Food Hero Choice Board Campaign Toolbox

Use the materials in this file to help make your own Choice Boards - please always credit Food Hero somewhere including the website address!

There are 1) backgrounds, 2) linkable smaller campaign images, 3) people and 4) helpful notes.

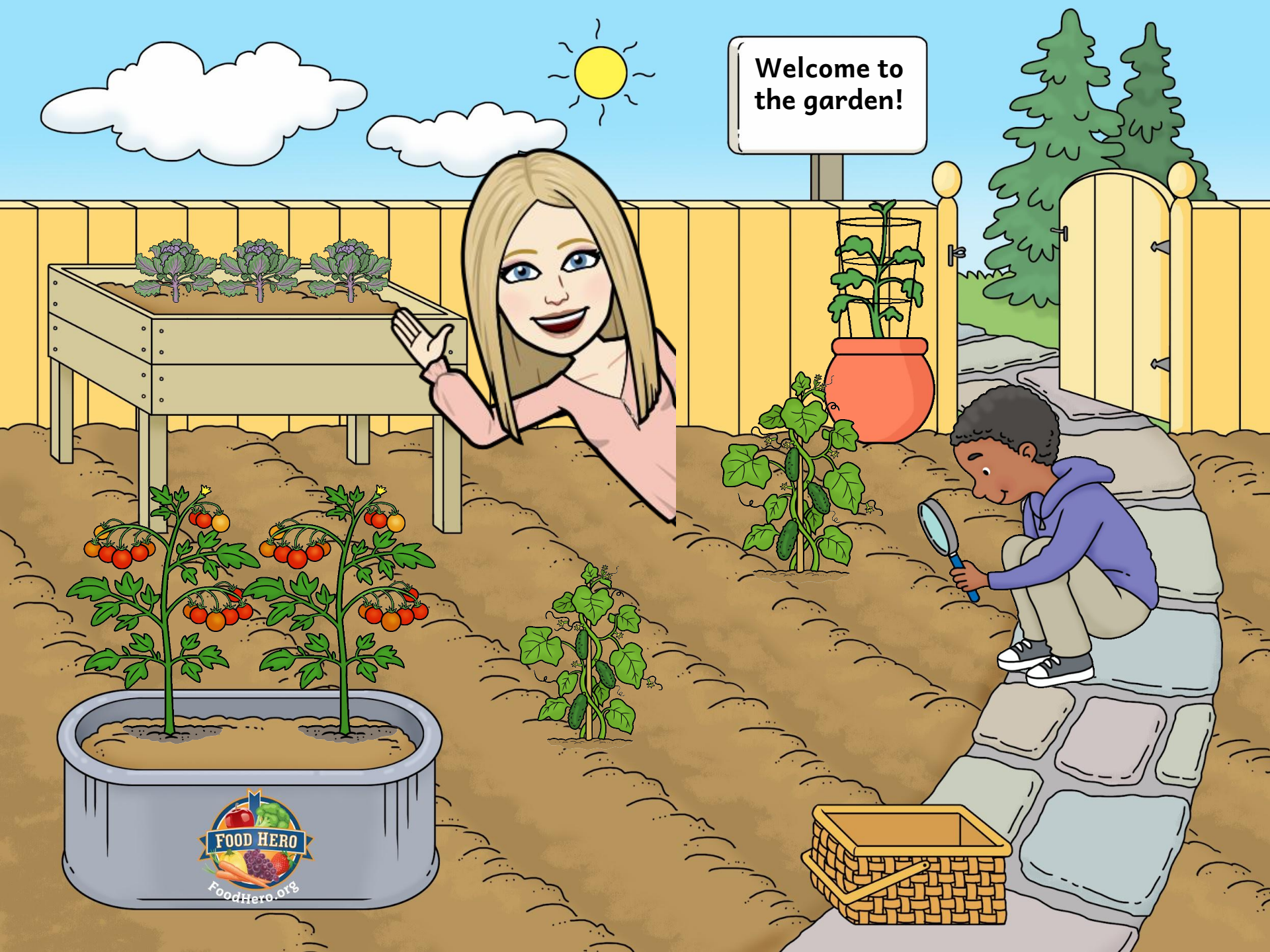
Sample Choice Boards

Salad Greens!
OREGON HARVEST for SCHOOLS
FOOD HERO
FoodHero.org

How do you fix a broken pumpkin?

With a pumpkin patch!

FOOD HERO
FoodHero.org
CRANBERRIES
How do you draw food art?
With crayon-berries!
Cranberries
I like cranberries because
FOOD HERO
FoodHero.org
Share your food art here:
https://foodhero.org/kids-art
Kids Can!


Welcome to the garden!
FOOD HERO
FoodHero.org

Welcome to the community garden!!

