order has been delivered. All deliveries are contactless.

INTERVALE FOOD HUB

A dynamic non-profit that implements innovative, replicable, and place-based solutions to address some of global agriculture's most pressing problems. We are working to foster a local food economy that is good for people and the planet - come join us!

180 Intervale Road
Burlington, VT 05401
www.intervalefoodhub.com

CSA PICK-UP

Wednesdays
12:00 pm – 6:00 pm

HOME DELIVERY

Within the city of Burlington

SUMMER SEASON

20 weeks - First week of June through end of October



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JERICHO SETTLERS' FARM

Jericho Settlers' Farm (JSF), founded in 2002, is a multi-generational, 200 acre farm producing 30 acres of certified organic vegetables, flowers and herbs for CSA members, farm stands and wholesale customers. Farmers Mark and Christa work this land, that Christa grew up on, with a dedicated crew and their two children. The farm name was chosen because they live on two of the earliest settled farmsteads in Jericho, VT; the Chapin Homestead settled in 1783 and the Brown Family Homestead circa 1800. In addition to their extensive offering of vegetables, JSF also offers pasture raised chicken and pork and non-GMO, 100% grassfed and finished beef and lamb, and farm-fresh eggs. Mark, Christa and their crew and family continue the tradition of raising healthy food on a diversified family farm.

HOW DOES THE CSA PROGRAM AT THIS FARM WORK?

Summer shares at Jericho Settlers Farm start mid-June and continue weekly until mid-October, or about 17 weeks. CSA members pick up pre-packed shares containing a share of everything that was ready for harvest that week at the farm. Members must choose one pick-up location for the season. If you choose to pick-up at the farm, members are invited to Pick Your Own (when available) flowers, herbs and green beans! This share option includes fresh, organic vegetables and herbs only, but meat shares are available for purchase. Please inquire directly with the farm staff if interested in purchasing additional share options.

CSA SHARE PICK-UP LOCATIONS AND HOURS

LOCATIONS	HOURS
Jericho Settlers' Farm 22 Barber Farm Road Jericho, VT 05465	Mondays and Wednesdays 3:00pm - 6:30pm
52 Locust Street South End Burlington, VT 05401	Tuesdays 4:00pm - 6:00pm
ReSOURCE 329 Harvest Lane Williston, VT 05495	Tuesdays 3:00pm - 5:00pm
Suncommon 442 US-2 Waterbury, VT 05676	Wednesdays 3:00pm - 5:00pm
Richmond Community Kitchen 13 Jolina Court Richmond, VT 05477	Wednesdays 4:00 pm - 6:00 pm

FROM THE FARM:

We grow food for you because we believe a thriving local food system is essential to a sustainable community, both our human-community and the other animals, plants, and the land that share this space with us. We strive for real work in which we find joy, wonder and accomplishment each day, as well as the continuous opportunity to learn and meet challenges. Our aim is to provide real nourishment for you and your family.

22 Barber Farm Road
Jericho, VT 05465
www.jerichosettlersfarm.com

CSA PICK-UP AT THE FARM

Mondays and Wednesdays
3:00 pm – 6:30 pm

SUMMER CSA SEASON

17 weeks - mid - June through mid - October.

FARM STAND HOURS

Open Daily
8:00 am - 6:00 pm





Nutrition Education & Recipes

Beets • Broccoli • Cabbage • Carrots
Celeriac • Eggplant • Fennel
Green Beans • Kale • Kohlrabi
Peppers • Radish • Summer Squash
Swiss Chard • Winter Squash



Photo courtesy High Mowing Organic Seeds

BEEETS

Background

Grown now for thousands of years, beets are a truly old-fashioned vegetable. The wild ancestor of the beet we eat today is native to the Mediterranean region, where it still grows today. The Greeks and Romans used beets primarily for their leaves, however, and it wasn't until the Middle Ages that the red roots of the plant became popular. Like many vegetables, beets were selectively bred to become the crop we know today. While the majority of beets are strikingly red in color (particularly when cut), golden and candy-striped varieties are popular as well. The beets that we eat are closely related to sugar beets, which are grown in extensive quantities in America for the production of sugar. Recently, the pigment producing compounds in beets have been found to help fight against heart disease and cancer, particularly colon cancer.

Growing Tips

Beets are hardy roots that actually thrive in cooler weather. Seeds can be sown directly into the soil in early spring or started inside and transplanted later. If transplanting, take care not to disturb the roots. Either way, beets will probably need to be thinned as they begin to grow—each seed cluster can produce more than one plant, and the roots need room to develop. Beet greens can be harvested as the roots grow but several leaves do need to be left intact for the plant to continue growing steadily. Beets grow best in loose soils with plenty of water and nutrients. Compacted soil will make it harder for the plants to grow, resulting in tougher, smaller roots. For a steady supply of beets, try sowing seeds every 3 or 4 weeks until midsummer. Light frosts will not damage beets, but they should be harvested before regular heavy frosts set in.

Storage

For long-term storage, beets are often pickled and canned. For a more short-term approach, store in your refrigerator (with 2-3 inches of stem attached) for about 3 weeks. Cooked beets can be frozen, but raw beets freeze poorly. You can also try storing beets in a root cellar or cool (but not freezing) garage. Submerged in a bucket of sand, they will keep for months.

Preparation

Beet juice can stain, so take care when preparing beets, which can be eaten raw, boiled, steamed, roasted, or pickled. If boiling, leave the skins on until the roots are fully cooked, when you can rub off the outer layer. It is otherwise advisable to peel beets, especially if they are older and have tougher skins. For information on preparing beet greens, see "Swiss Chard/Beet Greens."

Nutritional Benefits

Beets are high in sugar, making them often very sweet, but that does not make them unhealthy. Beets are very rich in nutrients such as Vitamin C, magnesium, and potassium. Furthermore, they are packed with phytochemicals and antioxidants and are thought to contribute to a healthy heart.

Spring Greens with Beets and Carrots

Makes about 4 servings

Recipe courtesy of Chef Leah Pryor, Nutrition Services, UVM Medical Center

INGREDIENTS

- 1 pound spring greens
- 1 yellow beet, raw, peeled, and shredded
- 1 large carrot, peeled and shredded
- 1/2 cup dried cherries, or dried cranberries
- 1/4 cup pepitas, or sunflower seeds, toasted
- 4 ounces goat cheese (optional)
- Easy lemon vinaigrette* (see recipe below)

*Lemon Vinaigrette

- 1/2 cup extra virgin olive oil
- 1 lemon, juiced
- 1 tablespoon minced shallot
- 1 1/2 teaspoon maple syrup
- Salt and pepper to taste

Whisk all ingredients in a bowl to blend. Season to taste and set aside for salad.

Red Flannel Hash

Makes about 4 servings

Recipe courtesy of Eating Well

INGREDIENTS

- 2 cups diced peeled beets (1/2 inch; about 2 medium)
- 2 cups diced russet potatoes (1/2 inch)
- 2 tablespoons extra-virgin olive oil, divided
- 1 cup diced fennel bulb plus 1/4 cup chopped fronds for garnish
- 1 cup diced shallots
- 1 large clove garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper

INSTRUCTIONS

1. In a large salad bowl, place greens, beets, carrots, and dried cherries.
2. Drizzle with enough vinaigrette to lightly coat the greens and toss.
3. Divide salad up into 4 plates and garnish with toasted pepitas and goat cheese.
4. Enjoy!

INSTRUCTIONS

1. Bring about 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add beets, cover and steam for 4 minutes. Add potatoes, cover and steam until just tender, 5 to 7 minutes more.
2. Heat 1 tablespoon oil in a large cast-iron or nonstick skillet over medium heat. Add diced fennel and shallots; cook, stirring occasionally, until softened, 4 to 6 minutes.
3. Add the remaining 1 tablespoon oil and the steamed vegetables; cook, stirring occasionally, until the vegetables are starting to brown, 4 to 6 minutes. Add garlic and cook, stirring, for 1 minute. Stir in salt and pepper and fennel fronds, if using.

Broccoli



Background

Broccoli comes to us from the Mediterranean, where it has grown for centuries. It is a member of the Brassica family, meaning that is related to mustards, kale, and cabbage. Indeed, it probably originated from a form of flowering cabbage. Broccoli has been crossed with other plants to create some unique vegetables such as “broccolini” (a cross between broccoli and a Chinese green). Not surprisingly, the tree-shaped broccoli is also closely related to cauliflower. Broccoli heads are collections of tiny, immature flower buds atop branching stems; some types form tight heads, while others are “sprouting” varieties. Italians were the first to truly appreciate broccoli, but the vegetable slowly spread and is now popular worldwide both fresh and frozen.

Growing Tips

Broccoli likes to grow in cooler temperatures, making it a good spring and fall crop. For spring, transplanting is recommended; even though seedlings are hardy, they will grow better if you start them inside 4 weeks before setting out. Broccoli is also a heavy feeder, meaning that you should provide plants with plenty of compost and rotate them around your garden from year to year. Considering that full plants need about 1 square foot each, give seedlings plenty of room. Like its relatives, broccoli is susceptible to attack by cabbage worms, which can be warded off with applications of *Bacillus thurengensis*, a low-impact pesticide. If you notice the roots of your plants becoming club-like, try adding limestone to the soil. Broccoli heads and/or florets should be harvested when the buds are still tightly closed and have not formed yellow flowers, which signal that the harvest window has gone by.

Storage

Cool broccoli immediately after harvesting or purchasing—do not wash it, as it stores better if not saturated with water. Wrap broccoli in a plastic bag and store it in the crisper drawer of your fridge, using as soon as possible. For long-term storage, you can easily freeze broccoli. Cut the stalks into bite-sized pieces, blanch in boiling water for 2-3 minutes, and then plunge into cold water. Drain, pack into freezer bags, and store in your freezer for up to 8 months.

Nutritional Benefits

Broccoli contains the compounds sulforaphane and indole, both which have anti-cancer effects. Broccoli is also a great source of vitamins K, C and A, as well as fiber, B vitamins, folate, and minerals such as phosphorous, potassium and magnesium.

Preparation

Rinse broccoli before using and check for any worms or caterpillars. Using a small, sharp knife, separate the florets from the main stalk, then dissect the head into pieces. The main stalk is also edible (and tasty), though you may want to peel it if the skin is tough. Stalks take longer to cook than florets, so start cooking them 2 minutes in advance. Broccoli is delicious steamed, boiled, sautéed, thrown into soups, or cooked into casseroles.

Roasted Broccoli & Cauliflower Salad with yogurt, honey and lemon

INGREDIENTS

SALAD:

- 1/2 Head of cauliflower, cut into small pieces (2 cups)
- 1 Bunch of broccoli, cut into small pieces (2 cups)
- 1 cup carrots, shredded
- 1/2 cup scallions, sliced
- 3/4 cup dried cranberries
- 1/4 cup toasted sunflower seeds

DRESSING:

- 1/2 cup non-fat Greek yogurt
- 1/2 cup low-fat mayonnaise
- 3 tablespoons raw honey
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest

Instructions

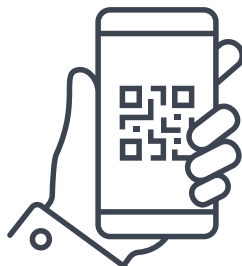
1. Roast the cauliflower and broccoli with 2 tablespoons of olive oil, salt and pepper to taste at 375° F for 12 minutes, then cool.
2. While the vegetables are roasting, mix together the yogurt, mayonnaise, honey, lemon juice and zest until smooth. Season with salt and pepper to taste.
3. Once the cauliflower and broccoli is cooled, toss with the rest of the ingredients and dressing.
4. Serve!

Makes 6 servings



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Scan this QR Code for a video of the recipe.



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Broccoli or Cauliflower Slaw

Ingredients

Slaw

- 1 head broccoli or cauliflower
- 1 head cabbage
- 1/2 cup sunflower seeds
- 1/3 cup dried cranberries or raisins
- 2 cloves garlic
- Salt and pepper to taste

Dressing

- 1/2 cup oil (olive if possible)
- 2 tablespoons balsamic vinegar
- 2 tablespoons maple syrup
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Instructions: Slaw

1. Trim broccoli or cauliflower and slice into small pieces.
2. Slice cabbage into thin strips.
3. Toss broccoli and cabbage with seeds and cranberries or raisins.
4. Press garlic and mix in. Set aside while making the dressing.

Directions continued below

Serves 6.

Recipe adapted from Smitten Kitchen Blog.



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Instructions: Maple Balsamic Dressing

1. Combine all ingredients in a mixing bowl, whisk until mixed.
2. Let chill for at least 30 minutes before serving.
3. Shake well before adding to the slaw.

Instructions: Combining Slaw and Dressing

1. Pour dressing over slaw.
2. Add salt and pepper to taste, and toss to combine.
3. Serve & enjoy.

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Cabbage



Photos courtesy High Mowing Organic Seeds

Background

Cabbage is a truly old-fashioned vegetable that was praised by the Greeks and Romans for its various health benefits. Back then, cabbage probably looked a little leafier, but it has been bred over the years to form tighter heads. Cabbages are most often green, but red and purple varieties are now popular, as are varieties with savoyed (wrinkly) leaves. Although cabbage sometimes gets a bad reputation as a boring vegetable, it is in fact very versatile, edible raw, cooked, or fermented into sauerkraut. Additionally, it is a very hardy vegetable that can thrive in difficult climates. For information about Napa or Chinese Cabbage, see “Asian Greens.”

Growing Tips

Like many brassicas, cabbage grows best in cooler conditions. For earlier cabbages, start seeds inside and plant outdoors when the soil begins to warm and frosts are unlikely. For cabbages that you plan to store, plant seeds or transplant seedlings in late June. To avoid fungi that commonly plague cabbages, plant your crop in a different spot each year. Harvest heads while they look to still be in their peak. Heads should be firm and tight. Keep an eye out for cabbage worms, which can chew holes through the leaves.

Storage

Cabbage can be refrigerated for several weeks (if not cut open), but it is also a great vegetable for root cellaring. Wrap individual heads in newspaper and store in a cool, dark area without excess humidity. Before using, peel off any rotten-looking outer leaves. Don't be alarmed if the cabbage that you have stored look terrible at first—you may go through several layers of bad leaves before reaching an unblemished interior. Cabbage can also be made into sauerkraut for long-term storage.

Preparation

Peel off any damaged leaves, rinse, and check for worms. Slice cabbage in half and remove any tough portions attached to the stem. Most recipes will call for thinly sliced or shredded cabbage. It can be eaten raw in slaws, cooked into stir-fries or stews, or made into sauerkraut. If cooking, take care not to overcook, which reduces both flavor and nutritional value. Sauerkraut, which is made by salting sliced cabbage, cooking it, and then allowing it to ferment over several weeks, is a traditional way of preparing cabbages that goes back many hundreds of years. To make sauerkraut, consult the “further reading” section.

Nutritional Benefits

Raw or very lightly cooked cabbage is a good source of calcium, fiber, folate, Vitamin C, and the amino acid glutamine, which may have anti-inflammatory qualities. When made into sauerkraut, some of a cabbage's nutrients are more easily absorbed by the body. Like most vegetables, cabbage's nutritional benefits can be diminished when it is stored for very long periods of time.

Grilled Squash, Corn, and Cabbage Salad

Makes about 8 servings

Recipe courtesy of www.saveur.com

INGREDIENTS

Salad:

- 4 yellow squash, quartered lengthwise
- 4 ears of corn, shucked
- Salt and pepper to taste
- 2 cups red cabbage, shredded
- 5 cups kale, chopped

Vinaigrette:

- 1/3 cup roasted sunflower seeds
- 1/2 of a shallot, chopped
- 1 clove garlic, chopped
- 1/4 cup of plain greek yogurt
- 1 tablespoon honey
- 1 tablespoon white wine vinegar
- 1/4 cup olive oil

INSTRUCTIONS

1. Light and preheat the grill.
2. In a large bowl, coat the squash and corn with 3 tablespoons of olive oil and season with salt and pepper. Grill the vegetables over moderate high heat, turning occasionally, until lightly charred and just tender, about 10 minutes for the squash and 15 minutes for the corn.
3. Cut the squash into 2 inch pieces and return to the bowl. Cut the corn kernels off the cobs and add to the bowl, let cool to room temperature.
4. Stir in cabbage and kale.
5. In a blender, combine all vinaigrette ingredients except olive oil and blend until slightly chunky. With the blender on, drizzle in the olive oil until the dressing is smooth. Season with salt and pepper
6. Toss dressing with the salad and serve

Cider-Braised Cabbage and Apples

Makes about 4-6 servings

Adapted from vermontharvestofthemoth.org

INGREDIENTS

- 2 pounds red cabbage, cored and cut into 1/2 inch pieces
- 1 apple, cored and cut into 1/2 inch pieces
- 3/4 cup apple cider
- 1 garlic clove, minced
- 3 tablespoons unsalted butter
- 1/2 teaspoon caraway seeds
- 1 1/2 teaspoons apple cider vinegar
- Salt and pepper to taste

INSTRUCTIONS

1. Melt butter in a deep skillet over medium heat. Add garlic and cook, stirring, for one minute.
2. Add cabbage, apple, cider, caraway seeds, and a pinch of salt and pepper. Cover and cook, stirring occasionally, until tender, 15-20 minutes.
3. Add vinegar and cook, uncovered, for a minute. Liquid should be evaporated. Season with salt and pepper to taste.
4. Serve warm.



