

Enjoy Winter's Bounty

IT MAY COME AS A SURPRISE but throughout the long, cold winter there is a bountiful harvest available to keep you eating a wide variety of healthy fruits and vegetables. If there is a farmer's market near by and open year-round; this is an excellent place to look for your freshest, locally grown produce. The produce department of your local store will also have seasonal produce along with excellent fruits



and vegetables available year round due to good shipping and storage techniques. When choosing produce, look for bright color without discoloration, a firm or heavy feel and skins and leaves that are smooth and unblemished. If some of the winter's bounty is unfamiliar to you, try preparing something new each week, surely some new favorites will be discovered!

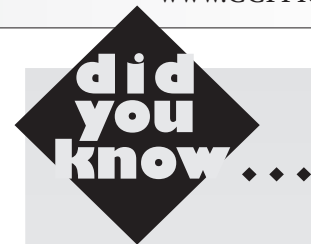
Winter Fruit

Apples, Bananas, Blood Oranges, Clementines, Cranberries, Grapes (red), Grapefruits, Kiwi, Kumquats, Oranges, Passion Fruit, Pears, Persimmons, Pomegranates, Pummelo, Satsuma Oranges, Tangelos, Tangerines, Ugli Fruit

Winter Vegetables

Artichokes, Avocados, Bok Choy, Broccoli, Broccoli Rabe, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery Root, Chestnuts, Chicories (endive, escarole, radicchio), Jerusalem Artichokes, Kale, Kohlrabi, Lettuce, Parsnips, Potatoes, Radishes, Rutabagas, Salsify, Snow Peas, Spinach, Squash (winter), Sweet Potatoes, Turnips (white), Watercress

(article continued on page 2)



- ▶ The United States has 3.1 percent of the world's children, but buys 40 percent of all the toys sold worldwide.
- ▶ The food value of cool season crops per pound, is generally higher than that of warm season crops.
- ▶ A delicious and nutritious salad can be made from raw kale. Rinse small, tender leaves then toss with vinaigrette.
- ▶ Radish seeds germinate in a matter of days and are ready to harvest in just 20–30 days.
- ▶ Cribs in all Child Care Centers and Homes must meet new federal safety standards by December 28, 2012.

Sources: *childcareexchange.com*,
Orchard Nursery, cpsc.gov

Quotable Quotes

“Did you ever stop to taste a carrot? Not just eat it, but taste it? You can't taste the beauty and energy of the earth in a Twinkie.”

— Terri Guillemets

INSIDE:

- ◆ Healthy Recipe Substitutions
- ◆ Terrific Toy Choices

- ◆ Recipes
- ◆ Food Funny

Enjoy Winter's Bounty

— Continued from front page

Roast Winter Vegetables

Prepare a variety of winter vegetables such as cauliflower, rinsed and chopped into 1 inch pieces, Brussels sprouts, rinsed, trimmed and halved, winter squash, peeled and chopped into 1 inch pieces and parsnips, peeled and cut into 1 inch rounds. Toss with olive oil, salt and pepper. Spread on an oiled, rimmed baking sheet and bake at 400°F for 30 minutes, tossing once during baking time.

Stir-Fry Winter Vegetables

Rinse and trim a variety of winter vegetables such as broccoli rabe, bok choy, celery root and snow peas. Heat oil in a large pan; stir fry for 5 minutes or until crisp-tender. Add soy sauce to taste or another sauce for flavor.

Winter Greens with Fruit

Rinse greens, dry, tear into bite-sized pieces. Prepare the fruit and toss with greens and an all-purpose vinaigrette. Salad combination ideas: Kale with pomegranate seeds, Spinach with Satsuma oranges, Endive with pears and avocado, Fennel with persimmons.



Winter Fruit Salad

Rinse, trim, peel and slice any combination of fruit from winter's bounty such as red grapes, tangerines, pears and persimmons, toss and serve.

Fruit Crisps

Make a crumble topping. Mix equal parts quick-cooking oats, flour and a little brown sugar. Add cinnamon and

cut in cold butter to form a crumble. Spoon crumble over chopped fruit, such as apples or pears with fresh cranberries that have been tossed with flour and sugar as needed. Bake in a greased casserole dish at 350°F until fruit is soft and bubbly.

Winter Gardens

A cool season crop includes produce that is planted and harvested during the cool months of the year. However, the crops can be grown all year in temperate zones, such as coastal areas. Try growing a few of winter's bounty in your own garden.

- **Broccoli**

A relative of Brussels sprouts, cabbage and cauliflower, broccoli grows well in any fertile well-drained soil with deep watering and 1–2 feedings before heads begin to form. One planting may produce for as long as three months. Rotate this crop from year to year.

- **Brussels sprouts**

Plant in a sunny spot with ample water and fertilize once or twice before sprouts develop.

- **Kale**

Plant in full sun and water deeply. Fertilize before heads begin to form. Plant successively to ensure steady availability. Pick individual leaves or harvest the entire plant. This is a great plant to have in the winter garden because it is quite ornamental as well as edible.

- **Radishes**

Young gardeners are rewarded in just 3–4 weeks for their efforts. Sow seeds ½ inch deep and 2 inches apart in rows 8 inches apart. While radishes thrive in cooler weather, they do not take a liking to frost, so cover them up at night during frost warnings.

Enjoy the delicious and nutritious benefits that come from choosing a variety of winter's bountiful produce at your local farmer's market, produce market and grocery store. In addition, plant some seeds to grow your very own fresh, tasty produce.

