Recipes for Veggies

Fall may seem like the time of year that there are not as many fruits and vegetables in season. Summer's bounty of fresh fruits and vegetables is now over.

While summer has plenty of seasonal fruits and vegetables, fall does too, just different ones. Plan recipes around these fall seasonal fruits and vegetables to enjoy good quality and lower prices.

Stock up, try some new recipes, and add these fruits and vegetables into your healthy eating plan. The rainbow of colorful varieties of fall fruits and vegetables give us a variety of different nutrients.

Information for this article was taken from Seasonal and Simple: A Guide for Enjoying Fresh Fruits and Vegetables from University of Missouri Extension.

Find more information or purchase the publication online at http://extension.missouri.edu/p/mp909.

Mu Extension contributors:

Eat seasonal vegetables

Fresh veggies for health

Most of us need to eat more healthy vegetables and there are plenty to choose from this fall.

Melissa Bess, MU Extension nutrition and health education specialist shares the following list of vegetables and nutritional information.

• Apples are a great source of vitamin C, fiber, and potassium. Baked apples, apple crisp, and applesauce are tasty ways to use apples. They are also great with breakfast, as a snack, or dessert.

• Beets have folate, potassium, magnesium, fiber, vitamin K, calcium, magnesium, and vitamin A. This nutritional powerhouse is good on salads, pickled, or roasted.

• Broccoli is a great source of vitamin C, vitamin A, folate, calcium, magnesium, vitamin K, potassium, and fiber. Broccoli can be steamed, sautéed, added to stir fry, or added to sauces or salads.

• Cabbage has vitamin C, potassium, vitamin K, magnesium, and fiber. It can be eaten raw, cooked, or in slaws.

• Carrots are very high in vitamin A and also have potassium, vitamin K, and fiber. Carrots can be eaten raw, grated into salads, added to soups and sauces, used in stir fry, roasted, or steamed.

• Cauliflower is a good source of vitamin C, folate, potassium, vitamin K, and fiber. Raw cauliflower is a good snack; it can also be steamed, roasted, or served mashed (like mashed potatoes).

• Greens (collards, kale, Swiss chard) are the best source of vitamin K. They also have calcium, magnesium, vitamin A, folate, and fiber. Greens are best served sautéed or cooked.

• Lettuce has vitamin A, potassium, vitamin K, and folate. Use different types of lettuce for a healthy salad or on sandwiches.

• Pumpkin, like carrots, is a good source of vitamin A. They also have potassium, vitamin K, magnesium, and fiber. Pumpkin can be roasted, mashed, pureed, or boiled. The seeds can be roasted.

• Radishes have vitamin C, potassium, and folate. Radishes are mostly served in salads.

• Spinach is a good source of vitamin C, vitamin A, vitamin K, calcium, magnesium, potassium and fiber. Spinach can be eaten raw or cooked, adds nutrients to salads, or can be added to pizza, omelets, quiche, or sauces.

• Sweet potatoes, like carrots and pumpkin, is another good source of vitamin A. They also have potassium, magnesium, and fiber. Sweet potatoes can be baked, mashed, roasted, or boiled.

• Turnips have vitamins A and C, as well as potassium and fiber. Turnips can be used in potato recipes (mashed turnips) or roasted. The greens are also edible and can be boiled or sautéed.

• Winter squash (acorn, butternut, or spaghetti squash) has vitamin A, vitamin C, potassium, and fiber. Most winter squash is eaten cooked so it can be baked or cut pieces can be steamed. After baking spaghetti squash, it can replace spaghetti noodles.
Many of us find it more difficult to be active during the winter months. We may want to stay inside where it is warm, we may be concerned about walking or driving on snow or ice, and many of the outdoor activities of the summer and fall are no longer accessible.

According to Megan Webb, MU Extension nutrition and health education specialist, “Being active all year helps keep our bodies and minds healthy and our weight under control.” Here are some ideas to help keep you and your family active during the winter months—

- Find activities that you can do at home, many video game systems now have activity-based games that require the players to get up and move around during the entire game.
- Try a workout video—these are available online, at most video stores, and at some libraries. The activities in the videos are designed to be done in a small space and can be adapted to any fitness level.
- Use resistance bands or light weights at home. One band or one set of weights can be used for many exercises that will use most muscle groups. These activities can be done without leaving your home and even while watching television or talking with friends or family. Exercise bands and weights are available from most sporting good stores and some come with activity guides to help you get started.

Another option is to find an indoor area for recreation: such as a gym, community center, or fitness center. Or consider walking around the perimeter of the grocery store before doing your grocery shopping, take the stairs instead of the elevator, or walk up and down the stairs at home. Keeping the habit of physical activity year-round will help us to be healthy and set a good example for our kids.

Dealing with a disagreeable child

As the parent of a toddler or preschooler, you already know some of the hallmarks for this age: saying “no” frequently; being a slow-poke when parents are in a hurry; throwing tantrums when things don’t go their way; being a picky eater who is only happy if macaroni and cheese is served three times a day. Sound familiar?

According to Diana Milne, MU Extension human development specialist, “This can be a frustrating stage, but rest assured that it is normal and developmentally appropriate.” This age of child is simply not mature enough to see things from another person’s perspective.

Child development experts say that young children need consistency and predictability in their lives. They may actually say “no” to avoid change. Change can bring the unknown—and that may be scary to them.

Parents or caregivers may unintentionally encourage disagreeable behaviors.

How does this happen? By giving very little attention to children when they are “being good” and giving lots of attention to them when they misbehave!

Authors Dr. Jerry Wyckoff and Barbara Unell encourage parents to ask themselves the following questions before reacting negatively to a young child’s misbehavior:

How would I feel if I were my child? Think about your child’s point of view. Is he tired? Is she busy playing and just doesn’t want to stop now?

What is my child capable of doing? Can she understand what you’re asking? Have you taught your children the skills to do the task?

As a parent, are you a good role model? Are you teaching by example? Do you say “please” and “thank-you”? Do you wash your hands? Do you eat healthy foods? Do you fasten your seat belt?

Adapted from a review of the book “Getting Your Child from No to Yes Without Nagging, Bribing or Threatening” by Wyckoff and Unell, that appeared in the Work and Family Life newsletter, Vol. 27 No. 6.