The Harvest of the Month featured vegetable is **root vegetables**.

**Healthy Serving Ideas**

Blend peeled and sliced jicama with canned pineapple, fresh orange slices, and 100% orange juice for a refreshing drink.

Enjoy jicama with lime juice and chili powder for an afternoon snack.

Slice and boil parsnips in low-sodium chicken broth to make mashed parsnips instead of potatoes.

**Shopper’s Tips**

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

**Let’s Get Physical!**

Physical activity is more fun and easy to do with others. Start a walking group at work. Get your friends together for a weekly game of soccer or basketball.

**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](http://www.CaChampionsForChange.net)

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