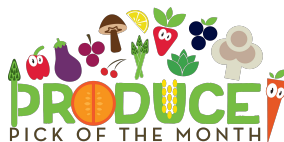




## EXTENSION

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## Lesson 1 Newsletter

**Cantaloupe Smoothie:** In a blender, add 1 cup frozen cantaloupe, 1 frozen banana, ½ cup plain yogurt, ½ cup 2% milk, and 1 teaspoon honey. Blend until smooth.



### WHERE DO CANTALOUPE COME FROM?

Cantaloupes originated in Persia and Northern Africa over 4,000 years ago. Europeans brought them to North America in the late 1400's. In the 1900's, cantaloupes were planted in Fallon, Nevada bringing an abundance of cantaloupes in the 1920's and 1930's.

### SHOPPING TIP

Choose a cantaloupe that is beige and doesn't have a lot of green spots. This cantaloupe should not be too firm or too soft, but somewhere in between. You should also smell the stem of the cantaloupe and look for a fresh sweet smell. These tips ensure that the cantaloupe is ready to be eaten.

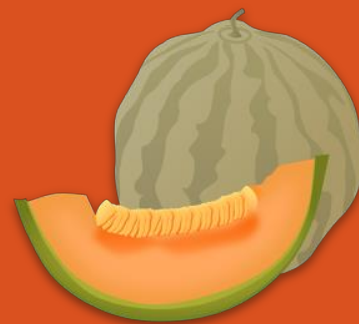
### MORE INFORMATION

For more information on this Extension program, click [here](https://extension.unr.edu) or visit [extension.unr.edu](https://extension.unr.edu) and search "Produce Pick of the Month". This series of lessons is part of the Healthy Kids, Healthy Schools program.



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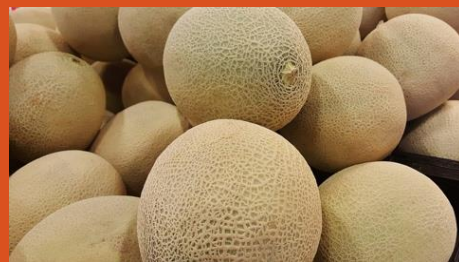
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## Cantaloupe

**ABOUT:** A cantaloupe's skin has a lot of bumps and grooves, which may hold bacteria. It is important that you wash this skin before cutting and eating it.

**NUTRITION:** Eating ¼ of a whole cantaloupe provides over 120% of your daily vitamin A needs, which helps keep your eyes and skin healthy. In addition, cantaloupe provides 80% of your daily vitamin C needs, which helps you fight off germs to keep you healthy.



For recipes and an instructional video on preparing cantaloupe smoothies, scan the QR code below with your smartphone.

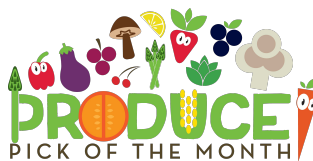


Recipe demo by  
UNR Extension's very own  
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### Lesson 2 Newsletter

**Kale Chips:** Preheat your oven to 350°F. Tear your kale leaf into multiple pieces taking it off of its spine. Rinse the kale in a bowl of water, then dry it on a paper towel. In a large bowl, evenly coat 2 cups of kale with 2 tablespoons of olive oil and a pinch of salt-free seasoning. Lay and spread the kale out on a baking sheet lined with parchment paper. Bake at 350°F for 10 to 12 minutes.



### WHERE DOES KALE COME FROM?

Kale has been around for at least 2,000 years. It was grown in ancient Rome and Greece and was first mentioned in America during the 17th century.

### SHOPPING TIP

When choosing kale, it is important to look at its leaves and stems. Fresh kale will have leaves and stems that are firm and not wilted or limp. Also, ensure that the leaves are dark or light green, depending on their type. The leaves should not be yellow or brown which is a sign of age or improper storage.

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## Kale

**ABOUT:** Kale is a leaf of the vegetable plant. These leaves use sunlight, water, and air to make food through the process of photosynthesis. There are many different types of kale, but the most common is curly kale.

**NUTRITION:** Eating 1 cup of kale provides over 206% of your daily Vitamin A needs, 134% of your daily vitamin C needs, and 684% of your daily needs of vitamin K. Vitamin K helps your blood clot on the surface of your cut to stop it from bleeding.



For recipes and an instructional video on preparing kale chips, scan the QR code below with your smartphone.