Background

While we tend to think of carrots as being orange, they historically grew in a broad range of colors, from purple to yellow to white. Nowadays, some of these heirloom varieties of carrot are making a comeback. Carrots are thought to have originated somewhere around present-day Afghanistan, though the roots were probably scrawny and branching. After centuries of selective breeding the roots became thicker, sweeter, and less inclined to grow odd-looking arms and legs. Surprisingly, the orange variety of carrot probably wasn't developed until the 18th century. According to one legend, the orange carrot was bred as a patriotic gesture by Dutch growers who were loyal to the House of Orange, the Royal Family of the Netherlands. It is more likely, however, that the orange vegetable was selectively bred for its flavor and was later adopted by the House of Orange for its color. Carrots have a very high sugar content for a vegetable, making them well-liked by kids around the world.

Growing Tips

Carrots should be seeded directly into the garden as soon as the soil can be worked. Transplanting is not recommended. Carrots generally like looser soils without competition from weeds. Rocky soils may cause the roots to branch. For both summer carrots and storage carrots, sow seeds through midsummer. Keep seedlings well-watered. To determine when carrots are ready to harvest, try pulling up a few and checking for size, color, and flavor. Carrots hold well if left in the soil, even after a frost, but be sure to dig them up before the ground completely freezes.

Storage

Once you pull carrots, cut off the greens, wrap the roots in paper towels, tuck loosely into plastic bags, and store in the refrigerator (the colder, the better). Carrots can be stored unwashed, too, if you grow them yourself. If you have a root cellar, carrots can be stored in damp sand for many months without deteriorating!

Preparation

Always rinse and scrub carrots before eating. If the greens are still attached, chop them off and discard them. The skin can be left on, but many people choose to peel their carrots, especially if they are old and tough. Carrots can be eaten either raw or cooked; they lend themselves well to steaming and roasting. Be careful not to overcook, as that will damage flavor, texture, and nutritional value.

Nutritional Benefits

Carrots are known for being packed with Beta-carotene, which makes them their characteristic orange color. The human body processes beta-carotene into vitamin A, an essential vitamin for good eyesight. Carrots are also full of potassium, dietary fiber, vitamin C, and various other minerals and antioxidants.

Carrot Apple Salad with Yogurt Honey Dressing

Makes about 4 servings

Recipe acquired from Bon Appetit

INGREDIENTS

- 8 ounces (1 cup) yogurt, plain, non-fat
- 2 tablespoons honey
- 1/4 cup sesame seeds
- 2 cups carrots, shredded
- 3 cups apples, unpeeled, chopped
- 1 cup raisins
- 1/2 cup sunflower seeds

INSTRUCTIONS

Dressing:

1. Combine yogurt, honey and sesame seeds in a small bowl. Mix well and chill.

NOTE: DRESSING SHOULD BE MADE AHEAD OF TIME AND WELL-CHILLED

Salad:

In large bowl, mix carrots, apples, raisins, sunflower seeds and dressing. Chill briefly before serving.

Baby Dill Carrots

Ingredients

- 2 cups young carrots, washed and sliced
- 2 tablespoons maple syrup
- 2 tablespoons butter
- 2 tablespoons fresh dill, chopped
- 1/2 teaspoon black pepper
- 2 tablespoon salt



Scan this QR Code for a video of the recipe. Adapted from food.com

Instructions

1. Place carrots in a skillet and pour in just enough water to cover.
2. Bring carrots and water to a boil over medium heat; then lower heat to a simmer until water has evaporated and the carrots are tender.
3. Stir in maple syrup, butter, dill, and pepper.
4. Serve!

Makes about 4 servings

Adapted from food.com



THE
University of Vermont
MEDICAL CENTER

Celeriac

Background

Celeriac is closely related to celery, as you will notice as soon as you taste or smell it, but the root is eaten instead of the stems. Although celeriac tops look a lot like celery, the edible root portion closely resembles a gnarled rutabaga or turnip. Like many other vegetables, celeriac is probably native to the Mediterranean region. Widely

used in Europe, celeriac is a little-known vegetable in the United States, perhaps in part because it looks so inedible. Don't be fooled, though—it's delicious! Celeriac can be substituted for celery in almost any recipe and has the advantage of storing much better.

Growing Tips

For the home gardener, celeriac is an easier alternative to celery. Celeriac has a long growing season, start it indoors in early April. Soak the tiny seeds overnight and sprinkle atop your potting soil, gently pressing them down. Transplant seedlings once temperatures are reliably warm, being sure to harden them off first (in this case, by reducing water, not temperature). If consistently exposed to cold temperatures for too long, celeriac will bolt instead of producing a full root. Though they might be small at first, plant the seedlings about 6 inches apart so the roots have room to swell. Celeriac likes rich, well-watered soil, but requires little attention while growing. Harvest in early fall, before heavy frosts, or earlier for a smaller, slightly more tender root.

Storage

Celeriac can be stored in the refrigerator for a few weeks. Cut off the stems and wrap loosely in plastic, being sure to leave the skin of the root intact (don't worry too much about getting it perfectly clean). For long-term preservation, celeriac can be frozen. Trim off stems and small roots, then slice off the skin and cube the flesh. Blanch in boiling water for a few minutes, then chill in ice water. Pack into a freezer-safe bag and store in freezer for months. Celeriac can also be root cellared. For longest preservation, store in damp sand at near-freezing.

Nutritional Benefits

Eating celeriac is a great way to incorporate fiber, vitamin C, potassium, calcium, and iron into your diet. Compared to many root vegetables, it is low in starch.



Photo courtesy DocteurCosmos, Wikimedia Commons

Preparation

Extremely large roots often have a pithy center, so choose slightly smaller, heavy-feeling roots if possible. Roots should feel firm and, if freshly harvested, they will be slightly green near the top. If you purchase celeriac with the greens attached (or grow it yourself), discard the tops before cooking or storing the vegetable. Celeriac needs to be peeled before eating, but the skin is too aggressive for a vegetable peeler. Slice the skin off in sections with a large knife. Try raw or cooked!

Carrot Celeriac Slaw

Makes about 4 servings

Adapted from UVM Medical Center Blog, April 15, 2016

INGREDIENTS

- 2 cups shredded carrots (about 4 medium)
- 1 cup peeled and shredded celeriac
- 1/4 cup raisins
- 1/4 cup walnuts
- 2 tablespoons canola oil
- 2 tablespoons lemon juice
- 1 tablespoon honey
- 1 small shallot, minced
- 1/2 tsp salt
- 1/4 tsp black pepper

INSTRUCTIONS

1. Whisk oil, lemon juice, honey, shallot, salt, and pepper in a large bowl.
2. Add carrots, celeriac, raisins, and walnuts. Toss to combine.

Celery Root Colcannon

Makes about 4 servings

Recipe courtesy of Eating Well

INGREDIENTS

- 1 1/4 pounds celery root, cut into 1/2-inch pieces
- 2 cloves garlic, peeled
- 1 tablespoon extra-virgin olive oil
- 3 cups thinly sliced green cabbage
- 1/4 teaspoon salt, plus a pinch, divided
- 1/2 cup reduced-fat milk, warmed
- 2 tablespoons butter, cut into small pieces
- 1/4 teaspoon ground pepper
- 1 tablespoon chopped fresh chives and/or parsley

INSTRUCTIONS

1. Bring a large saucepan of water to a boil. Add celery root and garlic; cook until very tender, about 15 minutes. Drain.
2. Meanwhile, heat oil in a large skillet over medium heat. Add cabbage, sprinkle with 1/4 teaspoon salt and cook, stirring often, until very tender and light brown in spots, 8-10 minutes. Remove from heat and cover.
3. Transfer the celery root and garlic to a food processor (or mash); add the remaining pinch of salt, milk butter, and pepper; puree until smooth. Scrape into a large bowl and stir in the cabbage and herbs.

Eggplant



Photo courtesy High Mowing Organic Seeds

Background

Although eggplant is often associated with Italy due to the famous eggplant Parmesan, it actually originated in southeast Asia. Also called aubergine, eggplant didn't spread to Europe until the 16th century. The Spanish called the odd-looking fruit the "apple of love," as they believed it to be an aphrodisiac. In contrast, the more suspicious British called it the "mad apple"—as part of the poisonous nightshade family, eggplant was originally suspected of being detrimental to health. The earlier varieties of eggplant may have been more bitter than those that are popular today. There are many varieties of eggplant, from the well-known purple, oblong fruit to small, white ones that look like eggs. The eggplants that are popular in the United States today were developed for their size and ability to hide bruises. Other cultures value eggplants of different sizes, shapes, and colors.

Growing Tips

Eggplants like it hot! Seeds should be started indoors 2-3 months before planting outside (which you should do after all danger of frost has passed and the ground has warmed). Seeds germinate best at very warm temperatures. To boost the temperatures around the plants, you may wish to use black plastic mulch and/or floating row cover. Some Vermonters have even had success growing eggplants in large pots set atop their paved driveways! Take care not to over-fertilize, as that will cause plants to produce more leaves than fruit. Harvest eggplants when their skin becomes shiny and your fingerprints don't leave an impression on the fruit. To avoid slowing production, harvest regularly. Brown seeds indicate overripe fruit.

Storage

Eggplants are relatively fragile despite their sturdy appearance. They are best when used as soon as possible, but if the skin is undamaged, they will keep for about a week in the refrigerator (or a few days out of it). To freeze: rinse, cut off both ends, and peel the fruit. Cut into half-inch thick slices and boil in 1 gallon water plus 1 cup lemon juice for 4 minutes. Chill slices in ice water, drain, and pack into freezer bags.

Preparation

Whether or not you peel the eggplant is purely a matter of personal preference, though some larger fruits will have tough skins. Before frying eggplant, many cooks like to "sweat" it, which means sprinkling cut-up pieces with salt, letting them sit for 30 minutes, then rinsing with water. This has the effect of tenderizing the flesh slightly. Eggplant can be baked, roasted, fried, sautéed, and steamed.

Nutritional Benefits

Eggplant is high in fiber and potassium. It is also a good source of vitamin B6, folate, magnesium, and niacin. Furthermore, eggplant has phytochemicals that are believed to help protect the body against lifetime illnesses.

Eggplant Ratatouille

Makes about 4 servings

Adapted from www.realsimple.com

INGREDIENTS

- 3 tablespoons olive oil
- 1 onion, thinly sliced
- 4 garlic cloves, peeled and sliced
- 1 small bay leaf
- 1 small eggplant, cut into 1/2-inch pieces
- 1 small zucchini, halved lengthwise and sliced thinly
- 1 red bell pepper, cut into slivers
- 4 plum tomatoes, coarsely chopped
- 1 teaspoon salt
- 1/2 cup shredded fresh basil leaves
- Black pepper to taste

INSTRUCTIONS

1. Over medium-low heat, add the oil to a large skillet with the onion, garlic, and bay leaf, stirring occasionally, until the onion has softened.
2. Add the eggplant and cook, stirring occasionally, for 8 minutes or until the eggplant has softened.
3. Stir in zucchini, pepper, tomatoes, and salt; cook over medium heat, stirring occasionally, for 5-7 minutes or until vegetables are tender.
4. Stir in basil and black pepper to taste.

Eggplant Dip

Ingredients

- 2 large eggplants, sliced in half
- 2 garlic cloves, finely minced
- 4 tablespoon tahini paste
- 1 tablespoon lemon juice
- 1 teaspoon salt
- Optional: 2 tablespoons plain full fat yogurt

Garnish suggestions: chopped parsley, olive oil, Zaatar, olives, crushed red pepper

Makes about 8 servings

Instructions

1. Preheat oven to 425 degrees
2. Cut top off of eggplants, then in half
3. Put eggplant on baking sheet with tin foil, place in oven for about 20 minutes (or until soft)
4. Mince garlic while you wait and combine with tahini paste, garlic, lemon juice and salt in a bowl
5. Once soft enough to mash (tops can be a little brown), transfer hot eggplant to bowl of cold water and let cool. Once cooled, peel the skin off of the eggplant. Chop "meat" of eggplant finely to make the mashing easier
6. Add chopped eggplant to bowl with other ingredients, mash and combine until desired creaminess is achieved. Use a food processor for ultra creamy dip





Fennel



Photos courtesy High Mowing Organic Seeds

Background

Fennel has feathery leaves that grow from a white, swollen stem often mistaken for a bulb. Although it was widely used in Greek and Roman times, fennel didn't make it to the United States until the nineteenth century. Italians, however, have appreciated the anise-flavored vegetable for ages, even when the rest of the world did not. An American official abroad in Italy discovered the delights of fennel in 1824, when he mailed seeds back home to former President Thomas Jefferson. Jefferson grew the seeds in his famous garden and came to regard it as one of his favorite vegetables. Some people find the strong, anise-like flavor of fennel too intense, but cooked properly and tempered with other flavors, fennel can be a true delicacy.

Growing Tips

Despite the fact that fennel originated in warm climates, it is a fairly hardy annual that appreciates cool weather and plenty of water. Well fertilized soils (enriched with compost) will produce the largest, sweetest "bulbs." There are two primary types of fennel: bulbing and non-bulbing. Non-bulbing fennel is used as an herb and is grown for both leaves and seed, so it is indeed useful, but don't be disappointed if you grow that type and it doesn't have a bulb-like base! Direct-seed fennel in mid-spring, sowing seeds again in mid-summer for another crop in the fall. If you wish transplant seedlings, start them indoors about 4 weeks before planting outdoors. If the plants start to bolt (go to seed), remove the bolting stalks. Harvest fennel when the bulbs are about 3-4 inches across.

Storage

Fennel is sensitive to drying out, so it needs to be wrapped in plastic before being stored in the refrigerator. The bulb will store longer if the stems and leaves are removed, so if possible, use the greenery first. On its own, the bulb will keep for about a week. Keep fennel as close to freezing as possible without actually freezing it, which will damage quality.

Preparation

The greenery on fennel is a good indication of its freshness; never choose fennel with wilted or dull tops. Bulbs should be firm, largely unblemished, and white-green in color. Smaller bulbs are milder, making them better suited for eating raw. Larger bulbs can be trimmed at the base, quartered, and then cooked in a variety of ways. Fennel is especially tasty when roasted or braised.

Nutritional Benefits

Fennel's flavor comes from a compound called anethole, which may be an anti-inflammatory agent. In addition to being full of Vitamin C, fennel is a good source of potassium, dietary fiber, folate, iron, phosphorus, and magnesium.

Fennel and Citrus Salad

Makes about 6 servings

Leah Pryor, Chef Educator

INGREDIENTS

- 1/4 cup extra virgin olive oil
- 2 tablespoons rice vinegar
- Juice of one orange
- 1 teaspoon grainy mustard
- 2 heads of fennel, cored and thinly sliced
- 1 orange, peeled and sectioned
- 1 grapefruit, peeled and sectioned
- 1 blood orange, peeled and sectioned
- 1 small red onion, finely diced
- 1/2 cup olives, any kind you like

INSTRUCTIONS

1. Place olive oil, vinegar, orange juice, and mustard in a large bowl, whisk until well incorporated.
2. Add the sliced fennel, citrus, red onion, and olives and toss well. Season with salt and pepper. Enjoy!

Fennel and Chickpea Ratatouille

Makes about 2-4 servings

Recipe courtesy of The Farm at VYCC

INGREDIENTS

- 1 pound eggplant, cut into large chunks
- 3/4 pound zucchini, cut into large chunks
- 1 pound Roma (plum) tomatoes, chopped, or 1 28-ounce can drained
- 1 onion, sliced
- 2 red or yellow bell peppers, cored, seeded and sliced
- 1 fennel bulb, trimmed and cut into large chunks
- 5 garlic cloves, halved
- 1-2 tablespoons olive oil
- 3 cups cooked or canned chickpeas, drained
- 1 tablespoon chopped rosemary, or 1/2 cup chopped fresh basil or parsley
- 1 teaspoon salt, and black pepper to taste

INSTRUCTIONS

1. Heat oven to 425 degrees. Combine all vegetables and garlic in a large roasting pan. Drizzle with oil and toss to combine.
2. Transfer to oven and roast, stirring occasionally, until vegetables are lightly browned and tender and some water has been released from the tomatoes to create a sauce, 30 to 40 minutes
3. Add chickpeas, stir and return to oven until beans heat through, 5 to 10 minutes. Add herbs and stir.



Beans (String)



Photos courtesy High Mowing Organic Seeds

Background

Native to South or Central America, string beans did not appear in Europe until the Age of Exploration. String beans are very similar to dried beans but are harvested earlier in the growing cycle, meaning that the seeds (beans) are immature and the pod is still tender. String beans are sometimes called “snap” or “green” beans, even though they appear in several different colors. Early varieties of the string bean had a tough, string-like fiber running along their pods, hence the name. In the late 1800s, American growers developed the string-free beans that we know today. Green, yellow, and purple varieties are common. Some types are “bush” beans, which have short, sturdy vines, and others are “pole” beans, meaning they climb upwards. Today, beans are one of the most common vegetables in the country.

Growing Tips

Beans are tender and cold-sensitive, meaning that you should not plant them until frost is no longer a threat. Transplanting is not recommended for beans; instead sow the seeds directly. Beans should be planted in sunny, warm, well-drained soil to reduce the risk of rotting. If planting pole beans, you will need to construct a trellis or teepee for the vines to climb. Bean teepees are a fun garden project for kids and can be made with just a few sticks and/or string. For a steady supply of beans, sow seeds every 3 weeks and pick often. If oversized beans stay on the vine, production will slow, so be sure to pick off old beans even if you do not intend to eat them. Try to pick beans in dry weather to prevent the spread of disease among plants.

Storage

It is best to use string beans as soon as possible after picking, but they will keep well in the refrigerator for several days if loosely wrapped in a plastic bag. Do not wash or cut the beans until you are ready to use them.