Onions

I made this from the food in the garden

TYPES OF ONIONS

FOOD HERO

FoodHero.org

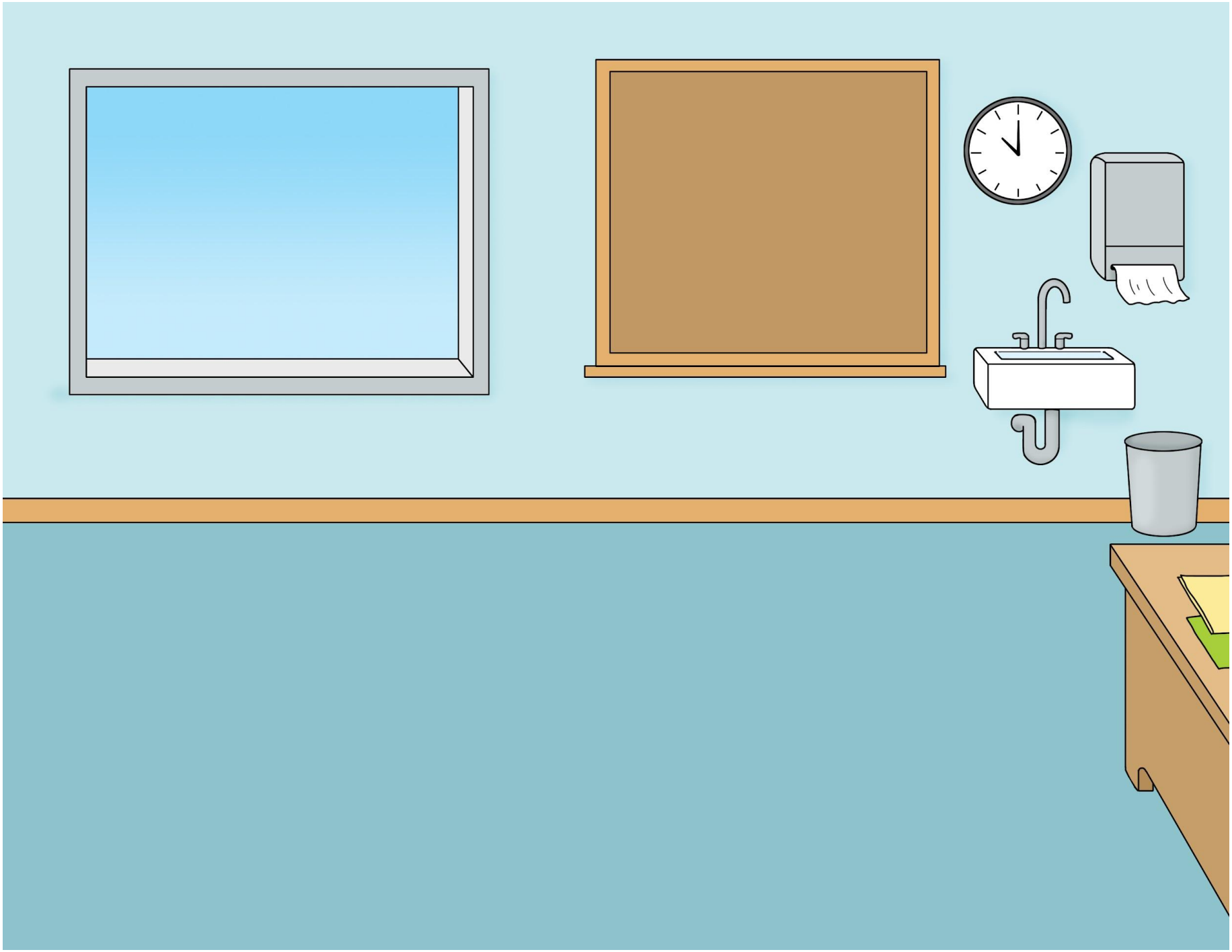
KID
Summer Salads
Use the word bank to find the hidden vegetables.
Words can be found going horizontal, vertical, diagonally or backwards.
Word Bank
Bell Pepper
Broccoli
Cabbage
Cauliflower
Eggplant
Kale
Mushroom
Onion
Radishes
Turnip
Create a Salad
Kids Can!
When kids help make healthy food, they are more likely to try it. Show kids how to:
Swish greens in a bowl of water to remove dirt.
Peel or cut fruit or veggies.
Measure and stir ingredients for salad dressings.
Ranch Dressing
Ingredients
Directions
Notes
For tasty, healthy recipes and garden tips that fit your budget, visit FoodHero.org
Oregon State University
www.FoodHero.org