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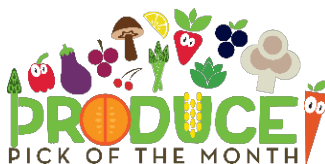
Recipe demo by  
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## Lesson 3 Newsletter

**Cauliflower Crunchies:** Boil 4 cups of white cauliflower florets for 10 minutes. Put 12 reduced fat vanilla wafer cookies into a gallon-sized resealable plastic bag and crush the wafers into crumbs. In a saucepan, melt 1½ tablespoons of butter. Add the vanilla wafer crumbs to the pan, then add the cooked cauliflower florets. Evenly coat the cauliflower with the cookie crumbs.



### WHERE DOES CAULIFLOWER COME FROM?

Cauliflower originated in the Mediterranean region. It was introduced to Europe in the sixteenth century after being used in Asia for many centuries. Cauliflower was not widely grown in North America until the 1900s.

### SHOPPING TIP

When shopping for cauliflower, check the head of the cauliflower to ensure that it is firm and tightly closed. You should reject those that have brown-spotted florets, yellowish leaves, or are soft. You also want to look at the leaves attached, as fresh green leaves are a sign that it was recently harvested.

### MORE INFORMATION

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## Cauliflower

**ABOUT:** Cauliflower comes from the top of the plant and is also the flower part of the plant. Flowers bloom and produce seeds that start a new plant. Cauliflower can be purple, green and orange but is most commonly white or tan.

**NUTRITION:** Eating 1 cup of cauliflower provides 77% of your daily vitamin C needs and 20% of your daily vitamin K needs. Cauliflower also has phytochemicals that fight for our health! These phytochemicals keep our heart healthy and help prevent cancer.



For recipes and an instructional video on preparing cauliflower crunchies, scan the QR code below with your smartphone.



SCAN ME

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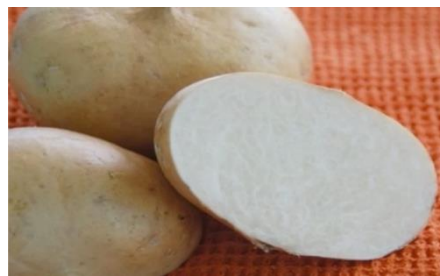
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## Lesson 4 Newsletter

**Jicama Fries:** Peel the jicama. Cut the jicama, a cucumber, and a Granny Smith apple into thin, fry-shaped pieces. Add them to a large bowl and mix in 2 pinches of chili powder and half of a lime, squeezed. Enjoy this snack with others!.



### WHERE DOES JICAMA COME FROM?

Jicama, pronounced "HIH-KUH-MUH", is native to South Africa and Mexico. It is a root vegetable that has been eaten throughout Central America for centuries. It grows best in tropical and warm areas like Hawaii, Florida, and Puerto Rico.

### SHOPPING TIP

Choose jicama with smooth and unblemished skin. Try to avoid dull and blemished jicama, as they are more susceptible to bacteria. Also, try to select a small to medium-sized jicama. Large jicama will have less flavor and crispiness. Its texture will also be tougher. After buying jicama, store it in a cool, dry place.

### MORE INFORMATION

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## Jicama

**ABOUT:** Jicama is a root vegetable. Roots grow in the ground from the base of the plant stem. They have the important job of anchoring the plant, absorbing nutrients and water, and storing food for the plant. Jicama is crunchy and sweet! It is white in the flesh and has light brown skin.

**NUTRITION:** Jicama is an excellent source of vitamin C and soluble fiber. This type of fiber helps with digestion and keeps you feeling full longer. Jicama and other root vegetables are excellent sources of complex carbohydrates, which provide energy to play hard.



For recipes and an instructional video on preparing Jicama Fries, scan the QR code below with your smartphone.



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## Lesson 5 Newsletter

**Roasted Garbanzo Beans:** Rinse 1 can of low sodium garbanzo beans with water. Lay the beans on a baking sheet and add a pinch of paprika, a pinch of salt, a pinch of pepper, and a big squeeze of lemon juice. Evenly coat the beans, then bake at 375°F for 20 minutes. Enjoy!



### WHERE DO GARBANZO BEANS COME FROM?

Garbanzo beans originated in the Middle East over 7,000 years ago. They grow in pods on small bushes that are about 2 feet tall with small feathery leaves. One seed pod has 2-3 garbanzo beans.