Preparation

Rinse beans. Snap the stem-like ends off the beans with your fingers (snapping rather than cutting prevents breaking the inner beans, but cutting will also work). Beans can be simply steamed or incorporated into a variety of recipes. To freeze: snap or cut beans into desired lengths. Steam 2-3 minutes, drain, chill, and pack into freezer bags. When you are ready to use the beans, remember that they are already partially cooked!

Nutritional Benefits

Beans, technically legumes and not vegetables, are rich in protein. String beans are high in vitamins A, B-1 (thiamin), and B-2 (riboflavin), calcium, and potassium. They also contain significant quantities of iron, which is vital to red blood cell health.

Green Bean Fries

Makes about 4 servings

Recipe courtesy of The Lean Green Bean

INGREDIENTS

- 1 pound fresh green beans, ends trimmed
- 1/3 cup hummus
- 3/4 cup panko breadcrumbs
- 1/4 cup grated parmesan cheese (optional)

INSTRUCTIONS

1. Place hummus on one plate. Mix breadcrumbs and parmesan (if using) together on another plate.
2. Holding onto one end of a bean, run through the hummus to coat, then roll in breadcrumb mixture.
3. Place on a greased, foil-lined baking sheet. Repeat with remain beans.
4. Bake at 400 degrees for 12-15 minutes or until beans reach desired level of doneness.

Sautéed Green Beans and Cherry Tomatoes

Makes about 4 servings

Recipe courtesy of Eating Well

INGREDIENTS

- 2 teaspoons extra-virgin olive oil, divided
- 1 pound green beans, trimmed
- 1/2 cup water
- 2 cloves garlic, minced
- 1 1/2 cups halved cherry tomatoes
- 1 tablespoon balsamic vinegar
- Salt & freshly ground pepper to taste

INSTRUCTIONS

1. Heat 1 teaspoon oil in a large skillet over medium-high heat. Add green beans and cook, stirring often, until seared in spots, 2 to 3 minutes. Add water, cover, reduce heat to medium and cook, stirring occasionally, about 3 minutes for tender-crisp or 6 minutes for tender.
2. Push the beans to the side; add the remaining 1 teaspoon oil and garlic and cook until fragrant, about 30 seconds. Add tomatoes, stir everything together and cook until the tomatoes begin to break down, 2 to 3 minutes. Remove from heat; stir in vinegar, salt and pepper.



Photo courtesy High Mowing Organic Seeds

Background

A relative of cabbage, Kale is an old-fashioned vegetable whose ancestors were popular among the ancient Greeks and Romans. Types of kale very similar to those we eat today were commonly eaten in the middle ages. Because kale is so-cold hardy, it has historically been an important crop that remains available long after the traditional growing season ends. Unlike cabbage, kale leaves do not form a tight head, but instead branch off from a thick, central stem. Kale can be found in curly and flat-leafed varieties in colors that range from blue-black to bright green to purplish. In World War II, kale was a common component of victory gardens due to its ease of growing. Kale is enjoying a comeback today for many of the same reasons that have made it intermittently popular for centuries.

Growing Tips

Kale can either be grown as a baby green or allowed to mature to its full size. A very cold hardy vegetable, kale can be direct seeded as soon as the soil can be worked or started indoors 4 weeks prior and transplanted. For baby leaf kale, sow seeds every 4 weeks until the first frost. For full-sized kale, harvest the bottom leaves first and the plant will continue to produce, sprouting new leaves out of the center. Kale often becomes sweeter after a frost, but will eventually die off after prolonged freezing temperatures. Keep an eye on plants for cabbage worms. Some varieties (particularly Red Russian) are prone to flea beetles when young, but you can protect plants with row cover.

Storage

After harvesting leaves, dunk in very cold water and shake to dry slightly. Wrap loosely in plastic and store in the crisper drawer of your refrigerator for up to a week. Because kale will hold so well in the field, home growers can afford to delay harvesting until just before use. For long-term storage, kale can be blanched (dunked in boiling water for a few minutes), chilled, drained, then packed into freezer bags and stored in the freezer for several months.

Preparation
Rinse fresh kale before using. For kale with large, tough stems, rip (or cut) the leafy portion from the central rib and discard the tough portion. Young, tender kale is tasty raw if chopped and added to salads, but older kale generally lends itself better to cooking. Kale can be steamed, boiled, sautéed, baked, and added to a wide variety of dishes.

Nutritional Benefits

Kale is one of the best things you can eat! Packed with a huge variety of vitamins and minerals, kale delivers lots of benefits with few calories. Like other members of the cabbage family, kale contains sulforaphane, a compound that is believed to have anti-cancer properties. Kale is also a good source of iron and dietary fiber.

Kale Pesto

Makes 1 1/2 cups

Recipe courtesy of Bon Appetit

INGREDIENTS

- 1 bunch of kale
- 3/4 cup olive oil
- 1 tablespoon fresh-squeezed lemon juice
- 1 cup shredded parmesan cheese
- 2 garlic cloves, peeled
- Salt and pepper, to taste

INSTRUCTIONS

1. Blanch de-stemmed kale for 30 seconds, then quickly cool them in an ice water bath, and drain.
2. Puree garlic and kale in a food processor, gradually adding oil, parmesan, lemon juice, salt and pepper.
3. Serve with crackers or bread.

Kale and Bean Soup

Makes about 6-8 servings

Recipe by: Leah Pryor, Chef Educator

INGREDIENTS

- 3 tablespoons olive oil
- 1 large onion, diced
- 3 cloves garlic, sliced thin
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 1 tablespoon fresh oregano, or 1 tsp dried
- 1 teaspoon fennel seed
- 1 teaspoon red pepper flake
- 1 15oz. can diced tomatoes
- 1 15 oz. can kidney beans
- 1 cup cooked barley, or other whole grain
- 1 bunch kale, ribbed and rough chopped
- 2 quarts stock or water
- 3 tablespoons parsley, chopped
- Salt and pepper to taste

INSTRUCTIONS

1. Heat olive oil over medium-high heat.
2. Add onion, and cook until softened, about 5 minutes. Add the garlic, oregano, fennel and red pepper flake, sauté for another 2 minutes.
3. Add celery, carrot and tomatoes, stir and add stock. Let cook for 30 minutes.
4. Add kale, beans and barley. Cook for another 15 minutes.
5. Place 3 cups of soup into a blender and pulse until soup thickens. Add this back to the soup to create a creaminess and texture to the soup.
6. Season to taste and serve with a drizzle of extra virgin olive oil and a little grated parmesan.

Kohlrabi



Background

Kohlrabi, also sometimes called "German turnip," is a member of the cabbage family. The part of kohlrabi that is most commonly eaten does in fact resemble a turnip, but it isn't a root at all. Kohlrabi plants form a very swollen, bulbous stem just above the ground and small, kale-like leaves shoot up off of it. The edible bulbous portion is usually pale green but can also be purple depending upon the variety. Kohlrabi has a flavor similar to that of broccoli stems or mild cabbage, but it is generally sweeter, juicier, and more tender. Kohlrabi greens can also be prepared like other cooking greens. Some varieties of kohlrabi are grown for animal feed and, in general, the vegetable is much more common in Europe than in the United States. It is native to the cooler climates of northern Europe.

Growing Tips

Like almost all members of the cabbage family, kohlrabi prefers somewhat cool, mild weather. Seeds will germinate in very cold temperatures, so you may sow seeds as soon as the soil can be worked in the spring. For a bit of a jump on the season, start seeds indoors a few weeks early. It takes only about 6-8 weeks for a young kohlrabi seedling to reach maturity, so you may plant another crop if you wish to have a second harvest. You also may wish to stagger several seedlings if you don't want to wind up with too much kohlrabi at once! Kohlrabi appreciates well-drained soil, consistent watering, and soil with plenty of compost mixed in. Most kohlrabi is best if harvested when the plant reaches 3 - 4 inches in diameter--any larger and the flesh will become tough and woody (with the exception of a few varieties, such as Gigante). Plants can withstand light frosts but not prolonged freezing temperatures.

Storage

To store, trim off the leafy stems and any roots still attached. Rinse, towel dry, and refrigerate in plastic bags for up to several weeks. For long-term storage, kohlrabi can be frozen. Simply peel, chop into chunks, blanch for 2-3 minutes, cool, and then freeze. To keep the chunks from all sticking together, you may first freeze them on cookie sheets and then transfer them to freezer bags.

Preparation

Kohlrabi is tasty both raw and cooked. Smaller kohlrabi will have tender skin, but you may want to peel larger, tougher ones before eating. Try throwing raw kohlrabi into salads or chopping it into strips and eating with a veggie dip as you would broccoli. Kohlrabi can be steamed, sautéed, boiled, roasted, braised, or added to many of your favorite dishes.

Nutritional Benefits

Eating kohlrabi is a great way to get more vitamin C, dietary fiber, and potassium into your diet! It also contains Vitamin A, folic acid, and calcium. Like many vegetables, kohlrabi is low in calories and fat. Its high fiber content makes it reasonably filling.

Kohlrabi Chips

Makes about 4 servings

Recipe courtesy of www.MarthaStewart.com

INGREDIENTS

- Very thinly sliced, unpeeled kohlrabi
- Olive oil
- Coarse salt

COOK'S NOTES

Look for kohlrabi with unblemished leaves and a bulb that's 3 to 4 inches in diameter; the bulb should not appear cracked or overgrown.

INSTRUCTIONS

1. Toss kohlrabi with olive oil. Season with salt. Arrange in a single layer on a baking sheet lined with a nonstick mat.
2. Bake at 250 degrees, rotating sheet, until crisp and deep golden, 35 minutes to 1 hour; transfer chips as they're done to a paper-towel-lined plate. Season with salt.

Roasted Kohlrabi with Parmesan

Makes about 4 servings

Recipe courtesy of Food Network

INGREDIENTS

- 6 kohlrabi, peeled and cut into 1-inch wedges
- 2 tablespoons olive oil
- 3/4 teaspoon kosher salt
- Pinch of cayenne
- 3 tablespoons parmesan cheese
- 1 tablespoon chopped parsley

INSTRUCTIONS

1. Toss kohlrabi with olive oil, kosher salt, and cayenne pepper on a rimmed baking sheet.
2. Roast at 450 degrees F, stirring every 10 minutes, until tender and golden, about 30 minutes. Toss with parmesan and chopped parsley.

Peppers



Photo courtesy High Mowing Organic Seeds

Background

Bell peppers and chili peppers are closely related, though they are not at all related to the spice we call “black pepper.” Peppers are native to the Americas and Christopher Columbus was the first European to encounter them. He named the unfamiliar fruits “peppers” after the spice—as some of them did share similar hot, spicy qualities unlike almost any other foods. After Columbus brought peppers back to Europe, the plants slowly gained popularity and eventually spread around the globe. Bell peppers, which are sweet and not at all spicy, don’t contain any capsaicin, the compound that gives chili peppers their heat. Chilies vary in spice from relatively mild to intolerably hot. Handle all chilies with caution: when you touch their skin, you rub off some of the heat-producing compound, which can then be easily transferred via your hands to your eyes or other sensitive areas. Always wash your hands after handling chilies and before touching anything else!

Growing Tips

Perhaps not surprising given their southern origins, peppers need plenty of heat and sunlight to grow well. Because they require a long growing season, start seeds indoors in April and transplant seedlings outdoors once all danger of frost has passed and the ground has warmed. Use caution handling hot pepper seeds. Fertilize soil well and leave at least a full foot of space between plants. For warmer soil and weed control, some find it beneficial to grow peppers in reusable black plastic mulch. Harvest peppers regularly to encourage production. Almost all peppers will redden if left on the plant to ripen.

Storage

Peppers are very cold sensitive, so store them loosely wrapped in plastic on the top shelf of your refrigerator. They will last up to a week, but are best when used as soon as possible. Hot peppers can be left on the plant, uprooted, and allowed to mature over many weeks. Hot peppers can be dried, but bell peppers need to be frozen for longer storage.

Preparation

Peppers can be eaten raw or cooked; hot peppers are most commonly cooked. Rinse peppers in cold water before preparing and, if you wish, peel them (most easily done by roasting for 10 minutes, stuffing into a paper bag to steam, then peeling). You will most likely want to remove the seeds as well.

Nutritional Benefits

Peppers are high in Vitamin C, Vitamin B, and beta carotene and have a significant amounts of potassium, magnesium, and iron. The Vitamin C in peppers aids in the body’s uptake of vegetable-based iron (non-heme iron), such as that in beans. Red peppers tend to be the most nutritious. Chili peppers contains capsaicin valuable for long term health and disease prevention.

Breakfast Peppers

Ingredients

- 2 extra-large sweet peppers (any color)
- 2/3 cup cooked brown rice -
simmer 1/3 cup dry rice with 1/3 cup water for 30-45 minutes until rice is tender
- 1/2 canned (or cooked from dry) black beans -
Use low sodium canned beans if possible
- 1 cup shredded cheddar cheese
- 1/2 cup (or one small) chopped tomato
- 1/2 tsp. chipotle seasoning (optional) -
Or any seasoning, ie onion and garlic powder
- 1/4 tsp salt
- 1/2 cup water
- 4 eggs
- Chopped cilantro, to taste



Instructions

- Preheat oven to to 350 degrees F. Cut the peppers in half lengthwise. Remove seeds
- For filling, in a bowl combine cooked rice, beans, tomato, half the cheese, the seasonings and salt
- Divide the filling among the four pepper halves
- Using the back of a tablespoon, make an indentation in the filling, to put the eggs in later
- Place in a small baking dish
- Pour the water into the dish around the peppers
- Bake, covered, for 30 minutes.
- Remove from oven, and break an egg into each of the four indentations in the fillings
- Bake 15 minutes more, or to desired doneness
- Sprinkle with the rest of the cheese, and the cilantro.



UVMHealth.org/MedCenter

Scan this QR Code for a video of the recipe.
Adapted from EatingWell Magazine

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Tomato and Pepper Pizza Sauce

Makes enough for one medium-large pizza
Recipe courtesy of UVM Medical Center

INGREDIENTS

- 4 fresh tomatoes, cut into wedges, or about 20 cherry tomatoes
- 2 bell peppers, or 4-6 smaller peppers cut into strips or chopped
- About 10 basil leaves, chopped
- 1 onion, chopped (optional)
- 1/4 cup extra virgin olive oil
- 1 teaspoon dried oregano, or 1 tablespoon fresh (optional)
- 1 pinch pepper and salt (optional) to taste



Scan this QR Code for a video of the recipe.

INSTRUCTIONS

1. Preheat a frying pan on medium heat.
2. Pour in olive oil and tilt pan to coat bottom.
3. Cook peppers and onions in oil until soft and onions are transparent.
4. Add tomatoes, basil, and oregano, salt and pepper, and cook until tomatoes are heated through and basil is wilted. If you'd like the mixture to be drier, add tomatoes and simmer until enough water has boiled off, then add the spices.
5. Spoon onto pizza and enjoy!



Radishes



Photos courtesy High Mowing Organic Seeds

Background

Radishes, which belong to the same family as cabbages and broccoli, are grown in a wide variety of colors and sizes. First cultivated in Europe, radishes can now be found across most of the globe but are most popular in Europe, Japan, and North America. The name for radishes may stem from the Greek "Raphanus," which means "quickly appearing," a tribute to the speed with which some radish varieties grow. Other sources claim the name "radish" comes from "radix," which is the Latin term for "root." Radishes are often one of the earliest spring crops as they only take a few weeks to grow from seed to maturity. Radishes have a distinct peppery flavor that comes from an enzyme in the plant's skin. After all, radishes are related to mustards, so it is not altogether surprising that the two vegetables share flavor qualities. Although radishes range from purplish-black to multi-colored, most people are familiar with the small, round, red and white variety. Daikon radish is another popular variety most commonly associated with Asian cuisine.

Growing Tips

Like most members of the cabbage family, radishes are quite cold tolerant and grow well in cool conditions. Direct seed as soon as soil can be worked in the spring--transplanting is not recommended. Seeds should be planted no deeper than ½ inch. For a steady supply of radishes, sow seeds approximately every two weeks. You may want to avoid growing radishes mid-summer, as heat will cause them to become tough. Thin seedlings to allow room for roots to grow. Radishes appreciate well-drained, stone-free soil and frequent weeding. Keep plants well watered. To avoid flea beetle damage, protect young radishes with floating row cover. Harvest promptly when roots are about the size of a golf ball.

Storage

Upon harvest or purchase, radishes should be trimmed of their tops (which are also edible), wrapped loosely in plastic, and stored in the crisper drawer. Radishes will store better if not sopping wet, so avoid washing them until you are ready to use them. Radishes will keep well for more than a week in the refrigerator, but they are best when eaten as soon as possible.

Preparation

Always choose radishes that feel firm and look unblemished. If the tops are still attached when you purchase them, the leaves should be bright green and un-wilted. Most radishes are ready to eat after washing. You may want to peel larger, tougher radishes, such as winter storage varieties, before eating. Much of a radish's flavor and nutritional value is in the peel, however, so eating the whole root is recommended.

Nutritional Benefits

Radishes are very small and composed primarily of water, so it can be difficult to take in significant quantities of nutrients from radishes alone. Nonetheless, radishes are low in calories but high in Vitamin C, Vitamin B6, folic acid, calcium, and potassium. They also contain the minerals magnesium and copper.

