



Family Dinners:

Harvest of The Month

Pears

Healthy Serving Ideas:

- Leave the skin on (washed, of course)! It adds flavor, crunch, and nutrition. If you slice them, sprinkle with lemon juice to prevent browning.
- Slice pears and add them to salads.
- Make Pear Quesadillas with pepper jack cheese, or cheddar cheese and thinly sliced pears on a whole wheat tortilla.
- Blend a pear with half cup of ice, apple juice, and milk with a touch of cinnamon for a breakfast smoothie.
- Slice pears in half, sprinkle with brown sugar and cinnamon and bake at 350 for 30-45 minutes.

Fun Facts:

- Pears used to be called butter fruit for its soft, butter-like texture.
- Pear trees can grow up to 40 feet tall.
- The Bartlett pear variety is America's favorite pear.
- The wood from pear trees is used to make musical instruments and furniture

Pear Pointers:

- Look for pears without bruises.
- Pears are ripe when the area near the stem feels soft when pressed.
Pears ripen best at room temperature

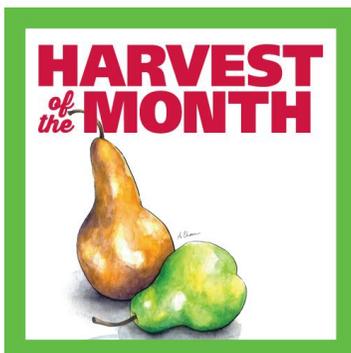
Cereal bowl

Don't let life get in the way of family meals! With hectic schedules and long days, it's easier than ever to turn the TV on and reach for frozen, boxed or fast-food meals for a quick meal. But don't fall into this trap, family meals can be easily attained, and with all the benefits they offer, you won't want to do meal-time any other way! Family meals help families grow closer, stronger and healthier.

The first step to family meals is planning. Start by choosing a handful of easy, family-approved meals and add their ingredients to your shopping list. Stay away from recipes with lots and lots of ingredients, this will only slow you down. When you head to the grocery store try stocking up on kitchen staples like frozen veggies, pasta, rice, and beans. These ingredients can complete any meal.

Leftovers are your friend, why not add last night's taco meat into a beef casserole for your next meal. Or cook additional chicken to make chicken salad or fajitas in days to come. Menuing strategically helps save you time and money!

Recruit help and create some fun! Children of all ages can help get food to the table. Ask younger children to wash produce or set the table, and ask teens to help grocery shop, help with finding recipes or even help in the cooking process. Once dinner is served, why not go around the table and talk about your favorite part of the day. Also brainstorm together to come up with some fun, dinner themes. There are so many National food holidays





Tree Fruits

We've all heard of apples, pears, peaches, plums, nectarines, oranges, lemons, and limes. But did you know that pomegranates, coconut, starfruit, fig, guava, and jackfruit are also in this category? In addition, nuts such as pistachios, pecans, walnuts, and cashews are classified as tree fruits even though nutritionally they are very different.

As part of a healthy eating plan, between 1 and 2 cups of fruit are recommended every day. More active adolescents and adults should consume closer to 2 cups and younger children who don't need as many total calories should consume slightly less at 1 cup. Tree fruits are naturally full of nutrients including fiber, antioxidants, vitamins, and minerals. One large apple, for example, contains 20% of the recommended daily allowance of fiber, 7% potassium, and 8% of Vitamin C based on a 2,000 calorie diet.

Citrus Infused Water with Pomegranate

Ingredients:

1 grapefruit, fresh
1 orange, fresh
1 lemon, fresh
1 lime, fresh
1 pomegranate, fresh
2 qts water

Directions:

1. Wash outside of all fruit.
2. Cut pomegranate in half, scoop out seeds with a spoon and add to water.
3. Cut all citrus and squeeze juice into water through a mesh strainer to catch seeds. Remove and discard remaining seeds from the remaining fruit.
4. Cut the fruit into pieces and add to water.
5. Let water and fruit infuse in refrigerator for at least one hour. Serve chilled or over ice.



Look at the September Food and Nutrition Events



September Elly, the Mobile Teaching Kitchen, came to Brockton High School to celebrate cooking healthy food from scratch. The students made chicken and white bean salad with a delicious citrus avocado salsa. Yum!