The Harvest of the Month featured vegetable is **dry beans**.

### Healthy Serving Ideas
For a warm side dish, boil blackeye peas for 15 to 20 minutes, or until they are soft. You can also use canned, drained blackeye peas. Sauté with some of the remaining cooking liquid, chopped onions, and colorful bell peppers.

Make your own fresh hummus using canned garbanzo beans (also called chickpeas). Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for the recipe (Chickpea Dip with Fresh Vegetables).

### Shopper’s Tips
- Dry beans should look even in color, shape, and size. Do not buy beans that look wrinkled or odd shaped. Look for dry beans in the bulk foods section.
- When picking frozen or canned beans, choose low-sodium varieties.
- Store dry beans in an airtight container in a cool, dry, and dark place.
- Look for these varieties of dry beans: garbanzo (chickpeas), blackeye peas (cowpeas), lentils, navy, lima, pinto, kidney, and black beans.

### Let’s Get Physical!
Change up your daily routine to get more activity. Do sit-ups during TV commercial breaks. Get off the bus one stop early and walk the rest of the way. Or, park your car farther away and walk in to work. Do yoga stretches in the evening. Take the time to be active – it’s good for your health.

### 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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