

GET YOUR 5 A DAY

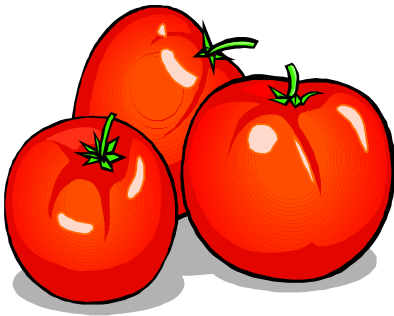
NATIONAL 5 A DAY WEEK - SEPTEMBER 13-17.



To celebrate National 5 A Day Week, consider accepting the challenge to eat more fruits and vegetables. The

challenge is a reminder that eating five servings of fruits and vegetables daily provides health benefits for all ages. All you need to do is eat a minimum of 3 servings of vegetables and 2 servings of fruit each day. And, it's easier to do than many people think. Simply include a piece of fruit or ½ cup of raw or cooked fruit or vegetables at each meal and for morning and afternoon snacks. This month's newsletter presents a number of ideas for including more fruits and vegetables in your diet. Accept the Challenge! Eat 5 A Day!

TOMATO SALSA – If your garden has produced many tomatoes and peppers this year, you may wish to make and preserve some Salsa. It makes a wonderful low-fat



snack and can help you get your 5 A Day. But, before you begin, please take a moment to read further. If you choose to can salsa, you need to understand

that foods have differing levels of acidity. Tomatoes are a high acid food, but peppers, onions are low acid foods. The only safe way to preserve low acid foods is by using a pressure canner, or using a recipe that has enough added acid to bring the product into a safe acidity range. If you use a water bath canner for low acid foods, you cannot destroy the spores of bacteria that cause botulism as well as other types of spoilage. Botulism poisoning can be fatal.

The Rules of Salsa:

1. You may make and freeze any combination of tomatoes, peppers, onions, chiles and spices.
2. You may process at 10 pounds pressure (11 pounds if a dial gauge canner is used) for 40 minutes, pints or quarts containing any combination of tomatoes, peppers, onions, chiles and spices.
3. If you wish to process salsa in a boiling water bath canner, it is safest to use a recipe that has been tested by USDA. Copies may be available at your county Extension Office or call 319-337-2145 to receive a free copy.
4. You may can the tomatoes in a boiling water bath and prepare the salsa as you need it. Note: Crushed tomatoes packed without added liquid must be processed in a boiling water bath as follows: Pints – 35 minutes; Quarts – 45 minutes. Remember to add 1 Tablespoon bottled lemon juice to each pint and 2 Tablespoons to each quart.
5. You may freeze peppers and onions to use in making salsa at a later time. Chop into desired size, seal tightly, and freeze.

I adapted this salsa recipe from one of my relatives in Illinois. Thanks go to Mary LeClair.

Winter Salsa

½ cup canned, frozen or fresh diced green chiles
½ cup frozen or fresh onion chopped
½ teaspoon chicken bouillon granules
1 or more tablespoons jalapeno peppers, chopped
1 pint of canned tomatoes, diced
Salt to taste

Combine chiles, peppers, onions and bouillon in saucepan with a small amount of water. Simmer for 3-5 minutes. Stir in tomatoes. Remove from heat. Cool. You're ready to eat. Note: Adjust ingredients to suit your preference. Keep refrigerated or freeze. **DO NOT WATERBATH PROCESS** this recipe.



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JICAMA – THE MEXICAN POTATO

To meet your 5 A Day Challenge, try a new fruit or vegetable. If you've never eaten jicama (pronounced HEE-cah-mah), now is a great time to begin. Jicama is a tuberous root that has a sweet, crunchy taste—almost like an apple rather than a potato. It can be used in a variety of ways. Serve it raw with SALSA, in salads, add to stir-fries or cook it like a potato. Look for smooth unblemished roots. Peel the papery skin with a paring knife and cut into sticks or slices. It is less starchy and lower in calories than than a russet potato. It is a good source of Vitamin C and contains some potassium, iron and calcium

(Source: Univ. of Calif. At Berkeley Wellness Encyclopedia)

ENJOY THE RAINBOW OF COLOR

Research is showing that the pigments found in fruits and vegetables are often what helps your body fight off disease. The following foods are rich in vitamins, minerals, antioxidants and phytochemicals. Enjoy the rainbow of color as you Eat 5 A Day.

Red	Orange
Tomatoes	Apricots
Watermelon	Cantaloupe
Strawberries	Carrots
Red Grapes	Papaya
Raspberries	Peaches
Green	Purple
Kale	Blueberries
Broccoli	Blackberries
Brussels Sprouts	Red Cabbage
Collard Greens	Cranberries
White	White
Onions	Shallots
Garlic	Leeks
Cauliflower	

(Source: Communicating Food for Health, Sept. 1999)

BABY CARROTS

What many of us have come to know as “baby” carrots are not really babies, but a variety bred to ripen faster and grow longer so that they can be peeled and cut into three pieces. True baby carrots are miniatures and not being fully mature, they have fewer nutrients. Carrots are a very rich source of beta carotene and are an excellent addition to the diet.

(Source: UC Berkeley Wellness Letter, Sept. 1999)

THE COST OF CARROT CONVENIENCE

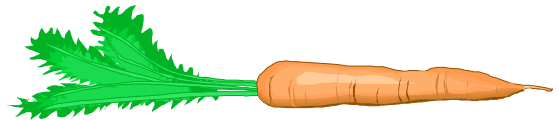
I recently did some comparing to determine just how much I was paying for the convenience of buying baby carrots that were ready to eat. (All carrots were purchased in Iowa City) Following are the results. Choose the one that best fits your time and money budget and keep eating carrots.

3 oz. Serv. Baby Carrots - \$.34

3 oz. Serv. Carrot Sticks prepared at home - \$. 15

(It took me 10 minutes to peel and cut a 2-pound bag of carrots. This price does not include labor)

3 oz. Serv. Baby Carrots pre-bagged \$.60



SUPER VEGGIE WRAP AN OFFICIAL 5 A DAY RECIPE

Makes 4 servings;

Each provides 2 vegetable servings toward your 5 A Day Goal!

1 cucumber, peeled and thinly sliced

2 small zucchinis, thinly sliced

2 carrots, peeled and thinly sliced

4 large white mushrooms, chopped

4 green onions, chopped

1 clove garlic, chopped (optional)

4 (10 inch) fat free flour tortillas

½ cup fat-free cream cheese

In a small bowl, combine all vegetables. Thinly spread 1-tablespoon cream cheese on each tortilla. Place some of the chopped vegetable mixture evenly across center of tortilla. Roll up tortilla, trapping ingredients tightly inside to form a tight tube. When finished rolling, slice each tube into 1-inch wide sections to serve. Variation: Add 1 tablespoon of salsa to each wrap.

FOOD SOURCES OF VITAMIN K

Vitamin K is necessary for normal clotting of the blood. If, as the result of a medical condition you need to limit consumption of Vitamin K, limit or avoid these naturally rich food sources of vitamin K: green leafy vegetables, milk and members of the cabbage family. Egg yolks and soybeans also contain Vitamin K. (Source: ESHA Research)

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

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