

Harvest of the Month



Network for a Healthy California

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



BLACKEYE PEA



GARBANZO



LIMA



KIDNEY

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 cooked beans – blackeye peas, garbanzo, kidney, and lima – is an excellent source* of fiber and folate. A ½ cup of cooked beans is also a good source** of potassium, magnesium, and plant protein. Protein is found in the bones, muscles, hair, skin, and most tissues and organs in our bodies.

*Excellent sources provide at least 20% Daily Value.

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

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 for the recipe (Chickpea Dip with Fresh Vegetables).



On a cold day, use a variety of dry beans, lentils, smoked turkey, and chopped fresh or frozen vegetables to make your own hearty bean soup.



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.

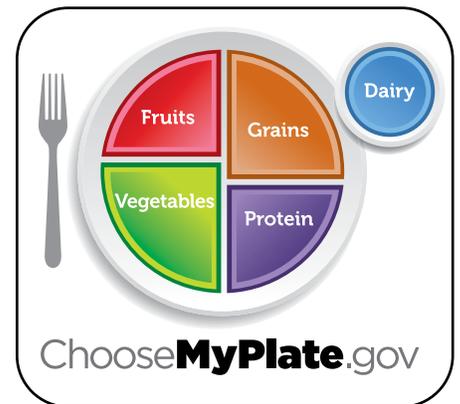
Let's Get Physical!

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