

# Harvest of the Month



Network for a Healthy California

## Zaub Ntsuab



### Kev Noj Qab Nyob Zoo Thiab Kev Kawm Ua Tau Zoo Ua Ib

Kev noj haus ua nyob rau tom tsev kawm ntawv yuav ua rau cov menyuum muaj zog tuaj thiab ib ce muaj zog. Kev soj ntsuam tau qhia tias cov menyuum ua ib ce muaj zog kawm tau ntawv zoo zog. Yog tias koj tus menyuum nyob rau hauv lub school meal program, koj yuav pab tau koj tus menyuum kom nws ib ce muaj zog thiab kom kawm ntawv zoo zog tuaj. Harvest of the Month txhawb cov menyuum kom lawm noj cov zaub mob ua tsis muaj mob thiab kom lawm siv lub ce dhia ua si txhua hnuab.

### Kev Pab Qhia Me Ntsis Txog Zaub

- Xaiv cov zaub ntsuab ua tshiab thiab daim nplooj loj pu.
- Tsis txhob yuav cov zaub ntsuab ua nws twb yog xim kas fes los daj lawm los yog daim nplooj muaj tej teev, los sis nplua nplua lawm.
- Maub cov zaub ntsuab cia rau hauv lub hnab yas ces muab nws tso rau hauv lub taubyees mus rau 2-5 hnuab.
- Muab zaub ntsuab ntshua kom nws huv ua ntej koj yuav muab nws ua noj.
- **Qhia Me Ntsis Kom Paub:** Ob khob zaub ntsuab ua nyoos ua tau 1/2 (ib nrab) kom zaub ntsuab us twb ua siav lawm
- Yog xav paub ntxim mus saib tau : [www.leafy-greens.org](http://www.leafy-greens.org)

### Tswv Yim Ua Zaub Mov Noj

- Muab zaub ntsuab coj los kib nrog rau lwm yam zaub (collards, swiss chard, bok choy, thiab spinach) kom nws qab zib me ntsis
- Maub zaub ntsuab coj los ua nrog zaub ( arugala, kale, thiab mustard greens) kom nws muaj qhov ntsim me ntsis
- Kib zaub ntsuab nrog qej, dos, txiv lws suav, thiab roj (olive oil).
- Hau zaub ntsuab nrog rau koj tus qaib (low-sodium qaib) kom cov zaub ntsuab thiab tus qaib tab tom zoo noj
- Kib zaub ntsuab nrog zaub ntug hauv paus (carrots), pob kws, thiab kua txob liab kom nws qhov xim zoo nkauj.

#### (Savory) Zaub Ntsuab

**Thaum ua noj:** 1 khob

**Sijhawm ua:** 30 feeb

**Txuj Lom:**

3 khob dej

1/4 lbs nqaij qaib cov txwv (turkey) ua tsis muaj tawv nqaij

1/4 khob dos ua twb tsuav tag lawm

2 lub qej ua tsuam tag lawm

1/4 diav (tsp) (cayenne) hwj txob

1/4 diav (tsp) ground cloves

1/2 diav (tsp) qhuav (thyme)

1 dos ntsuab ua tshuav tag lawm

1 diav (tsp) (ground) qhiav

2 lbs. zaub ntsuab ( collard, mustard greens, and kale)

1. Muab tag nrog caov txuj lom tso rau hauv lub lauj kaub mov thiab muab hau. Tsis txhob muab cov zaub ntsuab tso rau hauv.
2. Muab cov zaub ntsuab ntshua kom huv thiab muab cov kav povtseg.
3. Muab zaub ntsuab hlais kom nws tsis txhob loj lossis me.
4. Muab zaub ntsuab ntxim rau hauv lub

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.*

For more recipes, visit: [www.cachampionsforchange.net](http://www.cachampionsforchange.net)

### Los Siv Lub Cev Dhia Ua Si!

- **Hauv Tsev:** Seev cev nrog rau lub suab paj nruag ua yog lub suab tsa koj thaum koj saum.
- **Tom Tsev Kawm Ntawv:** Thaum koj mus kawm ntawv yuav tsum tau taug kev thaum koj mus thiab thaum koj los tsev, lossis thaum koj mus rau tej yam kev uasi tom tsev kawm ntawv.
- **Nrog Koj Tsevneg:** Taug kev hauv nej lub zej zos—rau tom chaw uasi, tsev teej ntuj, lossis tsev muag zaub mob noj.

### Nutrition Facts

Serving Size: 1/2 cup cooked Swiss chard (88g)

Calories 18 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 157mg 7%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 7%

Sugars 1g

Protein 2g

Vitamin A 107% Calcium 5%

Vitamin C 26% Iron 11%

### Kuv Yuav Tau Noj Npaum Li

- Ib nram khob zaub ntsuab uas muab suam yog ntau npawm li ib teg
- Zaub Ntsuab muaj zoo Vitamin A, vitamin C thiab vitamin K.
- Zaub Ntsuab muaj zoo (calcium). Cov (mineral) no yuav pab rau koj lub cev muaj pob txha ua muaj zog thiab kua nhia.

Cov txiv hmas txiv ntoo thiab zaub uas koj yuav tau noj yuav los ntawm koj hnuab nyoog, poj niam los sis txiv neej thiab seb koj dhia ua si txhua txhua hnuab npaum li cas. Saib daim ntawv qhia hauv qab no seb koj tsev neeg txhua txhua tug yuav tsum tau noj ntau npaum li cas.

### Yuav Tsum Tau Noj Txiv Hmas Txiv Ntoo Thiab Zaub Txhua Txhua Hnuab

Yog xav paub ntxiv, mus saib tau ntawm:

	Menyuam, 5-12 xyoo	Tub ntshais & cov laus 13 mus rau yav sau
<b>Txiv neej</b>	2 1/2 - 5 khob ib hnuab	4 1/2 - 6 1/2 khob ib hnuab
<b>Poj niam</b>	2 1/2 - 5 khob ib hnuab	3 1/2 - 5 khob ib hnuab

### Lub Caij No Muaj Dab Tsi?

Lub nroog California cog zaub ntsuab txhua txhua lub caij ntuj. Cov zaub ntsuab no yuav tshiab tshaj thiab phee yig dua cov zaub ntsuab uas xa txawv nroog tuaj los sis lwm lub teb chaws tuaj.

Sim lwm yam zaub ntsuab ua cog nyob rau hauv lub nroog California: bok choy, collard greens, kale, kohlrabi, mustard greens, spinach, Swiss chard thiab turnip greens.