Cucumber & Radish Tzatziki

Makes about 3 servings

Recipe courtesy of Eating Well

INGREDIENTS

- 1 small cucumber, peeled and seeded (6-7 ounces)
- 10 radishes, trimmed
- 1 1/2 cups nonfat plain Greek yogurt
- 1/4 cup sliced scallions
- 2 cloves garlic, minced
- 1 tablespoon lemon juice
- 2 tablespoons chopped fresh mint
- 2 tablespoons chopped fresh dill
- 1/4 teaspoon ground coriander
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper

INSTRUCTIONS

1. Grate cucumber on the coarse side of a box grater. Transfer to a square of cheesecloth or a clean kitchen towel. Roll up, then twist gently to extract as much liquid as possible. Transfer to a medium bowl.
2. Grate radishes and add to the bowl. Add yogurt, scallions, garlic, lemon zest, lemon juice, mint, dill, coriander, salt and pepper. Stir gently to combine. Cover and refrigerate for 15 minutes to allow flavors to blend.
3. Enjoy tzatziki sauce as a dip for fresh vegetables or pita bread, as a base for pasta or potato salads, or even as a flavorful substitute for mayo on sandwiches! Classic uses also include gyros, kebabs or meatballs.



Quick Refrigerator Dill Pickles

Ingredients

2 pounds (about 4-6) pickling cucumbers

16 ounces of water

2 tablespoons non-iodized salt

12 ounces white vinegar (5% acidity)

2 tablespoons pickling spice— purchased in the spice aisle, or made from a combination of these spices: mustard seeds, whole allspice, coriander seeds, red pepper flakes, ground or raw ginger, bay leaves, cinnamon stick, whole cloves

2 heads fresh dill, or several sprigs of dill weed or 1 1/2 teaspoons dill seed

1 tablespoon sugar (optional)



Scan this QR Code for a video of the recipe.

Adapted from: USDA Guide to Processing
Pickled Vegetables and Eating Well Magazine



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Instructions

1. Wash cucumbers and cut off ends.
2. Cut as desired (spears or round pieces are popular for pickles), then tightly pack them into 2 or 3 pint-size (2 cup) jars, or 1 quart size jar.
3. Combine vinegar, water, and sugar (if desired), salt, dill, and pickling spice or the separate spices. (You can vary the amount of separate spices depending on what flavors you like best.)
4. Bring the vinegar-water-spice mixture to a simmer (bubbles breaking on the surface) over medium-high heat, for about 4 minutes.
5. Pour the hot brine over the vegetables
6. Let cool to room temperature, about 1 hour
7. Refrigerate for 24 hours before serving
8. Will keep in the refrigerator for about a month

Photos courtesy
High Mowing Organic Seeds

Zucchini & Summer Squash



Background

Zucchini and summer squash are both types of squash that are harvested when immature, unlike their relatives in the winter squash category, which are allowed to ripen fully. Zucchini (which is actually a type of summer squash) is usually dark green and shaped like a small bat, whereas what we call “summer squash” is more commonly yellow with a slight crook in its neck. Both can vary slightly in color as well as shape. Patty-pan squash, for example, is a type of summer squash that resembles a flying saucer. Although summer squash and zucchini have their roots in the Americans, the Italians are credited with breeding zucchini into the plant we know today. The French word for zucchini is “courgette,” a name that is also used in several other European countries. Squash and zucchini blossoms are edible, too!

Growing Tips

One of the most common mistakes made by gardeners worldwide is to plant too much summer squash and zucchini. Two or three plants usually produce more squash and zucchini than a single family can handle, so only plant more if you plan on freezing a good amount or distributing produce to your neighbors. Start seeds indoors about a month before the last frost date (they are very cold-sensitive plants). Plant a few more seeds than you think you’ll need so you can choose the strongest plants. Plant one seed each in 3-inch pots with plenty of compost. Harden off before planting outside by gradually reducing water and temperature. Direct seeding is also an option after the danger of frost has passed. Allow at least 2 full feet of space between plants and plant into mounds of soil with plenty of compost. You can protect young seedlings from cucumber beetles with floating row cover but be sure to remove it once the plants begin to bloom. Harvest the fruits when they are 6-10 inches in length by cutting the stem about an inch above the top. Remove overgrown fruits to encourage more production.

Storage

Both zucchini and summer squash are best when eaten as soon as possible, but they can be stored in the fridge for about a week without deteriorating much. Wrap loosely in a paper towel and then in a perforated plastic bag to balance moisture levels. For long term storage, shred (or chop) and freeze.

Preparation

Although summer squash and zucchini are most commonly cooked, you’ll sometimes see tender, raw zucchini sticks served with dip. Squash and zucchini are ready once washed and trimmed of the ends. They can be steamed, sautéed, grilled, stir-fried, and added to soups, sauces, or casseroles.

Nutritional Benefits

Summer squash and zucchini are low in calories while being high in potassium, folate, manganese, vitamins C and A, and fiber. Like many fruits and vegetables, squash and zucchini are most nutritious when eaten with the skin on.

Roasted Summer Squash with Lemon, Mint, and Feta

INGREDIENTS

5-6 yellow summer squash or zucchini, about 8 inches long
1/4 cup olive oil
1/4 cup lemon juice
1/2 cup mint, finely chopped (measure after chopping)
Salt to taste
1 cup Feta cheese, crumbled (more or less to taste)
Fresh-ground black pepper to taste



Scan this QR Code for a video of the recipe.



UVMHealth.org/MedCenter

Makes about 4 servings

Sourced from Kalyn's Kitchen

INSTRUCTIONS

1. Preheat oven to 475° F, and put oven rack as high as it will go. Spray baking sheet with nonstick spray
2. Wash squash and cut off stem and flower ends. Cut each squash into quarters length wise, then cut into pieces about 2 inches long
3. Combine olive oil, lemon juice, mint and salt; then put that mixture into a plastic bowl and toss squash with the mixture.
4. Arrange squash on roasting pan, in a single layer as much as possible
5. Roast squash turning every 15-20 minutes, until slightly browned and cooked to your liking
6. When the squash is done, put back in the same bowl and toss with the Feta cheese
7. Season with fresh ground black pepper to taste. This can be served hot or at room temperature

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Zucchini Parmesan

Makes about 6 servings

Recipe courtesy of VT Feed

INGREDIENTS

- 1 1/2 pounds zucchini, about 3 medium-sized squash
- 1 onion
- 1 clove garlic
- 2 cups marinara sauce
- 1/4 cup shredded mozzarella cheese
- 1/8 cup parmesan cheese

INSTRUCTIONS

1. Preheat oven to 350 degrees. Lightly grease a casserole dish.
2. Trim zucchini and cut into 3/8-inch slices.
3. Trim, peel, and slice onion. Thinly slice garlic.
4. In your casserole dish, layer half of the zucchini, then all of the onion and garlic, then the remaining zucchini. Cover with sauce, and bake until just tender (about 20 minutes).
5. Uncover and top with mozzarella and parmesan cheese. Bake, uncovered, until the cheese is melted and bubbly.



Swiss Chard & Beet Greens



Photos courtesy High Mowing Organic Seeds

Background

Although its name suggests otherwise, Swiss chard is native to the Mediterranean region. It is an extremely close relative of the beet, as you might have guessed if you have ever looked at the two side-by-side. Chard is actually a type of beet that has been extensively bred for leaf production. Although the leafy portions of both plants have much in common, Swiss chard does not have a bulbous, nutritious root like the beet. Different varieties of chard produce different colored stems; while white-stemmed chard is probably still the most common, vibrant red and gold varieties are gaining popularity as well. Both the stems and the leaves of chard are edible. Swiss chard and beet greens can be interchanged in many recipes. A very hardy plant, chard can thrive under adverse conditions and will usually keep growing even if neglected, making it a great choice for a beginning (or very busy) vegetable gardener.

Growing Tips

For growing information on beet greens, see "Beets." Chard needs growing conditions much like that of the beet, preferring well-drained soils and cooler temperatures. Chard is best in the spring and fall, though it will continue growing through the summer months as well. Seeds can be directly sown into the garden in mid-spring or started indoors about a month before the last frost date and then planting outdoors. Transplants will result in a slightly earlier harvest. If transplanting, leave about 8 inches between plants, and if direct seeding, be sure to thin out seedlings for a similar spacing. Plants can be cut whole for baby leaf chard. For full-sized leaves, pluck off individually (starting with the bottom leaves) close to the central stem. This way, plants will continue to grow for many months. For tender greens, avoid letting leaves get too large. Chard is frost tolerant but should be harvested before successive freezing days.

Storage

Both Swiss chard and beet greens will store in the refrigerator for several days if loosely wrapped in plastic. Like almost all vegetables, however, they are best when eaten as soon as possible after harvest. Store unwashed as excess moisture can cause premature rotting. If you wish, cut off the stems and store separately to optimize space.

Nutritional Benefits

These wrinkly greens are very healthy, containing lots of folate, magnesium, potassium, iron, and Vitamins A, K, and C. Packed with fiber and low in calories, chard and beet greens can contribute to a healthy digestive system. Chard and beet greens also have more protein than many other greens.

Preparation

Be sure to wash chard and beet greens thoroughly before using; their wrinkles capture dirt easily. Both leafy greens are edible raw as well as cooked. Raw, they are often sliced thinly and tossed into salads. Cooked, they work their way into quiches, casseroles, soups, sautés, and stir-fries. Avoid overcooking chard and beet greens to preserve their nutritional integrity. Stems take slightly longer to cook than the leaves and their ribs.

Swiss Chard with Cannellini Beans & Caramelized Onions

INGREDIENTS

1 pound Swiss chard
2 tablespoons olive oil
3/4 cup sweet onion, diced
2 tablespoons white granulated sugar
1/3 cup raisins
1/4 teaspoon salt
pepper to taste
15.5 ounce can cannellini beans, drained and rinsed



Scan this QR Code for a video of the recipe.

Makes 4 servings

From the Center for Nutrition and Healthy Food Systems

INSTRUCTIONS

1. Wash the leaves of the Swiss chard thoroughly. Strip the leaves from the stems.
2. Roll the leaves up in small batches and slice into thin strips.
3. Heat oil in a large sauté pan and cook onions until caramelized. Add sugar to onions.
4. Add the raisins and Swiss chard to the pan and heat just until the chard is wilted. Season with salt and pepper. Stir in the cannellini beans and heat through.



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Swiss Chard

Swiss chard is a good source of fiber. It is considered a “cruciferous” or “cross bearing” vegetable as its flowers take the shape of a cross.

In the kitchen: Quick boiling helps to free the oxalic acids that it contains and makes chard less bitter and more sweet. Try it steamed, braised with olive oil and garlic, or in soups and pastas. Use chard in place of spinach when preparing vegetarian lasagna.

In the garden: Companion: beans, broccoli, Brussel sprouts, cabbage, cauliflower, kale, kohlrabi, onions.

Competitor: gourds, melons, corn, herbs.

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Swiss Chard and Lentil Soup

Makes about 4 servings

Recipe courtesy of www.MarthaStewart.com

INGREDIENTS

- 1 tablespoon olive oil, plus more for serving
- 1 medium onion, finely chopped (about 1 cup)
- 1 tablespoon tomato paste
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 cup lentils, picked over and rinsed
- 1 can (14.5 ounces) diced tomatoes, in juice
- 1 1/2 pounds Swiss chard, stalks cut into 1-inch pieces, leaves torn into 2-inch pieces (keep separate)
- Salt and ground pepper
- Juice of 1/2 lemon

INSTRUCTIONS

1. In a large saucepan with a lid, heat oil over medium-high. Add onion and cook, stirring, until softened and browned, 3 to 5 minutes. Add tomato paste, oregano, and thyme; stir to combine.
2. Add lentils, 5 cups of water, and tomatoes with their juice; bring to a boil. Reduce heat and simmer, partially covered, 20 minutes. Add chard stalks and cook until beginning to soften, about 5 minutes. Add chard leaves; season with salt and pepper, and cook until lentils and chard are tender, 15 to 20 minutes.
3. Stir in lemon juice; ladle soup into bowls. Drizzle with olive oil, and serve with bread, if desired.





Winter Squash & Pumpkins

Background

"Winter squash" is a broad term that encompasses many different types of squash. Well-known varieties include butternut, delicata, hubbard, acorn, and spaghetti squash. Pumpkins are also a type of winter squash, though only certain varieties of pumpkin are suitable for eating. Most large pumpkins are tough and bitter, but some smaller varieties are quite tasty. Many other varieties of winter squash are commonly used in recipes that call for pumpkin (though pumpkin is not always a good substitute in a recipe calling for squash). Part of the cucurbit family, winter squash is related to gourds, cucumbers, and melons. Some types of winter squash are actually quite close relatives of summer squash, a major difference being that winter squash is allowed to mature and form a hard shell while summer squash is harvested sooner. Winter squash, along with corn and beans, was one of the "three sisters" vital to the diet of Native Americans. It is one of the first crops to ever have been cultivated in the Americas; archaeologists have uncovered seed remnants that are believed to date back thousands of years.

Growing Tips

Winter squash has a long growing season, typically requiring from 90—120 days to reach maturity, so it is best to start seeds indoors as long as a month before the final frost date. Start seeds in relatively sizable pots with plenty of compost to nourish the seedlings as they grow. Plant outdoors once all danger of frost has passed, direct seed or plant seedlings into hilled-up mounds of soil. Squash plants like plenty of organic matter and warmth. Some growers choose to grow squash in black plastic mulch to increase temperatures and keep weeds from overtaking the sprawling vines. Use floating row cover to ward off cucumber beetles early in the season but remove it once plants flower. Fruits should be harvested with 1-2 inches of stem, when rich in color with a sturdy rind, prior to the first frost.

Storage

After harvest, most types of winter squash should be "cured" in a warm, dry spot for several days (outside if the weather is nice). Squash should then be moved to a cool (around 55°), relatively dry place. Undamaged squash stored this way can last months. Squash can also be cooked, then pureed or diced, and frozen.

Preparation

Except delicata, most squash is peeled. Some with smooth skins, like butternut, can be tackled with a vegetable peeler before cooking. For most types, however, you'll want to slice the squash in half vertically with a sharp knife (careful!), scoop out the seeds, and then roast or steam the pieces until the flesh softens. At that point, you can scoop it out of the skin and put it to use.

Nutritional Benefits

Winter squash provides complex carbohydrates, dietary fiber, vitamins A and C, several types of vitamin B, potassium, manganese, folate, and omega 3 fatty acids. It really packs a punch!

Pumpkin Pie Smoothie

Makes about 2 servings

Recipe courtesy of Eating Well

INGREDIENTS

- 1 medium frozen banana
- 1/2 cup unsweetened almond milk or other nut milk
- 1/3 cup plain whole-milk Greek yogurt
- 1/3 cup canned pumpkin puree
- 1/8 teaspoon pumpkin pie spice
- 1-2 teaspoons pure maple syrup

INSTRUCTIONS

1. Place banana, almond milk (or other nut milk), yogurt, pumpkin puree, pumpkin pie spice, and maple syrup in a blender.
2. Blend until smooth.

Mashed Maple Squash

Makes about 4 servings

Recipe courtesy of UVM Medical Center Blog

INGREDIENTS

- 1 acorn squash, halved and seeded
- 1 tablespoon pure maple syrup
- 1 teaspoon butter
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt

INSTRUCTIONS

1. Preheat oven to 400°F. Coat a 9-by-13-inch baking pan with cooking spray.
2. Place squash halves cut-side down in the prepared pan. Bake until soft, about 50 minutes. Let cool for 10 minutes.
3. Scrape the soft squash flesh into a medium bowl. Stir in syrup, butter, cinnamon and salt with a fork, mashing the squash until somewhat smooth.



Healthy Children, Healthy Families

25 Healthy Snacks for Kids

Rethink Your Drink

The Importance of Family Dinners

Be an Active Family

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

25 Healthy Snacks for Kids

When a snack attack strikes, refuel with these nutrition-packed snacks.

Easy, Tasty (and Healthy) Snacks

You may need an adult to help with some of these snacks.

1. Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.
2. Inside-Out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
3. Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.
4. Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
5. Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
6. Sandwich Cut-Outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
7. Banana Split: Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.
8. Apple Pie Oatmeal: Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
9. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
10. Microwave a cup of tomato or vegetable soup and enjoy with whole-grain crackers.
11. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.



12. Sprinkle grated Parmesan cheese on hot popcorn.
13. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
14. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins.
15. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
16. Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
17. Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
18. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
19. Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
20. Toast a whole-grain waffle and top with low-fat yogurt and peaches.
21. Mix together low-fat cream cheese, mixed dried fruit bits and shelled sunflower seeds. Spread on a toasted English muffin.
22. Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
23. Make a mini-sandwich with tuna or egg salad on a dinner roll.
24. Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.
25. Spread peanut butter on apple slices.

Dip it! Bonus Snacks

- Dip baby carrots and cherry tomatoes in low-fat ranch dressing.
- Dip strawberries or apple slices in low-fat yogurt.
- Dip pretzels in mustard.
- Dip pita chips in hummus.
- Dip graham crackers in applesauce.
- Dip baked tortilla chips in bean dip.
- Dip animal crackers in low-fat pudding.
- Dip bread sticks in salsa.
- Dip a granola bar in low-fat yogurt.
- Dip mini-toaster waffles in cinnamon applesauce.

Find more healthy eating tips at:
www.kidseatright.org
www.eatright.org/nutritiontipsheets

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

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Chocolate Hummus

Makes about 4 servings

Leah Pryor, Chef Educator

INGREDIENTS

- 1 15 ounce can of chickpeas, drained and rinsed
- 1/3 cup tahini
- 1/3 cup extra virgin olive oil
- 1/3 cup of water
- 2 tablespoons confectioners sugar
- 1/2 teaspoon vanilla
- 4 ounces bittersweet chocolate melted

INSTRUCTIONS

1. Place chickpeas, tahini, oil, water, confectioners sugar, vanilla, and salt in food processor. Process, scraping down the sides as needed, until smooth.
2. With the motor running, add melted chocolate and process until combined.
3. Serve with fresh fruit and enjoy!

