

Spring & Sprout

Welcome to Sprig & Sprout, a monthly Garden of Eatin'® newsletter based on seasonal learning themes, dedicated to everything garden, nutrition, fitness, seasonal fresh produce, and more!

What's Sprouting in October?

- Check irrigation and adjust water settings.
- Plant garlic and shallots now for a summer harvest.
- Prepare planting beds for winter.



Garden Buzz:

All through October, gardeners and farmers continue to harvest the fruits of their labor, while also preparing for winter plantings. There are many different ways to prepare your winter garden, from planting cool-weather crops, to growing a cover crop, to leaving their fields and gardens fallow, aka letting them rest. It is up to you to choose what will be best for your garden!

New Terminology:

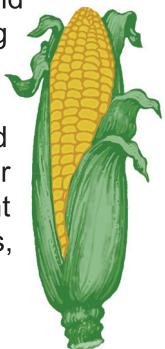
Cover crop: Certain plants grown for its benefits to the soil. You don't eat cover crops as they are food for the soil and microorganisms living below. Cover crops are grown throughout the winter for various reasons including aerating and breaking up the soil, preventing erosion, adding nutrients, feeding the microbes, and more. Cover Crops are then turned into the soil in order to add nutrients to keep the soil rich and healthy for the coming growing season!

Fallow: Leaving a garden or farm field fallow means not planting and letting it rest. Throughout the spring, summer, and autumn months, our gardens and farms are hard at work. Just like us, soil needs to rest. You can mulch your fallow gardens in order to add some food for the microorganisms and prevent any erosion caused by wind or rain.



A Seed Exploration

As we move through Autumn, our gardens, parks, farm fields, and backyards are brimming with life and abundance. Insects, reptiles, rodents, birds, squirrels, livestock and wild mammals are focused on eating and, in some cases, also storing food for their survival in the upcoming cooler months. In this season, plants are also preparing for the next phase in their cycle. This is the time of year many plants are producing their seeds in order to pass their genetic information off to the next generation. Plants will flower, dry up, and produce seeds, spreading it along the hillsides, roads, through the air, and down into the soil, where they will lay sleeping until spring "awakens" or germinates them. Seeds are beneficial to animals and humans alike! They are rich with nutrients and packed with flavor, which have incredible benefits for our bodies. Children will learn about the plant cycle, planting and saving seeds, eating seeds, and so much more this month!



Take a Nature Walk!

Autumn is the perfect time of year to get outside and explore the changing seasons around us. Take your kids into the backyard, a park, or on a local hike and observe what's around you. What colors do you see? What smells can you smell? Since it is harvest season, most plants are dropping their seeds to get ready for winter. Seasonal nature explorations can help to orient children in their environment, and think about the cycle of life and food.

Why Buy Local?

Buying local strengthens the community, as it supports local stores, producers, farmers, shops, and those people running businesses in your neighborhood. Buying local also reduces fuel and greenhouse gas emissions accumulated through transportation, as the items do not have to travel far to get to you. When it comes to food, buying from local markets and directly from farmers will give you the freshest, most nutritious and delicious fruits, vegetables, and meats!

Sustainability Challenge:

Buy from local stores, family-owned shops, markets, and farmers to keep the wealth in your community and support your neighbors!



Dear Readers,

My name is Daisy, and I have a monthly question and answer column called Dear Daisy. I am here to answer any questions about nutrition, health, and fitness. No question is too strange or too specific!

Dear Daisy,

Every year during the holiday season I like to bake treats for my family. Unfortunately, with all the sweets around I get stuck with sugar crashes and cranky children. Any recommendations for a healthy, low sugar treat?

Low Sugar Mama

Dear Low Sugar Mama,

This is a dilemma for many parents around the holidays. Sugar consumption skyrockets over the winter months. According to the CDC, children, on average, consume upwards of 3 cups of sugar on Halloween night. That's the equivalent of 169 sugar cubes! Can you imagine eating 169 sugar cubes?

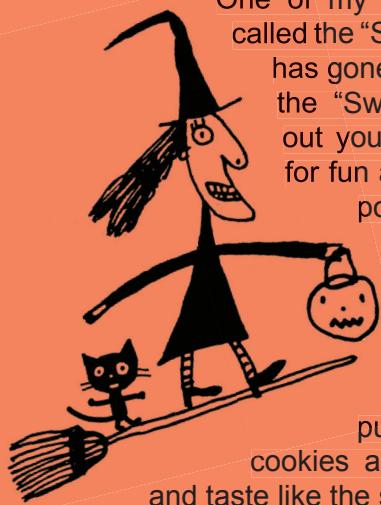
First, let's talk about what a "treat" is. A treat is considered a "sometimes" food. This means that a treat should be consumed on special occasions, such as holidays or birthdays, in small portions. Treats are also eaten when celebrating an accomplishment, such a reading for the first time or winning a soccer game. The candy that children obtain on Halloween is from "Trick or Treating", therefore this candy should be consumed as a "treat" and not all at once.

With that said, there are many ways to combat the onslaught of Halloween and holiday sugar.

One of my favorite ways is a method called the "Switch Witch." After your child has gone to bed on Halloween night, the "Switch Witch" (you), switches out your child's candy for coupons for fun activities, a movie night with popcorn, money, a new book, or an outing with a friend.

As for keeping the holiday baking tradition alive, here is one of my favorite holiday treats, moist paleo pumpkin cookies! These cookies are grain free, low glycemic and taste like the spices of the season.

