

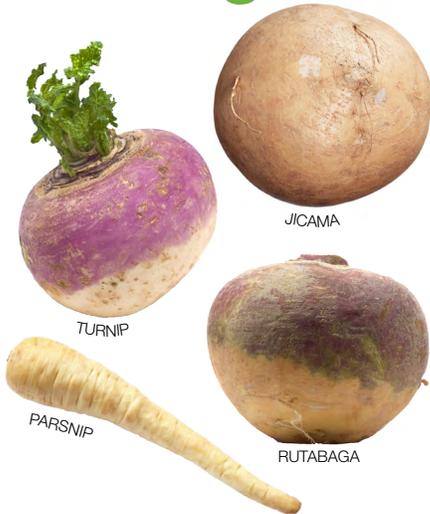
# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is

## root vegetables



### 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 most root vegetables – like jicama, rutabagas, and turnips – is an excellent source\* of vitamin C. Root vegetables are rich in complex carbohydrates, which give you longer lasting energy.

\*Excellent sources provide at least 20% Daily Value.

### 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.

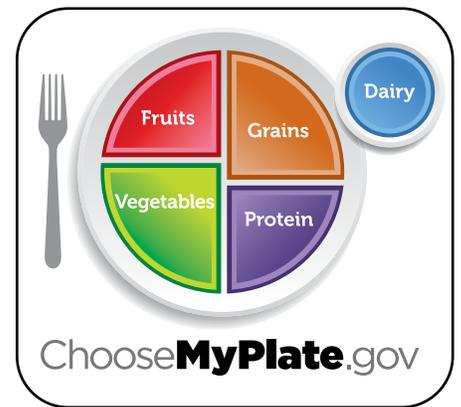
### Let's Get Physical!

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)