Blueberry Chia Seed Jam

Ingredients

3 cups fresh blueberries

1/4 cup agave nectar

1/4 cup chia seeds

1/2 teaspoon vanilla extract

The refrigerator jam takes advantage of the gelling quality of chia seeds, using it as a nutrient– rich substitute for pectin.



Scan this QR Code for a video of the recipe.

Instructions

1. Combined berries and agave in in a small saucepan
2. Cook over medium heat until berries begin to soften and burst, about 5 minutes
3. Add chia seeds and cook, stirring often, until very thick, about 15 minutes
4. Remove from heat and let cool
5. Add vanilla extract

Process using water– bath canning method, if desired for longer storage. Otherwise, may be stored in refrigerator. Use within 7 days.



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Makes 10 servings

Recipe courtesy of Bob's Red Mill

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Ranch-Chive Popcorn

Makes about twenty 1-cup servings - dip makes eight ½ cup servings

Recipe courtesy of American Heart Assoc.

INGREDIENTS

- 4 tablespoons canola oil or safflower oil (divided)
- ¾ cup popcorn kernels
- 1 ½ tablespoons dried chives
- 1 tablespoon dried parsley
- 1 teaspoon dried dill
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper

INSTRUCTIONS

1. In a heavy-duty large pot, warm 1 tablespoon canola oil and a few popcorn kernels over high heat. Wait a couple minutes until these kernels have popped - this shows the oil is at the perfect popcorn-popping temperature.
2. As quickly as possible, add in remaining popcorn kernels and cover with a lid. Reduce the heat to medium-high. Using the potholders and shaking the pot constantly as the kernels pop, cook until the popping slows down, about 3 to four minutes. Remove the pot from heat but keep the lid on; some remaining kernels may continue to pop.
3. In a small bowl, stir together oil and seasoning to combine. Carefully transfer the hot popcorn into a large bowl. Drizzle with the herbed oil, tossing as you add the oil so all of the popcorn is coated. Serve.

Cucumber Yogurt Dip

Makes about 6-8 servings

Recipe courtesy of UVM Medical Center Blog

INGREDIENTS

- 4 cloves of crushed garlic OR 4 tablespoons dried garlic
- ⅛ cup olive oil or vegetable oil
- ¼ tablespoon white wine vinegar or apple cider vinegar
- 1 quart plain, low-fat yogurt
- 2 cucumbers, grated
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 1 ½ tablespoons honey
- ½ teaspoon dill (fresh or dried)
- 1 teaspoon mint (fresh or dried)

INSTRUCTIONS

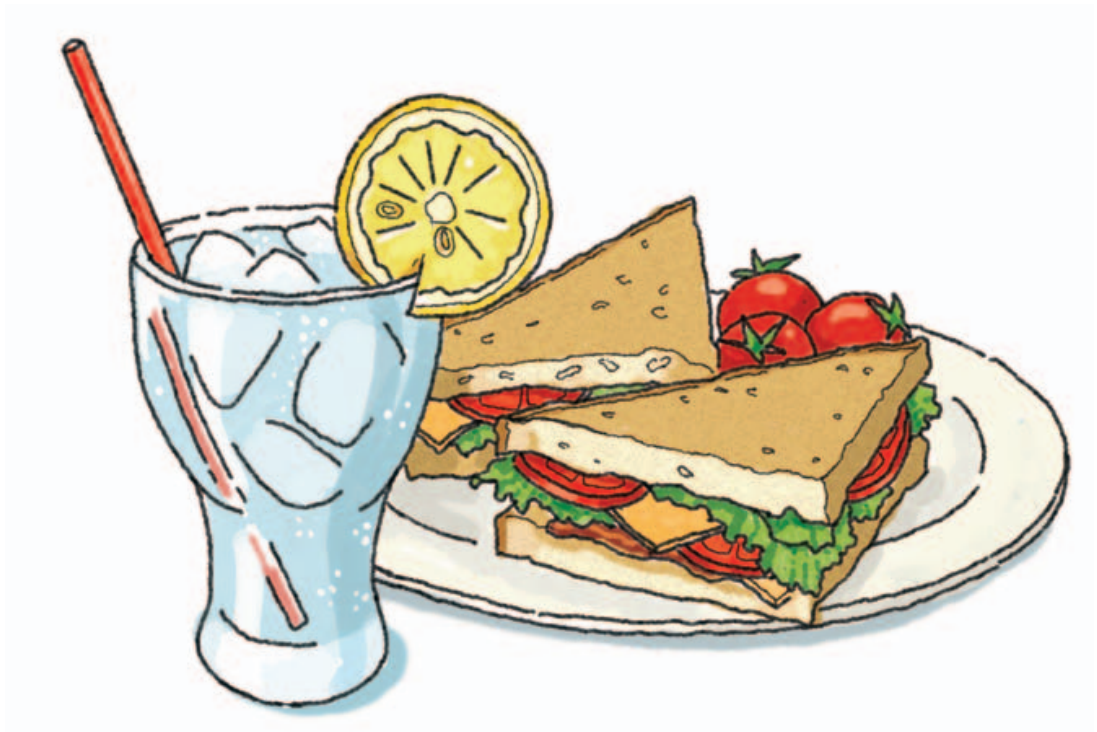
1. Mix the crushed garlic with the salt and pepper. Add the oil and vinegar and mix well.
2. Place the yogurt in a serving bowl. Add the oil and vinegar mixture in stages, stirring gently with a wooden spoon.
3. Add the grated cucumber and mix well. Chill before serving.
4. Cut up an assortment of raw vegetables into dipping size pieces.

Rethink your drink.



DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION





When it comes to weight loss, there's no lack of diets promising fast results. There are low-carb diets, high-carb diets, low-fat diets, grapefruit diets, cabbage soup diets, and blood type diets, to name a few. But no matter what diet you may try, to lose weight, you must take in fewer calories than your body uses. Most people try to reduce their calorie intake by focusing on food, but another way to cut calories may be to think about what you drink.

What Do You Drink? It Makes More Difference Than You Think!

Calories in drinks are not hidden (they're listed right on the Nutrition Facts label), but many people don't realize just how many calories beverages can contribute to their daily intake. As you can see in the example on the next page, calories from drinks can really add up. But there is good news: you have plenty of options for reducing the number of calories in what you drink.

Occasion	Instead of...	Calories	Try...	Calories
Morning coffee shop run	Medium café latte (16 ounces) made with whole milk	265	Small café latte (12 ounces) made with fat-free milk	125
Lunchtime combo meal	20-oz. bottle of nondiet cola with your lunch	227	Bottle of water or diet soda	0
Afternoon break	Sweetened lemon iced tea from the vending machine (16 ounces)	180	Sparkling water with natural lemon flavor (not sweetened)	0
Dinnertime	A glass of nondiet ginger ale with your meal (12 ounces)	124	Water with a slice of lemon or lime, or seltzer water with a splash of 100% fruit juice	0 calories for the water with fruit slice, or about 30 calories for seltzer water with 2 ounces of 100% orange juice.
Total beverage calories		796		125-155

(USDA National Nutrient Database for Standard Reference)

Substituting no—or low—calorie drinks for sugar-sweetened beverages cuts about 650 calories in the example on the previous page.

Of course, not everyone drinks the amount of sugar-sweetened beverages shown. Check the list below to estimate how many calories you typically take in from beverages.

Type of Beverage	Calories in 12 oz	Calories in 20 oz
Fruit punch	192	320
100% apple juice	180	300
100% orange juice	168	280
Lemonade	168	280
Regular lemon/lime soda	148	247
Regular cola	136	227
Sweetened lemon iced tea (bottled, not homemade)	135	225
Tonic water	124	207
Regular ginger ale	124	207
Sports drink	99	165
Fitness water	18	36
Unsweetened iced tea	2	3
Diet soda (with aspartame)	0*	0*
Carbonated water (unsweetened)	0	0
Water	0	0

*Some diet soft drinks can contain a small number of calories that are not listed on the Nutrition Facts label. (USDA National Nutrient Database for Standard Reference)

Milk contains vitamins and other nutrients that contribute to good health, but it also contains calories. Choosing low-fat or fat-free milk is a good way to reduce your calorie intake and still get the nutrients that milk contains.

Type of milk	Calories per cup (8 ounces)
Chocolate milk (whole)	208
Chocolate milk (2% reduced-fat)	190
Chocolate milk (1% low-fat)	158
Whole milk (unflavored)	150
2% reduced-fat milk (unflavored)	120
1% low-fat milk (unflavored)	105
Fat-free milk (unflavored)	90

(USDA National Nutrient Database for Standard Reference)

Safe Weight Loss

Experts have defined healthy weight loss as a loss of 1-2 pounds per week. Most people need to cut roughly 500 calories a day to lose one pound per week. You can do this by reducing the number of calories you take in through both food or drink.



Learn To Read Nutrition Facts Carefully

Be aware that the Nutrition Facts label on beverage containers may give the calories for only part of the contents. The example below shows the label on a 20-

oz. bottle. As you can see, it lists the number of calories in an 8-oz. serving (100) even though the bottle con-

NUTRITION FACTS LABEL	
Serving Size	8 fl. oz.
Servings Per Container	2.5
Amount per serving	
Calories	100

tains 20 oz. or 2.5 servings. To figure out how many calories are in the whole bottle, you need to multiply the number of calories in one serving by the number of servings in the bottle (100×2.5). You can see that the contents of the entire bottle actually contain 250 calories even though what the label calls a “serving” only contains 100. This shows that you need to look closely at the serving size when comparing the calorie content of different beverages.

High-Calorie Culprits in Unexpected Places

Coffee drinks and blended fruit smoothies sound innocent enough, but the calories in some of your favorite coffee-shop or smoothie-stand items may surprise you. Check the website or in-store nutrition information of your favorite coffee or smoothie shop to find out how many calories are in different menu items. And when a smoothie or coffee craving kicks in, here are some tips to help minimize the caloric damage:

At the coffee shop:

- Request that your drink be made with fat-free (skim) milk instead of whole milk.
- Order the smallest size available.
- Forgo the extra flavoring—the flavor syrups used in coffee shops, like vanilla or hazelnut, are sugar-sweetened and will add calories to your drink.

- Skip the Whip. The whipped cream on top of coffee drinks adds calories and fat.
- Get back to basics. Order a plain cup of coffee with fat-free milk and artificial sweetener, or drink it black.

At the smoothie stand:

- Order a child's size if available.
- Ask to see the nutrition information for each type of smoothie and pick the smoothie with the fewest calories.
- Hold the sugar. Many smoothies contain added sugar in addition to the sugar naturally in fruit, juice, or yogurt. Ask that your smoothie be prepared without added sugar: the fruit is naturally sweet.



Sugar by Any Other Name: How To Tell Whether Your Drink Is Sweetened

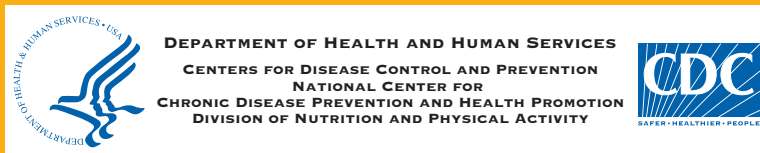
Sweeteners that add calories to a beverage go by many different names and are not always obvious to anyone looking at the ingredients list. Some common caloric sweeteners are listed below. If these appear in the ingredients list of your favorite beverage, you are drinking a sugar-sweetened beverage.

- High-fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup
- Corn syrup
- Sucrose
- Dextrose

Better Beverage Choices Made Easy

Now that you know how much difference a drink can make, here are some ways to make smart beverage choices:

- Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Don't "stock the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8-oz. cans and bottles of soda, which contain about 100 calories.
- Be a role model for your friends and family by choosing healthy, low-calorie beverages.



The Importance of Family Dinners

Busy schedules of both parents and children make it harder to have “family dinners.” But families may not be aware of the benefits that come with regularly eating together at the table. Research suggests that having dinner together as a family at least four times a week has positive effects on child development. Family dinners have been linked to a lower risk of obesity, substance abuse, eating disorders, and an increased chance of graduating from high school.

Conversation

Eating dinner together as a family provides the opportunity for conversation. This lets parents teach healthy communication without distractions from smart phones, television, computers, and mobile devices. By engaging your children in conversation, you teach them how to listen and provide them with a chance to express their own opinions. This allows your children to have an active voice within the family. Conversations at the dinner table expand the vocabulary and reading ability of children, regardless of socioeconomic status. Family dinners allow every family member to discuss his or her day and share any exciting news.

Use these tips to encourage conversation:

- Discuss the child’s day. Express an interest in your child’s daily life.
- Discuss current events. Bring up news that’s appropriate for your child’s age.
- Let all family members talk. Be an active listener and be sure your child learns to listen as well.

Encourage your child to participate. Do not underestimate your child’s ability to hold a conversation.

Developmental Benefits

The sense of security and togetherness provided by family meals helps nurture children into healthy, well-rounded adults. Frequent family dinners have a positive impact on children’s values, motivation, personal identity, and self-esteem. Children who eat dinner with their family are more likely to understand, acknowledge, and follow the boundaries and expectations set by their parents. A decrease in high-risk behaviors is related to the amount of time spent with family—especially during family dinners.

To make the most of your family mealtime, follow these guidelines:

- Turn off television, radio, mobile devices, etc., during dinner.
- Have family dinners at least four or five times a week.
- Enjoy positive conversation during the meal.

Spend an hour eating dinner, conversing, and cleaning up together.

Nutritional Benefits

Eating dinner together as a family also encourages healthy eating habits and provides a model for children to carry with them into adulthood. Studies show family dinners increase the intake of fruits and vegetables; families who eat dinner together tend to eat fewer fried foods and drink less soda; and family meal frequency is linked to the intake of protein, calcium, and some vitamins.

Here are some mealtime suggestions:

- Cook as a family and include everyone in the preparation process.
- Experiment with fun recipes.
- Remake old recipes with healthier alternatives.
- Have “theme” cuisine nights such as Italian, Mexican, or Caribbean.
- Know your children’s favorite meals and cook them on a rotating basis.
- Create your own recipes.

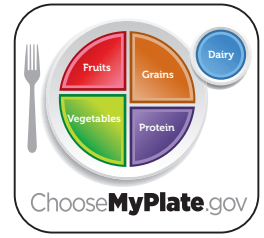
Nightly family dinners may require effort in planning, but the benefits in mental and physical health to you and your family are more than worth it.

10 tips

Nutrition
Education Series

be an active family

10 tips for becoming more active as a family



Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.



Meal Planning Tips

Planning Makes Perfect
Shop With a List

University of Vermont Medical Center Meal Planning

In Your Hands

Planning Makes Perfect



You and your family can plan healthy meals that will save money and cut down on food waste. Consider using the following tips to help you and your family eat better for less.

1 Make a Budget

- 💰 Decide how much money you have to spend on food each month. Remember to include the value of 3SquaresVT and WIC vouchers, if you have them.
- 💰 Now divide your monthly budget by 4 to find out how much you can spend each week.

2 Plan Your Meals

- 🕒 Make a list of the food you have on hand. Plan to use items that will expire first.
- 🕒 Use store ads and coupons to plan meals around items that are on sale.
- 🕒 Are there some very busy days? Plan for leftovers or simple meals on those days.
- 🕒 Think about MyPlate. Does your meal plan include a variety from all five food groups?

3 Make a List

- 📋 Making a list of the items you need can save you \$\$, if you stick to it.
- 📋 Include all food and non-food items you need for the week.
- 📋 To save time while shopping, list items together that are located near each other in the store.

4 To the Store

- ☑ Don't go to the store hungry. Hungry shoppers tend to buy more.
- ☑ If possible, shop alone. Family members can sometimes talk us into buying things that aren't in the meal plan.
- ☑ Non-food items, like paper products and cleaners are often less expensive at discount stores.
- ☑ Store brands are less expensive and taste just as good.
- ☑ Look high, look low. Stores place their most expensive products at eye level.



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COMMUNITY 4-H & YOUTH ENVIRONMENT AGRICULTURE FOOD

In Your Hands

Shop With a List



Having a plan for the grocery store is the best way to save time and money.

Shopping with a list and sticking to it can save you 20% on your overall grocery bill. That's \$20 saved for every \$100 spent!

Check out the tips below to help you get the most for your money:

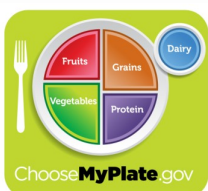
1 **Make a budget** and decide how much money you can spend at the store each week. Next, plan your family's menu. Don't forget about any non-food items you may need.

2 **Use the shopping checklist** on the back to plan your weekly trip to the store. Write how much you need on the line next to the item. Don't forget to check the item off once you put it in your cart.

3 **Do your shopping alone** if possible. Family members may suggest buying items that aren't in the budget or a healthy meal plan. And don't shop hungry!

4 **Plan two-stop shopping.** Many non-food items, such as pet products, paper goods, and household cleaners, are often less expensive at discount stores.

5 **Be flexible** with your shopping list. You may find fresh, local, seasonal, and sale items that would work just as well into your menu as those you were planning to buy.