### SHOPPING TIP

We can't eat garbanzo beans that are dried or uncooked because they are too hard, and our bodies can't digest them. Instead, we can soak the dried garbanzo beans in water for a few hours and cook them to make them edible. We can also buy canned garbanzo beans from the store. When shopping for canned garbanzo beans, you want to look for "low sodium" because salt is added to preserve the beans. Otherwise, you can strain and rinse canned chickpeas that have added sodium to remove up to 40% of the sodium.

### MORE INFORMATION

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## Garbanzo

**ABOUT:** Garbanzo beans are also called chickpeas because it has a little "beak" on it that looks like a chicken beak. They are the seeds of the plant and like to grow in the sun. These beans take about 100 days to grow until they are ready to be harvested.

**NUTRITION:** Garbanzo beans are a great plant protein. It contains zinc, iron, fiber, potassium, and folate. Zinc helps us to maintain our sense of smell and taste. Iron helps the body make hemoglobin, which carries oxygen throughout the body. Fiber helps the body digest food. Potassium helps with muscle movement and maintaining a regular heartbeat. Lastly, folate promotes brain development.



For recipes and an instructional video on preparing Roasted Garbanzo Beans, scan the QR code below with your smartphone.



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## Lesson 6 Newsletter



## BLOOD ORANGE

**ABOUT:** What gives a blood orange its dark red color? The anthocyanins, which are phytochemicals that fight for your health, give it the red flesh color. The deep red color of the blood orange develops during the cold weather at night.

**NUTRITION:** One orange provides over 100% of your daily Vitamin C needs, in addition to being a good source of folate and an excellent source of fiber – just another reason to eat your fruits instead of drink them! Citrus fruits, in general, are packed with Vitamin C, helping the body heal by supporting healthy skin, bones, blood vessels and connective tissues.



*blood orange*

For recipes and an instructional video on how to prepare *Blood Orange Granita*, please scan the QR code below with your smart phone.



Created by UNR Extension's very own  
"Chef Suzy" McClain.

**Blood Orange Granita:** Freeze the juice of 5 fresh blood oranges blended with ¼ cup of water and a teaspoon of honey for four hours in a sheet pan. Rake the mixture with a fork every hour until the texture is flaky like snow.



## WHERE DO BLOOD ORANGES COME FROM?

Blood oranges originated in Sicily and Spain with 15 different varieties. Having a raspberry like flavor, they pair well with leafy greens, as the sweetness balances the flavors. For a little variety, try citrus segments in your salad.

## SHOPPING TIP

Blood oranges are in season from December through May. Choose blood oranges with thin peels that are heavy for their size – this is a sign of juiciness! Because they may cost more than other citrus, buy just one or two and serve alongside other less costly citrus fruits.

## MORE INFORMATION

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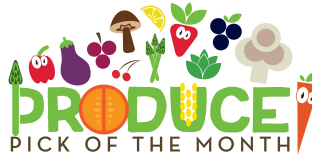


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## Lesson 7 Newsletter

### Bell Pepper Sailboats:

1. Cut the mini bell pepper in half, carefully removing the membranes and seeds but leaving the stem intact.
2. Fill with hummus or any filling you desire.
3. Slice a piece of cheese diagonally and set in hummus.
4. Let sit in the fridge for 5 minutes to set up before serving.



### WHERE DO BELL PEPPERS COME FROM?

Bell peppers originated in Mexico, Central America and South America. Peppers were named by Christopher Columbus and Spanish explorers who were searching for peppercorn plants to produce black pepper.

### SHOPPING TIP

Male bell peppers have only three lobes while female bell peppers have four. Male bell peppers are better for cooking while female bell peppers are sweeter with more seeds and best eaten raw.

### MORE INFORMATION

For more information on this Extension program, visit: [extension.unr.edu](http://extension.unr.edu) and search "Produce Pick of the Month." This nutrition promotion is part of Healthy Kids, Healthy School.



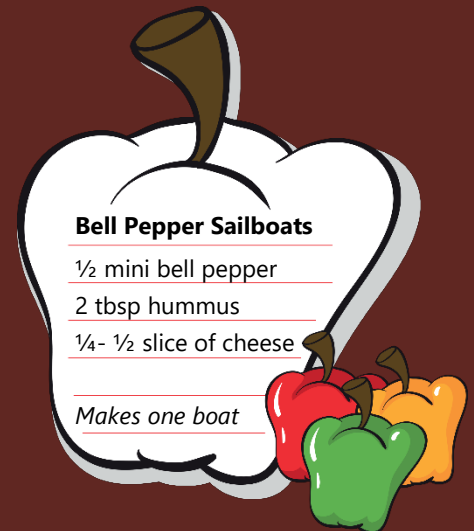
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## BELL PEPPERS

**ABOUT:** The bell pepper is a fruit produced by flowering plants. Bell peppers come in different colors including red, yellow, orange, green, white and purple. Bell peppers are sweet instead of spicy making them a popular ingredient for many recipes.