— Catherine Stafford

Child Health and Nutrition Specialist

Contra Costa Child Care Council

KIDS' HEALTH & SAFETY

Healthy Recipe Substitutions

Whipping up healthy recipes may be easier than you think. You can make simple ingredient substitutions to create healthy recipes that don't sacrifice taste and enjoyment.

Use this guide to help reduce the amount of fat, salt, sugar and calories as you prepare healthy recipes.

Your Guide to Ingredient Substitutions for Healthy Recipes

<i>If your recipe calls for this ingredient:</i>	<i>Try substituting this ingredient:</i>
Bacon	Canadian bacon, smoked turkey
Bread, white	Whole-grain bread
Bread crumbs, dry	Rolled oats or crushed bran cereal
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the called-for butter, shortening or oil; butter spreads or shortenings specially formulated for baking that don't have trans fats
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Flour, all-purpose (white)	Whole-wheat flour for half of the called-for all-purpose flour in baked goods.
Ground beef	Extra-lean or lean ground beef, ground chicken or ground turkey breast (make sure no poultry skin has been added to the product)
Lettuce, iceberg	Romaine, arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
Milk, whole	Low-fat or fat-free milk
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth

Pasta, enriched (white)	Whole-wheat pasta
Rice, white	Brown rice, wild rice, quinoa, bulgur or pearl barley
Soups, creamed	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents
Soups, sauces, dressings, crackers, or canned meat, fish or vegetables	Low-sodium or reduced-sodium versions
Sour cream, full fat	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
Soy sauce	Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce
Sugar	In most baked goods you can reduce the amount of sugar by one-half; intensify sweetness by adding vanilla, nutmeg or cinnamon
Syrup	Pureed fruit, such as applesauce
Table salt	Herbs, spices, citrus juices (lemon, lime, orange), rice vinegar, salt-free seasoning mixes or herb blends
Yogurt, fruit-flavored	Plain yogurt with fresh fruit slices

— Adapted from Mayo Clinic

Roasted Brussels Sprouts with Grapes & Walnuts

Brussels sprouts, halved.....	4 cups	Thyme, fresh	2 Tbsp
Red seedless grapes.....	2-3 cups	Salt	to taste
Walnut pieces.....	½ cup	Black pepper	to taste
Olive oil.....	2 Tbsp	Balsamic vinegar.....	2-3 Tbsp

1. Preheat oven to 350°F. On a large rimmed baking sheet, toast walnuts about 7-10 minutes. Remove nuts from pan and raise oven temperature to 400°F.
2. Trim ends of the Brussels sprouts and cut in half. Place sprouts and grapes on the baking sheet. Drizzle the olive oil evenly over the top, sprinkle with salt and pepper and toss to coat.
3. Roast for 25-30 minutes or until the sprouts are well browned in places, and the grapes are darkened in color and very plump.
4. Remove pan from oven, add walnuts and drizzle the vinegar over the contents of the pan and toss to coat. Serve warm or at room temperature.

Yield: 12 servings

Meets requirement for fruit/vegetable

— Adapted from *food.com*

Sweet Potato-Cauliflower Gratin

Olive oil.....	2 Tbsp	Salt	to taste
Flour.....	3 Tbsp	Pepper.....	to taste
Milk.....	1 cup	Sweet potatoes, <i>peeled & sliced</i> <i>¼ inch thick</i>	2 lbs.
Parmesan cheese, grated.....	¼ cup plus 1 Tbsp	Cauliflower, <i>quartered & sliced</i> <i>¼ inch thick</i>	1 head
Sage, fresh, chopped.....	1 Tbsp		

1. Heat oven to 350°F. Heat oil in a sauce pan over medium heat. Add flour and cook, stirring 1 minute. Slowly whisk in milk and 1 cup water. Cook, whisking until thick about 12 minutes. Remove from heat and stir in ¼ cup Parmesan cheese and sage. Season with salt and pepper.
2. Pour a third of the sauce in the bottom of a 9 by 13 inch casserole dish. Arrange a third of the sweet potato and cauliflower slices along the bottom. Season with salt and pepper. Repeat twice with remaining sauce and vegetables.
3. Cover and bake until vegetables are tender, about 1 hour. Raise oven temperature to 425°F. Remove cover and sprinkle with remaining cheese. Bake about 20 minutes until golden brown. Let stand 10 minutes before serving.

Yield: 12 servings

Meets requirement for fruit/vegetable

— Adapted from *www.whole living.com*

Activity Corner

TERRIFIC TOY CHOICES

WHEN CHOOSING WHICH TOYS to purchase over the holidays, consider the following scenario: You are marooned indefinitely on a desert island with children under 12 years old. You have only 5 toys with you. There are trees to climb, waves to swim in and there is no electricity available. What would you choose? We suggest:

A medium-sized ball – It can be used to make up an infinite number of games for all ages.

A board game – Something challenging and engaging such as Monopoly or chess.

Legos – Not a kit, but the free-style assortment that can be made into anything when imagination is applied.

Playing cards – Any number of games can be played!

A stuffed animal – A versatile toy, providing comfort, sociability and opportunities for imaginative play.

— Adapted from *childcareexchange.org*

This Nutrition Edition is brought to you by:



Child Development Associates
Nutrition Program
180 Otay Lakes Road, Suite 300
Bonita, CA 91902

and is produced by:

**Contra Costa Child Care Council
Child Health & Nutrition Program**

Phone: (925) 676-6117 Fax: (925) 676-5829

E-Mail: nutrition@cocokids.org

Website: www.CoCoKids.org

Program Director..... Paula James
Co-Editor..... Donna Green, RD
Co-Editor..... Catherine Stafford

Food Q: What do you call Frosty the Snowman in May?
Funny A: A puddle!