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Fresh Produce

- Apples
- Asparagus
- Avocados
- Bananas
- Bell Peppers
- Blueberries
- Broccoli
- Cabbage
- Cantaloupe
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Fresh Herbs
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Lettuce
- (Other Greens)
- Lemons/Limes
- Mushrooms
- Nectarines
- Onion
- Oranges
- Parsnips
- Peaches
- Pears
- Plums
- Potatoes
- Raspberries
- Spinach
- Strawberries
- Sweet Potatoes
- Squash
- Tofu
- Tomatoes
- Zucchini
- _____
- _____

Deli

- Cheeses
- Deli Salads
- Meats
- Rotisserie Chicken
- Tortillas
- _____

Breads (100% whole grain)

- Bagels
- Buns/Rolls
- English Muffins
- Pitas
- Sliced Bread
- _____
- _____

Dairy (choose low-fat)

- Butter/Margarine
- Cheese
- Cottage Cheese
- Cream Cheese
- Eggs
- Milk
- Orange Juice
- Sour Cream
- Yogurt
- _____
- _____

Meat (choose lean meats)

- Beef Roast
- Chicken
- Ground Beef
- Ground Turkey
- Ham
- Pork Chops
- Pork Roast
- Sausage
- Steak
- _____
- _____

Seafood (twice a week)

- _____
- _____
- _____

Frozen Foods

- Chicken
- Fish Sticks
- Fruits
- Ice Cream
- Pizza
- Vegetables
- Waffles
- _____
- _____

Condiments

- BBQ Sauce
- Jelly/Jam
- Ketchup
- Mustard
- Mayonnaise
- Peanut Butter
- Pickles/Relish
- Salad Dressing
- Salsa
- Spices
- Steak Sauce
- Soy Sauce
- _____
- _____

Grains/Dried Beans

- Dried Beans
- Lasagna Noodles
- Macaroni Noodles
- Pasta Sauce
- Rice
- Spaghetti
- _____
- _____

Cereals (make it whole grain)

- Cereal
- Granola
- Cereal/Granola Bars
- Oatmeal
- _____
- _____

Baking Needs

- Nuts
- Baking Powder
- Baking Soda
- Cooking Oil
- Chocolate Chips
- Coconut
- Flour (whole wheat)
- Sugar
- Syrup
- Vanilla Extract
- _____
- _____
- _____

Can/Jar (no added salt/sugar)

- Applesauce
- Baked Beans
- Beans (black, kidney)
- Corn
- Carrots
- Fruit Cocktail
- Green Beans
- Mandarin Oranges
- Peaches
- Pears
- Peas
- Pineapple
- Raisins
- Soup
- Tomato Sauce
- Tuna
- _____
- _____

Snack Foods

- _____
- _____
- _____

Beverages

- 100% Juice
- Coffee
- Tea
- Vegetable Juice
- _____
- _____

Pet Supplies

- _____
- _____

Cleaning Supplies

- _____
- _____

Health & Beauty

- _____
- _____

Other

- _____
- _____
- _____

UVM Extension's Expanded Food and Nutrition Education Program helps limited resource families, their children and pregnant women learn to shop smarter, eat healthier, and save money. For more information, please contact: (802) 656-2311 or 1-877-337-5826 (toll-free in Vt.) efnep@uvm.edu

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EFNEP
Expanded Food and Nutrition Education Program



United States
Department of
Agriculture

National Institute
of Food and
Agriculture

177-7/2012

Meal Planning Tips

Adapted from Harvard T.H. Chan School of Public Health

Choose specific days & times during the week to:

- Plan the menu
- Food shop
- Prepare meals

Start small and plan for 2-3 meals per week

Use a calendar, chalkboard, or notebook to write meal plans for the week or whole month

- Menu options
- Food lists
- Favorites

Prepare foods in the meals in the order of which foods take the longest to prepare

- Animal protein—chicken, pork, fish
- Whole grains—brown rice, farro, barley
- Dried beans & legumes—black beans, lentils
- Roasted vegetables—beets, carrots, broccoli

Use The Healthy Plate Model

Nutrient balance

- Balanced nutrition is key to maintaining energy throughout the day and ensures steady metabolism. Aim for each meal or snack to contain a source of protein, whole grain, and non-starchy vegetable. Let fruit be your dessert!
- Other resources include MyPlate, Healthy Plate, My Plate Planner

Make Food Fun Again

Fun meals throughout the week

- Try having a theme for meals like Meatless Mondays, Taco Tuesdays, Whatever Wednesdays (mid-week leftover night), Something New Thursdays, Fresh Fridays (salads, seafood, local)

Think In The Future

Have your containers ready

- Divide cooked food into containers on

prep day

- Make extra portions
- Moderate portion size at dinner to save half for lunch the next day
- Pre-portion balanced snacks for easy to grab
- If you find yourself with a little extra energy and you're in the kitchen use it to chop vegetables for the next meal or snack

Food Safety & Storage

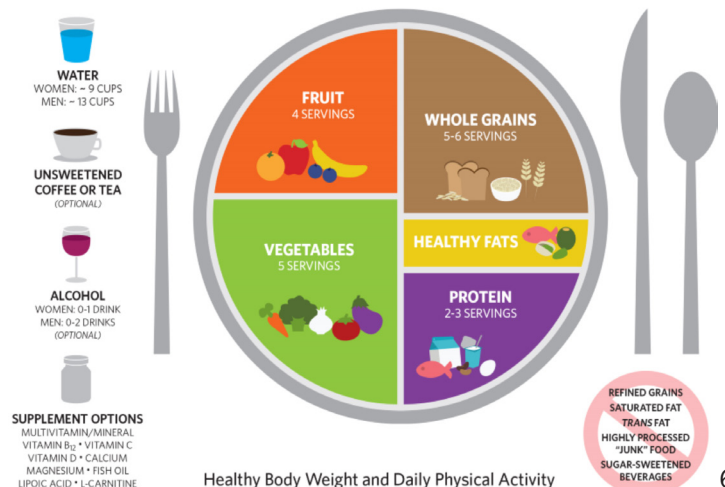
Refrigeration at 40°F or lower

- 1-2 days: Cooked ground poultry or beef
- 3-4 days: Cooked whole meats, fish and poultry; soups and stews
- 5 days: Cooked beans and lentils; hummus
- 1 week: Hard boiled eggs; chopped vegetables if stored in air-tight container
- 2 weeks: Soft cheese, opened
- 5-6 weeks: Hard cheese, opened

Freezing at 0°F or lower

- 2-3 months: Soups and stews; cooked beans
- 3-6 months: Cooked or ground meat and poultry
- 6-8 months: Berries and chopped fruit (banana, apples, pears, plums, mango) stored in a freezer bag
- 8-12 months: Vegetables, if blanched first for 3-5 minutes (depending on the vegetable)

LPI Rx for HEALTH



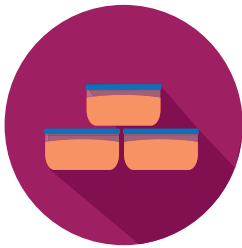
Healthy Body Weight and Daily Physical Activity



MyPlate
MyWins

Meal planning for one

Cooking for one can be challenging—most recipes and sales are meant for more than one person. Use the tips below to help when you're cooking for one.



Freeze extra portions

Is the package of meat, poultry, or fish too big for one meal? Freeze the extra in single servings for easy use in future meals.



Cook once, eat twice

Making chili? Store leftovers in small portions for an easy heat-and-eat meal. Serve over rice or a baked potato to change it up!



Sip on smoothies

A smoothie for one is easy! Blend fat-free or low-fat yogurt or milk with ice, and fresh, frozen, canned, or even overripe fruits.



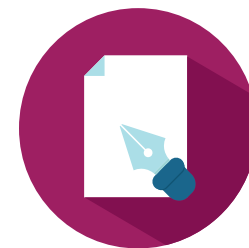
Order at the deli counter

Deli counters offer small quantities. Ask for a quarter pound of roasted poultry and 2 scoops of bean salad or marinated vegetables.



Use a toaster oven

Small, convenient, quick to heat! They're perfect for broiling fish fillets, roasting small vegetables, or heating up a bean burrito.



List more tips



Food Safety and Preservation

Food Storage Times for Refrigerator and Freezer

Food Storage Times for the Pantry

Safe Minimum Internal Cooking Temperatures

Preventing Cross-Contamination

In Your Hands

Food Storage Times for the Refrigerator and Freezer

These short but safe time limits will help keep refrigerated foods from spoiling or becoming dangerous to eat because freezing keeps food safe indefinitely. Recommended storage times are for quality only.

Product	Refrigerator (40°F)	Freezer (0°F)	Product	Refrigerator (40°F)	Freezer (0°F)
Eggs			Fresh Poultry		
Fresh, in shell	3 - 5 weeks	NR	Chicken or turkey (whole)	1 - 2 days	1 year
Raw yolks, whites	2 - 4 days	1 year	Chicken or turkey (pieces)	1 - 2 days	9 months
Hard cooked	7 days	NR	<hr/>		
Liquid pasteurized eggs or egg substitutes			Fish		
Opened	3 days	NR	Lean fish (cod, haddock)	1 - 2 days	6 months
Unopened	10 days	1 year	Fatty fish (salmon, sardines)	1 - 2 days	2 - 3 months
<hr/>			Cooked fish	3 - 4 days	4 - 6 months
Hot Dogs, Lunch Meats			Fresh shrimp, scallops, crawfish, squid	1 - 2 days	3 - 6 months
Hot dogs:			<hr/>		
Opened	1 week	1 - 2 months	Dairy		
Unopened	2 weeks	1 - 2 months	Butter	1 - 3 months	6 - 9 months
Luncheon Meat:			Cheese, hard (cheddar, swiss, etc.)	6 months (unopened) 3 - 4 weeks (opened)	6 months
Opened package or deli sliced	3 - 5 days	1 - 2 months	Cottage cheese, ricotta	1 week	NR
Unopened package	2 weeks	1 - 2 months	Cream cheese	2 weeks	NR
<hr/>			Half-and-half	3 - 4 days	4 months
Bacon, Sausage			Margarine	6 months	1 year
Bacon	7 days	1 month	Milk	7 days	3 months
Sausage, raw (from chicken, turkey, pork, beef)	1 - 2 days	1 - 2 months	Yogurt	7 - 10 days	NR
<hr/>			Leftovers		
Hamburger & Other Ground Meats			Cooked meat or poultry	3 - 4 days	2 - 6 months
Hamburger, ground beef, turkey, veal, pork, lamb	1 - 2 days	3 - 4 months	Chicken nuggets or patties	3 - 4 days	1 - 3 months
<hr/>			Pizza	3 - 4 days	1 - 2 months
Fresh Beef, Veal, Lamb, Pork			Soups & Stews		
Steaks	3 - 5 days	6 - 12 months	Vegetable or meat added	3 - 4 days	2 - 6 months
Chops	3 - 5 days	4 - 6 months	<hr/>		
Roasts	3 - 5 days	4 - 12 months	Salads		
<hr/>			Egg, chicken, ham, tuna macaroni salads	3 - 5 days	NR
<hr/>			Condiments (opened)		
<hr/>			Ketchup/mustard	6 - 8 months	NR
<hr/>			Mayonnaise	2 months	NR
<hr/>			Natural peanut butter	2 - 3 months	NR

NR = freezing not recommended



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Food Storage Times for the Pantry

In general, keep food items cool and dry. For maximum storage once opened, store in airtight containers. Refrigeration may increase the shelf life of some items.

<u>Product</u>	<u>Time</u>	<u>Product</u>	<u>Time</u>
Breads, Cereals, Grains		Staples	
Bread crumbs, croutons	6 months	Baking powder, baking soda	8 - 12 months
Bread, rolls	3 - 5 days	Cocoa mixes	8 months
Biscuit, muffin mixes	9 months	Chocolate syrup, unopened	2 years
Cereals		Cornstarch	18 months
Ready-to-eat, unopened	6 - 12 months	Gelatin	18 months
Ready-to-eat, opened	2 - 3 months	Honey	12 months
Ready-to-cook, oatmeal	12 months	Instant coffee	
Cornmeal	6 - 12 months	unopened	1 - 2 years
Flour	6 - 8 months	opened	2 months
Yeast, dry	Expiration date	Jellies, jams, unopened	1 year
Grits	12 months	Marshmallows	2 - 3 months
Pancake mixes	6 - 9 months	Molasses, unopened	1 - 2 years
Pasta	1 - 2 years	opened	6 months
Rice		Peanut Butter, unopened	6 - 9 months
White	2 years	opened	2 - 3 months
Brown	1 year	Shortening	1 year
Mixes	6 months	Semi-sweet chocolate	18 months
Spices, Herbs, Condiments, Extracts		Sugar	
Catsup, chili, cocktail sauce		Brown	4 months
unopened	1 year	Confectioner's	18 months
Herbs	6 months	Granulated	2 years
Herb/spice blends		Sweetener, artificial	2 years
unopened	2 years	Tea	
opened	1 year	Bags	18 months
Mayonnaise, unopened	2 - 3 months	Instant	3 years
Mustard, unopened	2 years	Loose	2 years
Salad dressing, bottled		Vegetable shortening	3 months
unopened	10 - 12 months	Vinegar, unopened	2 years
Spices		opened	12 months
Ground	6 months	Mixes	
Whole	1 - 2 years	Biscuit, brownie, muffin mix	9 months
Vanilla extract		Cake mix	9 months
unopened	2 years	Canned frosting	3 months
opened	1 year	Pancake mix	6 - 9 months
Other extracts	1 year	Pie crust mix	8 months
unopened	2-3 months	Pudding mix	12 months
		Soup mixes	12 months

UVM Extension's Expanded Food and Nutrition Education Program helps limited resource families, their children and pregnant women learn to shop smarter, eat healthier, and save money. For more information, please contact: (802) 656-2311 or 1-877-337-5826 (toll-free in Vt.) efnep@uvm.edu

Authors:
 Amy Davidson, EFNEP Coordinator
 Wendy Hull, EFNEP Administrative Assistant
 Diane Mincher, Food and Nutrition Specialist



EFNEP
 Expanded Food and Nutrition Education Program



United States National Institute
 Department of Food and
 Agriculture Agriculture 177:1/2012

"Is it *done* yet?"

You can't tell by *looking*. Use a **food thermometer** to be sure.

USDA Recommended Safe Minimum Internal Temperatures



Beef, Pork, Veal, Lamb
Steaks, Roasts & Chops
145 °F with a 3-minute rest time



Fish
145 °F



Beef, Pork, Veal, Lamb
Ground
160 °F



Egg Dishes
160 °F



Turkey, Chicken & Duck
Whole, Pieces & Ground
165 °F

www.IsItDoneYet.gov

USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)



United States Department of Agriculture
Food Safety and Inspection Service

USDA is an equal opportunity provider and employer.
July 2005 • Slightly Revised August 2011

Prevent Cross-Contamination

- **Clean and sanitize** cutting boards and equipment after each use.
- Use **separate cutting boards** for raw meats and vegetables.
- **Wash hands** between tasks, after touching raw foods, and before touching ready-to-eat foods.
- **Store raw meat** on bottom shelf of the refrigerator, on a tray to contain drippings, and away from other food.



Nutrition and Culinary Education

Fresh Herbs

How to Cut Up a Chicken

Chicken Broth

Vegetable Broth

Fresh Herbs: a Picture of Healthy Eating

UNIVERSITY OF
Nebraska
Lincoln | EXTENSION

Alice Henneman, MS, RD
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Rutgers Cooperative Extension/Rutgers University
Family & Community Health Sciences Educator/Assistant Professor

RUTGERS
New Jersey Agricultural
Experiment Station

Whether you plant them or pick them up at the grocery store or farmers' market, adding fresh herbs is a quick way to transform ordinary meals into extraordinary meals.

Besides helping flavor foods when cutting back on salt, fat and sugar, herbs may offer additional benefits of their own. Researchers are finding many culinary herbs (both fresh and dried) have antioxidants that may help protect against such diseases as cancer and heart disease.

A snip of a fresh herb into a dish instantly kicks up the appearance a notch!

Unless directed otherwise by your recipe, add the more delicate herbs — basil, chives, cilantro, dill leaves, parsley, and mint — a minute or two before the end of cooking or sprinkle them on the food before it's served. The less delicate herbs, such as oregano, rosemary, and thyme, can be added about the last 20 minutes of cooking.



Many herbs, such as chives, can easily be grown in a container or garden.

Substituting Fresh Herbs for Dried Herbs

A general guideline when using fresh herbs in a recipe is to use 3 times as much as you would use of a dried herb. When substituting, you'll often be more successful substituting fresh herbs for dried herbs, rather than the other way around. For example, think potato salad with fresh versus dried parsley!



If you have extra herbs, enjoy herbal bouquets.

When to Pick or Purchase Herbs

Purchase herbs close to the time you plan to use them. When growing herbs in your own garden, the ideal time for picking is in the morning after the dew has dried but before the sun gets hot. This helps ensure the best flavor and storage quality.

How to Store Fresh Herbs

Fresh herbs can be stored in an open or a perforated plastic bag in your refrigerator crisper drawer for a few days. If you don't have access to commercial perforated bags, use a sharp object to make several small holes in a regular plastic bag.

If you have more herbs than you can eat, enjoy herbal bouquets throughout your house. You can use either single herbs, combinations of herbs, or you can use the herbs as greenery mixed in with other flowers. To help preserve the aroma and color of your herb bouquets, place them out of direct sunlight.



Top a baked potato with a dollop of yogurt and a sprinkling of chives or parsley. Compare the potato without an herb topping and you can see the difference!

