

Harvest of the Month



Network for a Healthy California

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



Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of pumpkin is an excellent source* of vitamin A and a good source** of vitamin C. Vitamin A helps keep your vision good, fight infection, and keep your skin healthy.

*Excellent sources provide at least 20% Daily Value.

**Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Mix cubed pumpkin with light olive oil. Roast cubed pumpkin in oven at 400°F until tender. Enjoy warm.



Scoop out the seeds from a pumpkin. Wash and remove all strings from seeds. Dry the seeds and then spread evenly on a baking sheet coated with nonstick cooking spray. Sprinkle with your favorite seasonings. Roast in preheated oven at 300°F for 10 to 25 minutes, turning the seeds once.



Use canned pumpkin to make tasty breads and muffins. Add raisins or chopped nuts for more flavor.



Shopper's Tips

- Look for fresh pumpkins that are bright orange and feel heavy for their size. They should feel firm and not have any soft spots, bruises, or other signs of decay.
- Keep fresh pumpkins in a cool, dark place until you are ready to use them.
- Look for canned pumpkin with no added sugars or sodium. You can use canned pumpkin in any recipe that uses cooked pumpkin.
- For best prices, buy pumpkins at a pick-your-own pumpkin patch or a local farmers' market. They are usually grown nearby and will cost less.

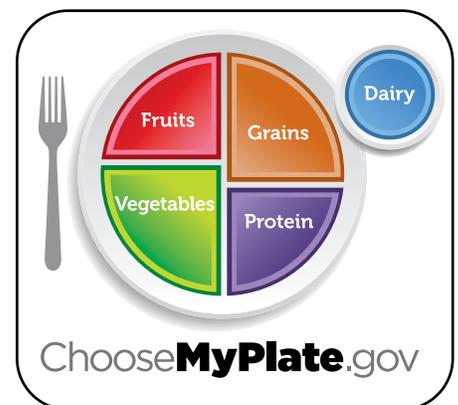
Let's Get Physical!

Fall is a great time to enjoy the colors of the outdoors. Go for a walk or bike ride in your neighborhood. Count the different kinds of trees you see and pick leaves. Try to get all the colors in the rainbow. You can also help rake up the falling leaves to be more active!

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:
www.CaChampionsForChange.net