

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Announcing... a brand new vegetable!

It's not every day a new vegetable is introduced! The newest vegetable to arrive in grocery stores is Kalettes—a cross between kale and brussels sprouts. This new vegetable looks a little like a tiny cabbage with heads that are loose and composed of frilly, green-purple leaves similar to kale (the middle vegetable in the picture).

The inspiration behind Kalettes came from a desire to create a kale-type vegetable that was versatile, easy to prepare, and attractive. Crossing kale with brussels sprouts was a natural fit since they are both from the same group, which also includes cabbage, cauliflower, and broccoli. Kalettes combine the best traits of each of its parent vegetables with a fusion of sweet and nutty flavors.

The new vegetable is the product of more than a decade of research by Tozer Seeds, a British vegetable seed house. Kalettes were created by cross-pollinating brussels sprouts and kale through traditional methods. Look for them at local grocery stores and try them in the following ways:

- Sauté in a large pan for 5–7 minutes, covering for increased tenderness.
- Grill whole Kalettes in a grill basket and place on medium heat for 10 minutes or until slightly charred.
- Enjoy them as a salad. Rinse and slice Kalettes into smaller pieces and top with your favorite dressing.

For more information on Kalettes, visit www.kalettes.com.



Roasted Kalettes

Total time: 15 minutes

Serving size: 1 cup | Serves: 4

Ingredients:

- 6 cups Kalettes (about 12 ounces)
- 2 tablespoons extra-virgin olive oil
- 1/8 teaspoon salt
- 1/4 teaspoon ground black pepper

Instructions:

1. Preheat oven to 475°F.
2. Combine Kalettes, oil, salt, and pepper in a large bowl. Spread in an even layer on a large, rimmed baking sheet.
3. Roast in the lower third of the oven until just tender and browned in spots, about 10 minutes.

Nutrition information per serving:

108 calories, 7g total fat, 1g saturated fat, 0mg cholesterol, 115mg sodium, 6g total carbohydrate, 1g fiber, 2mg potassium, 4g protein

Source: Jan/Feb 2015 EatingWell
www.eatingwell.com/recipes/roasted_kalettes.html



www.extension.iastate.edu

Buying Fresh Produce? Keep It Fresh?

Fruits and vegetables come in terrific colors and flavors. Just as their nutritional benefits differ, the way in which you store fresh produce differs too! The required storage temperature and humidity level varies depending on the type of fruit or vegetable. Avoid placing produce in a sealed plastic bag on your countertop. This slows ripening and may increase off-odors and decay. Use the guides below to store your garden bounty.

- **Store these at room temperature, making sure they are clean, dry, well ventilated, and away from direct sunlight:**
 - Tomatoes, onions, potatoes, melons, bananas, pumpkins, and winter squash
- **Ripen these on the counter, then store in the refrigerator:**
 - Avocado, kiwifruits, peaches, nectarines, pears, and plums
- **Most other fresh produce keeps best stored in a clean refrigerator at 40°F or below.**
 - Store fruit in a different refrigerator crisper drawer than vegetables. Fruits give off ethylene gas, which can shorten the storage life of vegetables. Some vegetables give off odors that can be absorbed by fruits and affect their quality.

Source: Amy Peterson and Alice Henneman from the University of Nebraska–Lincoln- food.unl.edu/garden-grocery-food-safety-selection-farmers-market

Move for Thought

Summertime is here—time for children to go outside and play! Whether being active inside on rainy days or outside on sunny days, children need 60 minutes or more of moderate physical activity each day. Families that are active together improve their physical as well as their emotional health.



Most days, include physical activities such as

- walking,
- playing outside,
- helping with chores,
- taking the stairs,
- picking up toys, or
- walking the dog.

For strength and flexibility, encourage tumbling, swinging, martial arts, rope climbing, pushups, or yoga 2–3 times a week.

For aerobic exercise, activities could include cycling, running, relay races, basketball, swimming, kickball, or soccer 3–5 times a week.

Sources: www.designedtomove.org

Be Active (HS 4)—store.extension.iastate.edu/Product/HS4

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...and justice for all

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