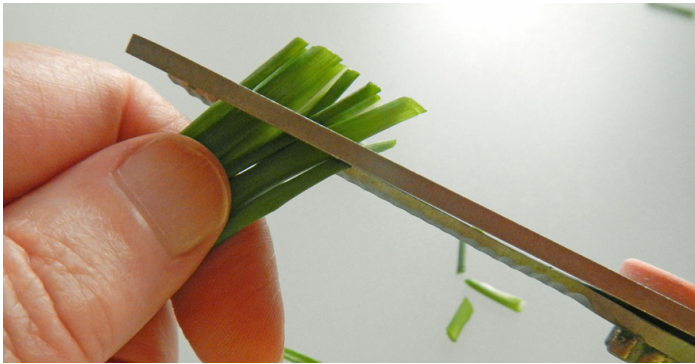
Experience what a difference in appearance and flavor fresh herbs can make. Better yet ... they do this without adding extra calories! For example, top a baked potato with a dollop of yogurt and a sprinkling of chives or parsley.

Popular Herb and Food Combinations

BASIL	a natural snipped in with tomatoes; terrific in fresh pesto; other possibilities include pasta sauce, peas, zucchini
CHIVES	dips, potatoes, tomatoes
CILANTRO	Mexican, Asian, and Caribbean cooking; salsas, tomatoes
DILL	carrots, cottage cheese, fish, green beans, potatoes, tomatoes
MINT	carrots, fruit salads, parsley, peas, tabbouleh, tea
OREGANO	peppers, tomatoes
PARSLEY	The curly leaf is the most common, but the flat-leaf or Italian parsley is more strongly flavored and often preferred for cooking. Naturals for parsley include potato salad, tabbouleh, egg salad sandwiches
ROSEMARY	chicken, fish, lamb, pork, roasted potatoes, soups, stews, tomatoes
SAGE	beef, chicken, potatoes, pork, carrots, summer squash
THYME	eggs, lima beans, potatoes, poultry, summer squash, tomatoes

This is a peer reviewed publication

Use These Techniques for Chopping Herbs



Photos: Alice Henneman, UNL Extension in Lancaster County

Chives:

- Quickly snip small bundles of chives with a kitchen scissors OR
- Cut bundles on a cutting board with a very sharp chef's knife



Cilantro, parsley and other small-leaved delicate herbs:

- Remove leaves (OK to include some tender stems)
- Bunch on cutting board
- Place fingertips on tip of a chef's knife and rock blade briefly back and forth. Re-gather leaves and chop again if a smaller size is desired.



Thyme, oregano, rosemary, tarragon and other sturdy stemmed, small-leaved herbs:

- Hold thumb and index finger together; run down the stem in the opposite direction the leaves have grown.
- Chop the same as other herbs, if desired.

Basil, mint, sage and other large, leafy herbs – a technique called “chiffonade” can be used:



- Stack 5 or 6 leaves, and roll tightly



- Cut crosswise



- This method cuts herbs into narrow ribbons

White Bean Soup with Spring Herbs

INGREDIENTS

4 (15 ounces) cans cannellini beans, drained
2 (14 ounces) cans low sodium vegetable broth
1/2 cup Italian (flat) parsley, chopped
1/2 tablespoon fresh rosemary, finely chopped
1/2 teaspoon ground black pepper
2/3 cup water
2 tablespoons lemon juice
1/4 cup chives, chopped
Approximately 3 tablespoons extra virgin olive oil

Optional: add greens and/or carrots for a more complete meal. Add garlic if you are a garlic lover!

INSTRUCTIONS

1. Combine 2 cans beans, broth, parsley, rosemary, and pepper in a bowl. Blend with a hand blender until pureed.
2. Transfer to a saucepan and add 2 cans beans and the water. Bring to a boil.
3. Remove from heat, stir in lemon juice, and spoon into serving bowls.
4. Sprinkle each bowl with chives and drizzle with olive oil.



Scan this QR Code for a video of the recipe.

Makes about 8 servings

Adapted from Rodale.com



UVMHealth.org/MedCenter

THE
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MEDICAL CENTER

Chives and Parsley

High in folate; parsley is high in Vitamin C and potassium.

Chives are part of the onion and garlic family, known for their allicin content. Allicin may have anti-inflammatory and cardio-protective properties. Chives have a delicate onion flavor. Garlic chives, another variety, have a stronger garlicky flavor.

Parsley is in the carrot family, as is fennel, dill and cumin. It is a biennial, sending up a flower stalk, then dying in the second year. In Europe, varieties of parsley are grown for their roots, like carrots.

In the kitchen: Use chives and parsley as a garnish (chive blossoms are edible), or make a recipe like tabbouleh, a middle eastern dish that uses lots of parsley. Chives can be cooked like onions.

In the garden: Chives are a perennial; they will come back every year and are ready to use by May. Italian parsley is the stronger tasting variety. Parsley is best replanted yearly.

UVMHealth.org/MedCenterNutrition

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Melon with Lemon and Mint

Ingredients

1 melon, any type (if watermelon, choose a smaller one), to yield 3-4 cups of melon cubes

4-5 fresh mint sprigs, to yield 1/4 cup finely chopped mint

Juice of 1/2 of a fresh lemon (1-2 tablespoons)



Scan this QR Code for a video of the recipe.

Instructions

1. Cut melon into cubes. Place in a medium size bowl.
2. Strip and/or pluck mint leaves off of stems. Chop leaves into small pieces.
3. Juice the 1/2 lemon with a fork, or a citrus juicer. Pour the lemon juice over the melon and mint.
4. Mix all the ingredients well with your hands or with a spoon.
5. Chill and serve! You can top this dish with berries, if available, or serve as is.

Makes about 4 servings



UVMHealth.org/MedCenter

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Tomato, Corn and Basil Salad

Ingredients

4 fresh tomatoes, cut into wedges, or about 20 cherry tomatoes

About 20 basil leaves, chopped

2 cups corn, fresh or canned (you can also use 2 cups canned or cooked garbanzo beans (chickpeas), drained and rinsed)

1/2 cup extra virgin olive oil

2 tablespoons vinegar, or to taste (red wine vinegar, balsamic vinegar, or your favorite flavored vinegar)

1 pinch salt (optional)

Instructions

1. Combine all ingredients in a large bowl
2. Toss until tomatoes and corn are evenly coated
3. May be refrigerated or served immediately



Scan this QR Code for a video of the recipe.

Makes about 8 servings



UVMHealth.org/MedCenter

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Working with a Whole Chicken

The finest chefs will tell you that they prefer to use whole chickens to chicken parts. They are usually fresher, are a much better value and you can use all of the chicken and get many delicious meals from just one bird. Think of how much of the bird you are missing out on when you buy boneless, skinless chicken breasts!

OK, it does take some time to prep a whole bird – a lot more time than it takes to throw a boneless, skinless chicken breast on the grill. However, if you buy and prep 4 to 5 fresh birds all at once (it will take about an hour & a half), and freeze the meat you will have a variety of chicken options available right in your freezer without going to the store!

By prepping five birds at once, you can end up with 10 boneless chicken breasts for quick grilling or stir-frying, 20 legs and thighs for coq au vin or barbecued chicken, 20 wingettes for appetizers, 10 to 15 quarts of chicken broth for soup or recipes that call for broth, and 6 to 8 cups of cooked chicken meat for chicken salad or quick grilled chicken quesadillas. That can translate into 12 to 15 meals for a family of 4. Assuming that each chicken costs around \$15 to \$18, you are looking at under \$10 a meal! Now that is a great value!

How to Cut Up a Whole Chicken

It's not hard to cut up a whole chicken. All you need is a cutting board and sharp knife. Before starting, wash both the cutting board and knife in hot soapy water and rinsing well. Wash your hands before and after cutting up the chicken.

Follow these steps to cutting up a whole chicken (see corresponding graphics on the reverse side):

1. Remove the neck and giblets (heart, liver and gizzard) from the chicken. They will be inside the chicken body. Rinse the chicken under cold running water.
2. Remove wings by placing chicken, breast-side up on cutting board. Cut, keeping knife close to the bone. This is easier if one hand holds the wing tip away from the chicken.
3. Cut skin between thigh and body of bird. Grasp the leg and apply pressure to snap the hip joint.
4. To remove the leg and thigh from the body, cut from the tail toward the neck. Rock knife in hip joint to cut tendons.
5. Pull leg away and cut connecting skin.
6. Cut through the leg joint to separate the thigh from the leg.
7. Place breast down on cutting board so backbone is face up. Separate the back from the breast.
8. Lift back and cut through skin to remove tail and breast section from back.
9. The breast may be left whole or cut into halves. Split by placing skin side down and cut through "V" of the neck. Bend breast back as if opening a book and cut out breast bone. Cut breast in half lengthwise.

Congratulations...you've cut a chicken! You should now have 9 pieces of chicken plus the giblets. You are now ready to use your chicken any recipe calling for chicken parts. Remember to save all of the bones and trim for stock!

CLEAN-UP

As soon as you've cut up the chicken, wash knives and cutting board in hot, soapy water. Rinse well. Wash counter and any area that may have come in contact with raw chicken juice. Be sure to also wash your hands.

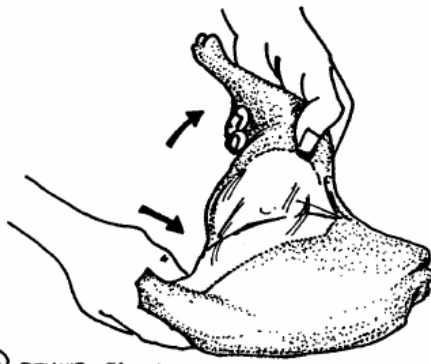
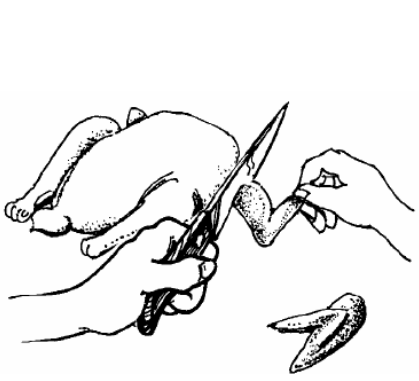
Freezing Chicken

Properly wrapped, chicken parts will keep 10 to 12 months in the freezer, broth will last 6 to 8 months. Cooked chicken and chicken organs (livers, gizzards, and hearts) will last 3 months. Food Saver machines that vacuum pack food will double the freezer life of food.

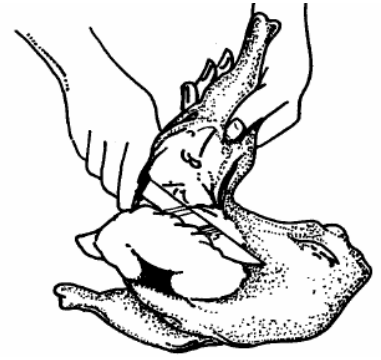
Wrap the chicken tightly with plastic wrap to minimize exposure to air. Then store in a ziplock freezer bag – try to remove as much air as possible before zipping up. If using a Food Saver machine, partially freeze the meat before vacuum packing so that juices don't get sucked out of the meat during sealing.

from the Mad River Valley Localvore Project
www.VermontLocalvore.org

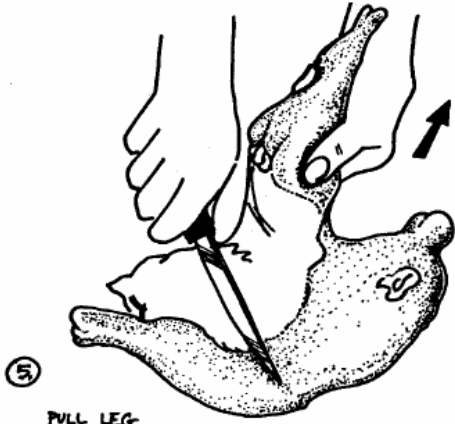




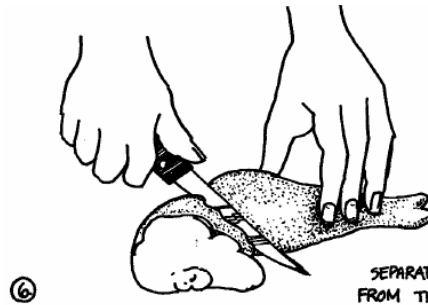
③ REMOVE LEG AND THIGH FROM BODY



④

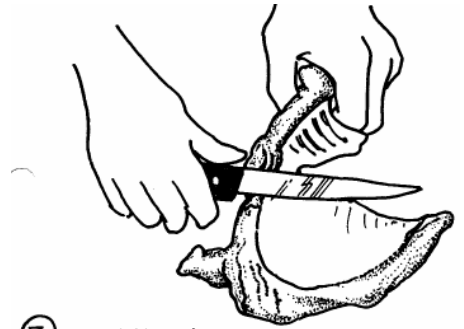


⑤ PULL LEG AWAY FROM THE BODY

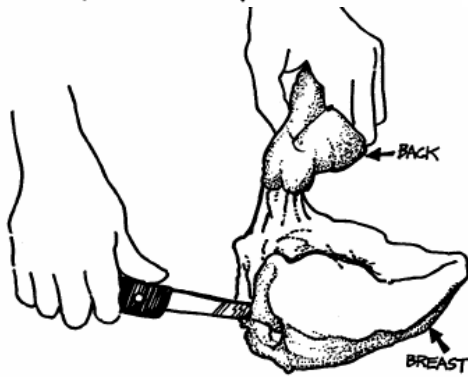


⑥

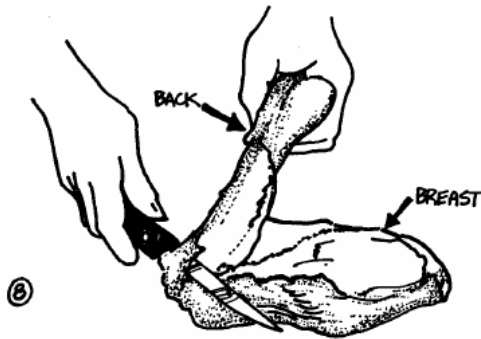
SEPARATE LEG FROM THIGH



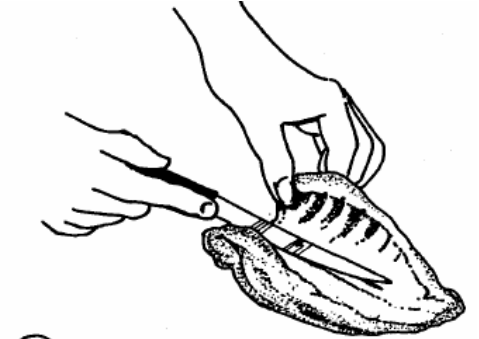
⑦A SEPARATE BACK FROM BREAST



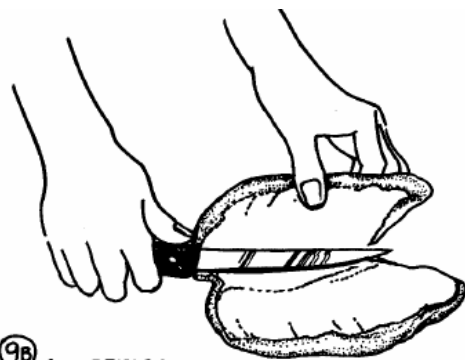
⑦B



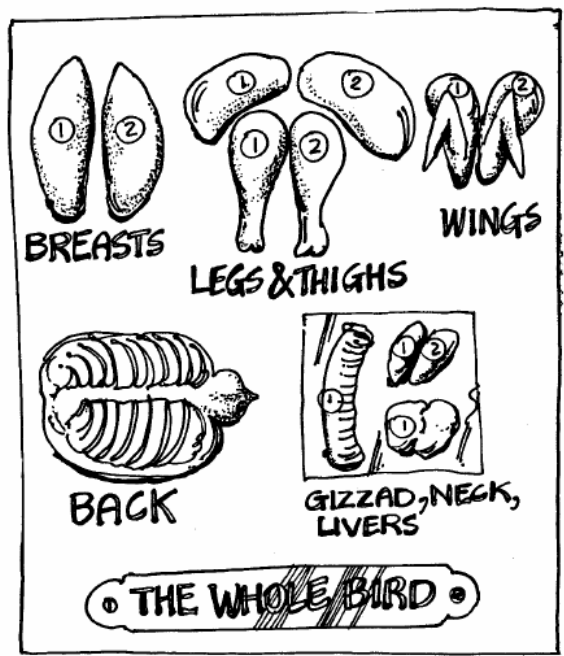
⑧



⑨A



⑨B CUT BREAST IN HALF



Chicken Broth

Adapted from savorthebeast.com

INGREDIENTS

- 1 Chicken carcass from a 4 to 5 pound roasted chicken
- 4 celery stalks, roughly chopped
- 2 medium carrots, roughly chopped
- 2 medium yellow onions, roughly chopped
- 2 tablespoons cider vinegar (optional but helps extract the minerals from the bone)
- 1 teaspoon whole peppercorns
- 1/2 teaspoon salt
- 3 to 5 cloves of garlic
- 2 bay leaves
- 1 sprig fresh rosemary
- 4 fresh sage leaves
- 3 1/2 to 4 quarts water

INSTRUCTIONS

1. Place all the ingredients in a large slow cooker, cover with water and cook on high for 1 hour then reduce to low and cook 12-24 hours. The bones will get soft and crumble if you cook it long enough.
2. Strain everything through a fine mesh strainer and discard the solids.
3. Season with salt and pepper as desired.
4. Store in the refrigerator for 3 days or the freezer for up to 3 months.