**NUTRITION:** Bell peppers are low in calories and high in nutrients, including several important vitamins. A one-cup serving of chopped green bell pepper contains 120 milligrams of vitamin C.



For recipes and an instructional video on how to prepare Bell Pepper Sailboats, please scan the QR code below with your smart phone.



Recipe demo by  
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"Chef Suzy" McClain



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## Lesson 8 Newsletter

### Asparagus Roll Ups:

You'll need the following ingredients: 6 spears fresh asparagus ends trimmed, 4 ounces of 1/3 less fat cream cheese softened, 2 tablespoons finely chopped green onions, 6 slices whole grain bread, 3 slices of turkey or ham (low sodium) cut in half.

Blend together the softened cream cheese and the chopped green onions. Roll out each bread slice with a rolling pin until flat. Spread cream cheese mixture onto flattened bread slice. Wrap each trimmed asparagus spear with turkey or ham. Add rolled asparagus onto the prepared bread and roll.



### WHERE DOES ASPARAGUS COME FROM?

Asparagus originated in eastern Mediterranean countries and other varieties were discovered in Africa. Archaeologists have reported that asparagus was also cultivated in Egypt. In the 16<sup>th</sup> century, asparagus was only served to royal families in Europe. It was finally available in local marketplaces in the 18<sup>th</sup> century.

### SHOPPING TIP

Use your senses when shopping for asparagus. Look for stalks that are firm and can stand up straight. Do not buy stalks that look limp or flimsy or smell bad. These bright green stalks can be cooked in various ways; they can be sautéed, grilled or baked.

### MORE INFORMATION

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## Asparagus

**ABOUT:** Asparagus is known as *Asparagus officinalis* and is a member of the lily family. Most grocery stores carry green asparagus, however, there are white and purple asparagus as well.

**NUTRITION:** Half a cup of cooked asparagus can provide more than half of the Vitamin K you need in a day! Vitamin K helps with blood clotting and supports bone health. Folate, also found in asparagus, is an important B vitamin, which helps build healthy blood cells.



For recipes and an instructional video on preparing Asparagus Roll Ups, scan the QR code below with your smart phone.



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## Lesson 9 Newsletter

**Blueberry Lemonade:** In a sauté pan, bring 2 cups of fresh or frozen blueberries and  $\frac{3}{4}$  cup granulated sugar to a boil, then simmer over medium heat for 10 minutes. Strain liquid (syrup) from cooked blueberries into a bowl and set aside. Juice 7 lemons and add their juice to a pitcher along with the blueberry syrup and  $2\frac{1}{2}$  cups (20 ounces) of water. Stir well and serve over ice.



### WHERE DO BLUEBERRIES COME FROM?

Blueberries are native to North America and have been on this earth for about 13,000 years. Today, nearly 1 billion pounds of blueberries are cultivated and grown every year in North America alone. Native Americans were the first to discover the health benefits of blueberries and would use them as a natural flavor and to help prevent illness.

### SHOPPING TIP

Blueberries can be found in the grocery stores in various forms such as fresh, dried or frozen. You can freeze fresh blueberries yourself by popping them into the freezer using the plastic clamshell you purchased them in. Wait to rinse them when you take them out of the freezer. Blueberries can be added to smoothies, eaten as a snack or added to pancake batter. Blueberries are also a great addition to salads as they add a bit of sweetness and a nice texture.

### MORE INFORMATION

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## Blueberries

**ABOUT:** Blueberries come from a flowering shrub which is closely related to shrubs that produce cranberries. When blueberries first appear, they have a green color and become a deep purple and blue as they become ripe.

**NUTRITION:** One cup of blueberries contains four grams of fiber which helps our digestive system stay healthy. They are an excellent source of Vitamin K and a good source of Vitamin C. Blueberries are about 85% water which can help us stay hydrated, especially during the hot summer months.



For recipes and an instructional video on how to prepare blueberry recipe, scan the QR code below with your smart phone.



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