Daisy



Paleo Pumpkin Cookies

Total time: 30 mins

Makes: 12 cookies

Ingredients:

1 ¼ cup Almond Flour	½ tsp Baking Soda
2 tbsp Coconut Flour	1 large Egg
¼ cup Coconut Sugar	2 tbsp Maple Syrup
1 tsp Pumpkin Pie Spice	2 tbsp Coconut Oil or Ghee (melted)
½ tsp Cinnamon	¼ cup Canned Pumpkin
¼ tsp Salt	

Instructions:

Preheat oven to 350 degrees and line a baking sheet with parchment paper. Set aside.

In a large bowl combine almond flour, coconut flour, coconut sugar, pumpkin spice, cinnamon, salt and baking soda.

Add in the egg, maple syrup, coconut oil, and pumpkin. Mix well until moist and well combined.

Dish spoonfuls into round balls on the parchment paper and bake for 10-15 minutes.



New words:

autumn, seed, fallow, cover crop, rest, sow, sprout, nutrient, harvest, plant, full moon

Seasonal produce:

pumpkins, apples, beets, bok choy, broccoli, carrots, brussel sprouts, cauliflower, celery, pears, dates, pomegranates, leeks, lettuce, cabbage, spinach, winter squash, kiwis

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured produce is **pumpkins**



Health and Learning Success Go Hand-in-Hand

Food Day is October 24. It is a national movement to eat more healthy, affordable, and sustainable food – like fruits and vegetables. Make half your children's plates fruits and vegetables and help them get at least 60 minutes of physical activity every day. Doing these things is good for their health and can also help your children do better in school. So celebrate Food Day and use *Harvest of the Month* to help you and your family live a healthy, active lifestyle.

Produce Tips

- Pick fresh pumpkins that are firm and feel heavy for their size.
- Keep fresh pumpkins in a cool, dark place for up to two months.
- Look for canned pumpkin with no added sugars or sodium. You can use canned pumpkin in any recipe that uses cooked pumpkin.
- For best prices, buy pumpkins at a pick-your-own pumpkin patch or a local farmers' market.

Healthy Serving Ideas

- Roast, bake, or mash pumpkin for warm, tasty side dishes. You can even purée pumpkin to use in soups.
- Roast pumpkin seeds in a preheated oven at 300°F for 10 to 25 minutes. Be sure to wash and dry the seeds first!
- Use canned pumpkin to make tasty breads, muffins, or even pancakes. Add raisins or chopped nuts for extra fiber.

PUMPKIN BEAN SOUP

Makes 6 servings. 1 cup per serving.

Cook Time: 30 minutes

Ingredients:

- 1 can white beans, undrained
 - 1 small onion, finely chopped
 - 1 cup water
 - 1 15-ounce can 100% pumpkin
 - 1½ cups 100% apple juice
 - ½ teaspoon cinnamon
 - ½ teaspoon nutmeg or ginger
 - ½ teaspoon black pepper
 - ¼ teaspoon salt
- In a blender, add beans, onion, and water. Blend until smooth.
 - In a large pot, add the pumpkin, juice, and spices. Stir well.
 - Add the blended bean mix to the pumpkin juices.
 - Cover and cook over low heat for 15-20 minutes. Serve warm.

Nutrition information per serving:

Calories 160, Carbohydrate 32 g, Dietary Fiber 7 g, Protein 8 g, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 330 mg

Adapted from:
Pennsylvania Nutrition Education Network

For more recipes, visit:
<http://recipefinder.nal.usda.gov/>

Let's Get Physical!

- Make family time an active time. Limit screen time with TV, computers and video games. Add active time with family walks on the weekend, or after dinner.
- Go on a scavenger hunt for trees in your neighborhood. Try to find leaves in every color.
- Plan ahead. Put active time on the family calendar.

For more ideas, visit:
<http://kids.usa.gov/grown-ups/for-parents/exercise-fitness-nutrition/index.shtml>

Nutrition Facts

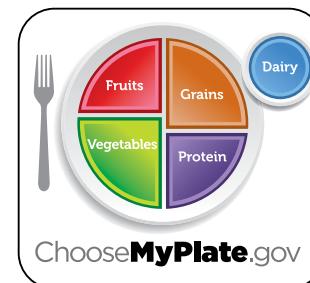
Serving Size: ½ cup pumpkin, cooked (123g)	Calories 24	Calories from Fat 0
Total Fat 0g	0%	% Daily Value
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 1mg	0%	
Total Carbohydrate 6g	2%	
Dietary Fiber 1g	5%	
Sugars 1g		
Protein 1g		
Vitamin A 122%	Calcium 2%	
Vitamin C 10%	Iron 4%	

How Much Do I Need?

- A ½ cup of pumpkin is an excellent source* of vitamin A and a good source* of vitamin C.
- Vitamin A helps keep your vision good, fight infection, and keep your skin healthy.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. Make half your plate fruits and vegetables to reach your total daily needs!



ChooseMyPlate.gov

What's in Season?

California grown pumpkins are in peak season in fall. They are usually available from October to December. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other California grown produce items in fall: collard greens, kale, sweet potatoes, and winter squash (acorn, butternut, pumpkins).



Network participation in Food Day is for the purpose of educating and informing SNAP-Ed eligibles about healthy eating and physical activity and will not include advocacy for or against any specific laws, regulations or ordinances.

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