Vegetable Broth

Adapted from allrecipes.com

INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion
- 2 stalks celery, including some leaves
- 2 large carrots
- 1 bunch green onions, chopped
- 8 cloves garlic, minced
- 8 sprigs fresh parsley
- 6 springs fresh thyme
- 2 bay leaves
- 1 teaspoon salt
- 2 quarts water

INSTRUCTIONS

1. Chop cleaned vegetables into 1-inch chunks.
2. Heat oil in a soup pot. Add onion, celery, carrots, scallions, garlic, parsley, thyme, and bay leaves. Cook over high heat for 5 to 10 minutes, stirring frequently.
3. Add salt and water and bring to a boil. Lower heat and simmer, uncovered, for 30 minutes. Strain. Discard vegetables.

Note: other ingredients to consider: mushrooms, eggplant, asparagus (ends), fennel (stalks and trimmings), bell peppers, pea pods, chard (stems and leaves)

The Benefits of Beans and Legumes

Adapted from the American Heart Association

Protein comes from plant sources as well as animal sources.

In fact, every plant we eat has at least a little bit of protein in it, and some have a lot—like beans, also called legumes! Beans have some health benefits that animal sources don't.

Beans are high in minerals and fiber without the saturated fat found in some animal proteins.

Eating beans as part of a heart healthy diet and lifestyle may help improve your blood cholesterol, a leading cause of heart disease. Adding beans to your diet may help keep you feeling full longer.

Drain canned beans in a colander and rinse with water to remove some of the excess salt; or buy canned beans with no salt added if they have them at your store. Rinsing canned beans also helps alleviate some of the gassiness often associated with eating beans. Or, you can prepare your own salt-free beans from scratch.

There are lots of easy ways to add beans to your meals and reap the healthy benefits of the lovely legume.

- Famously, the English eat beans on toast, and beans and rice is an everyday dish in many of the world's cuisines.
- Tuck beans into whole-grain tortillas or pita bread.
- Add them to soups, salads, and pasta dishes.
- Toss beans into sautéed veggies or mix them with cooked greens and garlic.
- Make homemade hummus or bean dip to spread on sandwiches or dip with whole-grain crackers or veggie sticks.

There are many to choose from—black beans, kidney beans, garbanzo beans, pinto, cannelloni, lima, mung and navy beans—as well as some exciting heirloom varieties that are now available again.

Save Money by Making Beans from Scratch

Dried beans are an affordable, pantry staple. They expand when cooked, so you get more for less. One pound (2 cups) dried beans makes about 6 cups cooked beans, the equivalent of a little more than 4 cans of canned beans.

- 1. Rinse dried beans** in a colander and check them for any impurities, such as leaves, stones or twigs.
- 2. Soak your beans.** There are three common methods of soaking beans. The Traditional and Quick Soak methods are on most packaging instructions, but if you buy in bulk where you have no instructions on hand, it's good to know all three.
Soaking has two major benefits: It reduces the cooking time and it breaks down the compounds in beans that cause flatulence. The longer beans soak, the more the gas-producing compounds break down. Depending on which soaking method you use your beans couple triple in size, so it's important to use a large enough pot when soaking beans.
 - **Traditional Soak** - Place beans in a large pot, cover beans with cold water and soak overnight.
 - **Quick Soak** - Place beans in a large pot and cover using 6 cups of water for every 2 cups of beans. Bring to a boil for 2-3 minutes. Remove from heat and let sit for one hour.
 - **Hot Soak** - Place beans in a large pot and cover with 10 cups of water for every 2 cups of beans. Boil for 2-3 minutes. Remove from heat and let sit for 4-24 hours.
- 3. Drain beans in a colander**, rinse with cold water and put in a heavy pot of a size appropriate to the amount of beans you're making.
- 4. Add water to cover beans** by at least 2 inches. Bring to a boil over high heat, skimming off the foam that rises to the top.
- 5. Reduce heat and simmer**, covered, for about 2 hours. Check occasionally and add more water if necessary. (If water level is too low the beans on the top of the pot will not cook as well as the ones on the bottom.)

Cooking times can vary according to the type and age of the beans. To test for doneness, just eat a bean and see if it's soft to your liking.

If you are cooking beans to be used in soups, you will want them to be tender, but not too soft. If you are cooking beans to be used for hummus, you'll want them to be rather soft.

Winter Squash Black Bean Burgers

Makes about 5 full-size burgers

UVMMC Blog

INGREDIENTS

- 1 cup mashed black beans
- 1 cup pureed winter squash
- 1/2 cup onion, diced
- 2 cloves garlic, minced
- 1/2 teaspoon garlic powder
- 2 teaspoon fresh parsley
- 1/8 teaspoon cayenne pepper
- 1 cup old-fashioned rolled oats
- 1 egg
- Salt and pepper to taste

INSTRUCTIONS

1. Mash black beans in a large bowl. Using a food processor, puree winter squash until smooth. Add squash to beans and set aside.
2. Over medium heat, sauté onion until tender and near-translucent, adding garlic towards the end to prevent burning.
3. Season sautéed mixture with garlic powder, parsley, cayenne, salt, and pepper. Stir to coat and add mixture to beans and squash.
4. Add oats and egg to other ingredients and mix until well-combined.
5. Roll mixture into five balls and flatten with the palm of your hand to form patties.
6. Preheat skillet over medium-high heat. Add a tablespoon of oil, and cook burgers for a few minutes on each side, until cooked through.

Hummus

Makes about 6 servings

Recipe courtesy of UVM Medical Center Blog

INGREDIENTS

- 6 ounces chickpeas, soaked overnight in one quart of water
- 1 onion, sliced
- 1 clove garlic, peeled
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1/4 tablespoon cumin, ground (optional)
- 2 teaspoons tahini (optional)

INSTRUCTIONS

1. Boil the chickpeas, onions and garlic in the water reserved from soaking (using this water brings a fuller flavor). Cook until the beans are very soft, about 1 hour.
2. Strain, reserving some of the cooking liquid.
3. Process the bean mix in a food processor, incorporating the olive oil and thinning the mixture with the reserved cooking liquid as needed.
4. Season with cumin (optional), tahini (optional), salt and pepper. Try adding different flavorings such as roasted red pepper, fresh herbs, sweet potato and more!

Summer Squash, Tomato, and Bean Tacos

Makes about 4-6 servings

Recipe courtesy of The Farm at VYCC

INGREDIENTS

- 2 tablespoons olive oil
- 1 small red or white onion, finely chopped
- Salt to taste
- 2 garlic cloves, minced
- 3/4 pound tomatoes, peeled and diced
- 1 1/2 pounds summer squash, cut into small dice
- 1 serrano pepper or jalapeño, minced
- 1 1/2 cups cooked beans, (pinto, black or other), drained and rinsed
- 1/4 cup cilantro, chopped
- 12-14 warm tortillas
- 2 ounces cheese, crumbled or grated

INSTRUCTIONS

1. Heat olive oil in a large pan over medium heat and add chopped onion. Cook, stirring until tender, about 5 minutes. Add a generous pinch of salt and garlic, still until garlic is fragrant, about 30 seconds.
2. Add tomatoes. Cook until tomatoes cook down slightly, about 10 minutes (this cook take more or less time, depending on the texture and juiciness of the tomatoes). Stir in summer squash, serrano pepper, and salt to taste. Cook until squash is tender but not mushy, about 8 minutes. Stir in beans and cilantro and heat through. Taste and adjust seasonings.
3. Heat tortillas and top with squash mixture and crumble cheese. Serve with salsa of your choice.

Chickpea Salad Sandwich

Makes about 4 servings

Recipe courtesy of The Farm at VYCC

INGREDIENTS

- 1/2 cup mayo or plain Greek yogurt
- 1 tablespoon apple cider vinegar
- 1 1/2 teaspoons Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 can chickpeas, drained
- 1/2 small onion, finely chopped
- 1 carrot, shredded
- 1 tablespoon fresh dill, chopped

INSTRUCTIONS

1. Mix together mayo, vinegar, mustard, salt and pepper in a small bowl and set aside.
2. In a separate bowl, mash the chickpeas with a fork until coarsely mashed.
3. Add onion, carrot, and dill to the mashed chickpeas and stir to combine.
4. Pour mayo mixture over chickpea mixture and stir to coat.
5. Serve on your favorite sandwich bread, with a pile of fresh greens and a slice of tomato.



Community Resources

Healthy Food Resources

Healthy Food for VT Families

3Squares VT

Healthy Food Resources

Do you have trouble affording healthy food?

FEEDING CHITTENDEN COUNTY

(802) 658-7939 - www.feedingchittenden.org

Direct service food provider offering meals and food throughout Chittenden County. Provides links and information for resources such as food shelves, The Good Food Truck, hot meal programs, community kitchen cooking academy and more.

FEEDING CHITTENDEN FOOD SHELF

228 North Winooski Ave. Burlington, VT 05401

Open Monday-Friday 9am-4pm.

VERMONT FOODBANK

(800) 585-2265 - www.vtfoodbank.org

- **VeggieVanGo**

Vermont Foodbank's mobile unit providing fresh and healthy foods at schools and hospitals around Vermont. Additionally, they offer cooking demos and taste testing along with recipes and cooking tips.

- **Commodity Supplemental Food Program (CSFP)**

Supplemental food packages for individuals over 60 years of age that provide nutrients often lacking in older diets.

Refer to the website www.vtfoodbank.org/2014/05/commodity-supplemental-food-program.html for eligibility.

HUNGER FREE VERMONT

(802) 265-0255 - www.hungerfreevt.org

Particularly good resource for COVID19 related food access and inquiries throughout the state of Vermont. Up to date information about state policy changes highlighting increased food access and resources currently available.

VERMONT WIC

(800) 649-4357 - www.healthvermont.gov/family/wic

Vermont WIC is a program through the USDA for women, infants and children offering access to healthy foods, nutritional education and counseling, and breastfeeding support.

NORTHEAST ORGANIC FARMERS ASSOCIATION (NOFA) COMMUNITY FOOD ACCESS PROGRAMS

(802) 434-4122 - www.nofavt.org/programs/community-food-access

NOFA offers links to subsidized CSA shares from farms in your area, access to produce for seniors as well as information about local farmers markets offering benefits to 3SquaresVT members.

3SQUARESVT

(800) 549-6151 - www.dcf.vermont.gov/benefits/3SquaresVT

Vermonters currently receiving 3SquaresVT funds can turn \$10 of their 3SquaresVT into \$20 in food every time they visit the farmers market. Anyone receiving benefits from 3SquaresVT is eligible to receive Crop Cash at participating farmers markets.

AGE WELL VERMONT

(800) 642-5119 - www.agewellvt.org/services/meals-on-wheels-community-meals

Meals on wheels program for individuals who have trouble getting around or preparing their own food. Meals on wheels serves food at over 70 gathering places through Northwest Vermont in addition to delivering meals to homes.

VERMONT 2-1-1

Call 2-1-1 - www.Vermont211.org

Database with access to a variety of programs and services available to Vermonters in need. Programs include community groups, social services and health-related agencies, among others.

Healthy Food for Vermont Families

Resources and Nutrition Programs for Vermonters

Call 2-1-1 toll-free or visit www.vermont211.org for information on health and human services and organizations in Vermont.

2-1-1 can provide information on:

- Local food shelves, community meals, and food assistance
- Child care resources, health care services, utility assistance
- Employment services, crisis support and much more!

Call 2-1-1 any time 24/7 to speak confidentially to a trained professional.



2-1-1



3SquaresVT provides families or individuals with extra money every month to help buy food. Benefits come on a debit card and are welcomed at stores across Vermont.

Visit www.vermontfoodhelp.com or call 1-800-479-6151 for more information.

3SquaresVT

School Meals

Many children are eligible for free or reduced price meals at school.

Eligibility is based on household size and income.

Families can apply at any time in the school year.

Contact your local school for an application or download one at www.hungerfreevt.org.



WIC provides healthy foods, nutrition education, screening and referrals for income-eligible pregnant, postpartum and breastfeeding women, infants and children up to age 5.

Dr. Dynasaur makes children automatically eligible.

For more information about WIC and applying for benefits, call 1-800-649-4357 or visit www.healthvermont.gov/wic/.

WIC

Child Care Meals & Summer Meals

The Child and Adult Care Food Program (CACFP) allows child care centers, home-based child care, and afterschool programs to offer meals and snacks. The Summer Meal program allows summer programs to provide meals.



Check to see if your provider offers meals or snacks and, if they don't, ask them to apply with the Vermont Department of Education.



Wage Support Resources

EITC: Earned Income Tax Credit





Working families with children who receive the Vermont Earned Income Tax Credit (VT EITC) are:

-  **Automatically income eligible for 3SquaresVT food benefits.**
-  **Children become eligible for free school meals .**

For more information about EITC, go to www.irs.gov or call 1-800-829-1040. For free help preparing your taxes, call 2-1-1 to make an appointment in your community.

LIHEAP: Low Income Home Energy Assistance Program

Fuel Assistance (also known as *Home Heating Assistance*) can help pay part of your home heating bills whether you:

-  **Own your home or rent;**
-  **Pay for heat directly or as part of rent;**
-  **Rent a room in someone's home; or**
-  **Live in public, subsidized, or Section 8 housing AND rent includes the cost of heat.**

For more information about LIHEAP call 2-1-1

Child Care Financial Assistance

The child care subsidy is a payment that assists eligible Vermont families with the cost of child care.

For more information about Child Care Financial Assistance in Vermont, go to www.dcf.vermont.gov or call 1-800-649-2642 to connect with your local Community Child Care Support Agency.

Child Tax Credit

The Child Tax Credit is a tax credit that may be worth as much as \$1,000 per qualifying child depending upon your income.

For more information about the Child Tax Credit, go to www.irs.gov or call 1-800-829-1040. For free help preparing your taxes, call 2-1-1 to make an appointment in your community.

EFNEP: Expanded Food and Nutrition Education Program

The objectives of EFNEP are to assist low-income families and youth acquire the knowledge, skills, attitudes, and changed behaviors necessary for nutritionally sound diets and to contribute to their personal development and the improvement of total family diet and nutritional welfare.

For more information about EFNEP go to www.uvm.edu/extension/

Rental Assistance

The Section 8 Rental Assistance Program provides rental assistance to help eligible families live in safe and decent housing of their choice.

For additional information about the Rental Assistance Program in Vermont, contact the Vermont State Housing Authority by going to www.vsha.org or by calling 802-828-3295.

Head Start

Head Start and Early Head Start are national child development programs which provide comprehensive development services for low-income children and social services for their families.

For additional information about Head Start Programs in Vermont contact the Vermont Head Start Association by going to www.vermonthheadstart.org

Dr. Dynasaur

Dr. Dynasaur provides low-cost or free health coverage for children, teenagers under age 18 and pregnant women.

For more information about Dr. Dynasaur go to www.greenmountaincare.org or call Green Mountain Care at 1-800-250-8427.

3SquaresVT

Nutritious Food for Good Health



What is 3SquaresVT?

- It is a federal nutrition program that can help you buy more healthy food.
- Monthly benefits come on a debit card you use at many grocery stores and farmers' markets, so you have privacy and flexibility when you shop.
- If everyone in the household is 65+ or gets SSI, benefits are directly deposited into your bank account.

Who is Eligible?

- 3SquaresVT is open to everyone who qualifies, including individuals, families, seniors and people with disabilities. Eligibility is based on household income. Many Vermonters are eligible and don't know it!
- There are special rules that make it easier for households that include a senior or person with disability, or that get the VT Earned Income Tax Credit to be eligible.

How Much Can People Get?

- Benefits are based on monthly income, expenses and household size.
- Even the minimum amount of \$16 per month can help with grocery bills!
- 9 out of 10 3SquaresVT households get at least \$50 each month.

How to Apply?

- Call **1-800-479-6151** or visit **www.vermontfoodhelp.com** for information, a link to the online application, to download and print an application, or to request a paper application in the mail.
- For a language interpreter, call **1-855-247-3092**.
- For help filling out your application, dial **2-1-1** to connect with someone near you.
- If you are 60 or older, call the Vermont Senior HelpLine at **1-800-642-5119** for help with your application.

(more on reverse)



This message is funded in part by the USDA. USDA is an equal opportunity provider and employer.

September 2014

3SquaresVT

Important Things to Know



Why is 3SquaresVT important?

- 3SquaresVT is one of America's best medicines to prevent and treat hunger.
- The program helps Vermonters put healthy food on their table. Children are more likely to grow up healthy and do better in school.
- 3SquaresVT benefits are all federal dollars, so when you spend them in Vermont, you bring money into the state. In fact, 3SquaresVT brings in over \$10 million every month! Shopping locally supports your community, local stores, and farmers.

Maximize your benefits

- You may get 3SquaresVT even if you have savings in the bank, a retirement account, or if you own a car or house.
- Claim all the deductions you can. Families can claim child care expenses. People who are 60 or older or have a disability can claim many different medical expenses. Both of these deductions include transportation expenses.
- Getting 3SquaresVT benefits stretches your budget for other expenses like rent, heat, medical bills, and transportation.
- When you receive 3SquaresVT benefits, your children automatically qualify for free school meals. You may also be able to get help with your phone bill.

How to Apply?

- Call **1-800-479-6151** or visit **www.vermontfoodhelp.com** for information, a link to the online application, to download and print an application, or to request a paper application in the mail.
- For a language interpreter, call **1-855-247-3092**.
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NOTES

NOTES

FARM SHARES FOR HEALTH

Funding for this program has been provided by the UVM Medical Center's Nutrition Services Department and Culinary Medicine.

Helping patients, employees and the community achieve optimal health by combining the joy of cooking with the science of nutrition.

NUTRITION SERVICES

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— THE —
University of Vermont
MEDICAL CENTER



UVMHealth.org/MedCenter