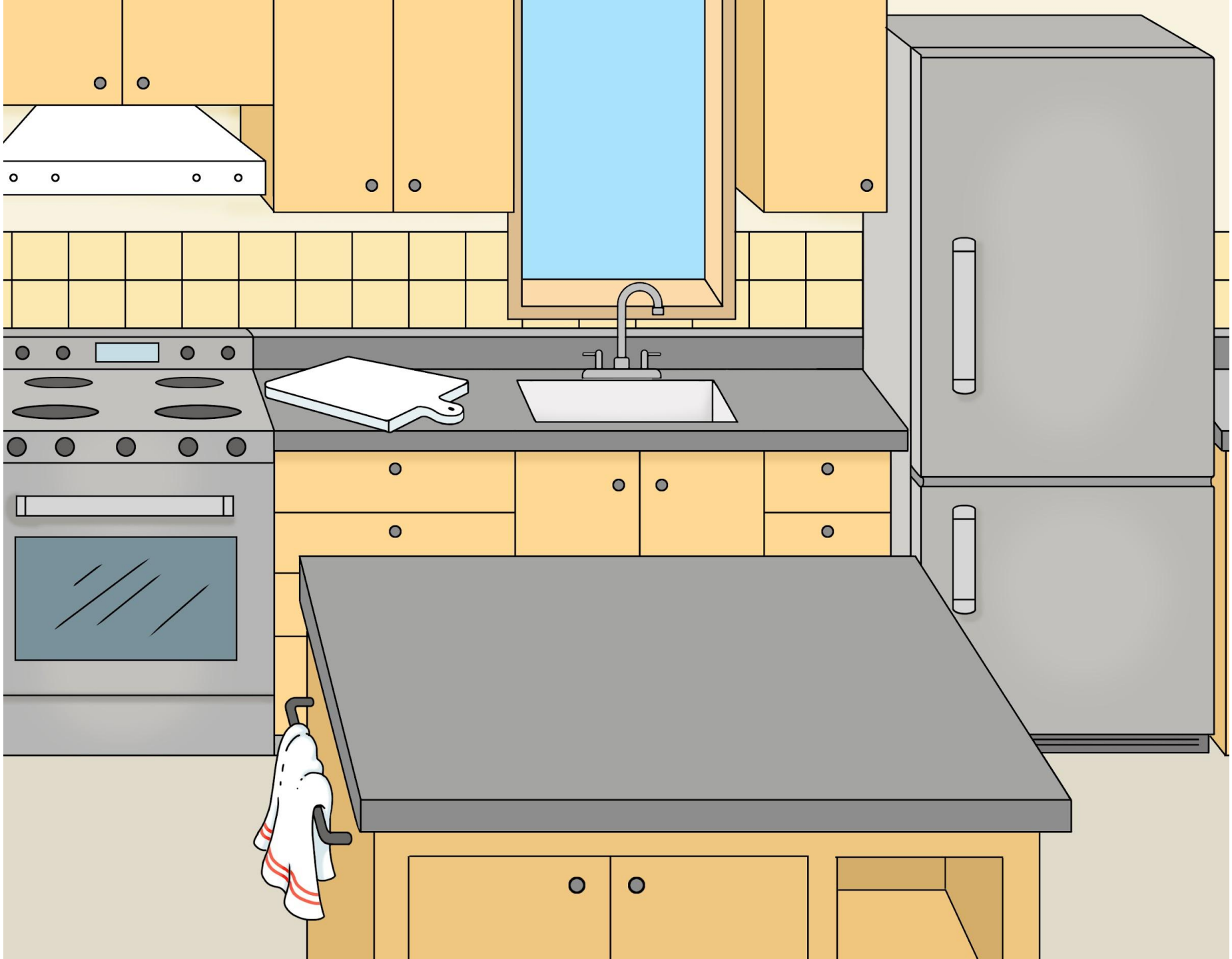
FOOD HERO
FoodHero.org
OREGON
WINTER SQUASH
GROWN FOR SCHOOLS
Sweet Meat squash is a Northwest heirloom grown by an Oregon family for 100 years. It is said to make the best pumpkin pie on earth!
'Squash' gets its name from the Narragansett Native American word 'askutasquash,' which means 'eaten raw or uncooked.'
Nutrients found in Winter Squash
Winter squash is a vitamin and mineral powerhouse. It provides vitamin A and C, fiber, potassium, magnesium and lots of other essential vitamins and minerals.
Pigments called carotenoids give winter squash their deep orange and yellow colors. Carotenoids turn into vitamin A in your body.
Vitamin A keeps your eyes and skin healthy. It also helps the body fight infection.
The flesh of Spaghetti squash separates into strands when it's cooks and so it can be used in place of pasta!
Like pumpkin seeds, all winter squash seeds can be roasted and eaten. They make a great snack!
Winter Squash are not grown or harvested in the winter but their thick shell allows them to be stored throughout the winter months.
Winter squash comes in a variety of colors. They can be pale green, white, terracotta, pale yellow, dark green, even blue.
HARVEST SCHOOLS
Fort. 2nd grade. Coos
Tuna
Sliced Tomato
Pumpkin
Pineapple Slices
www.FoodHero.org

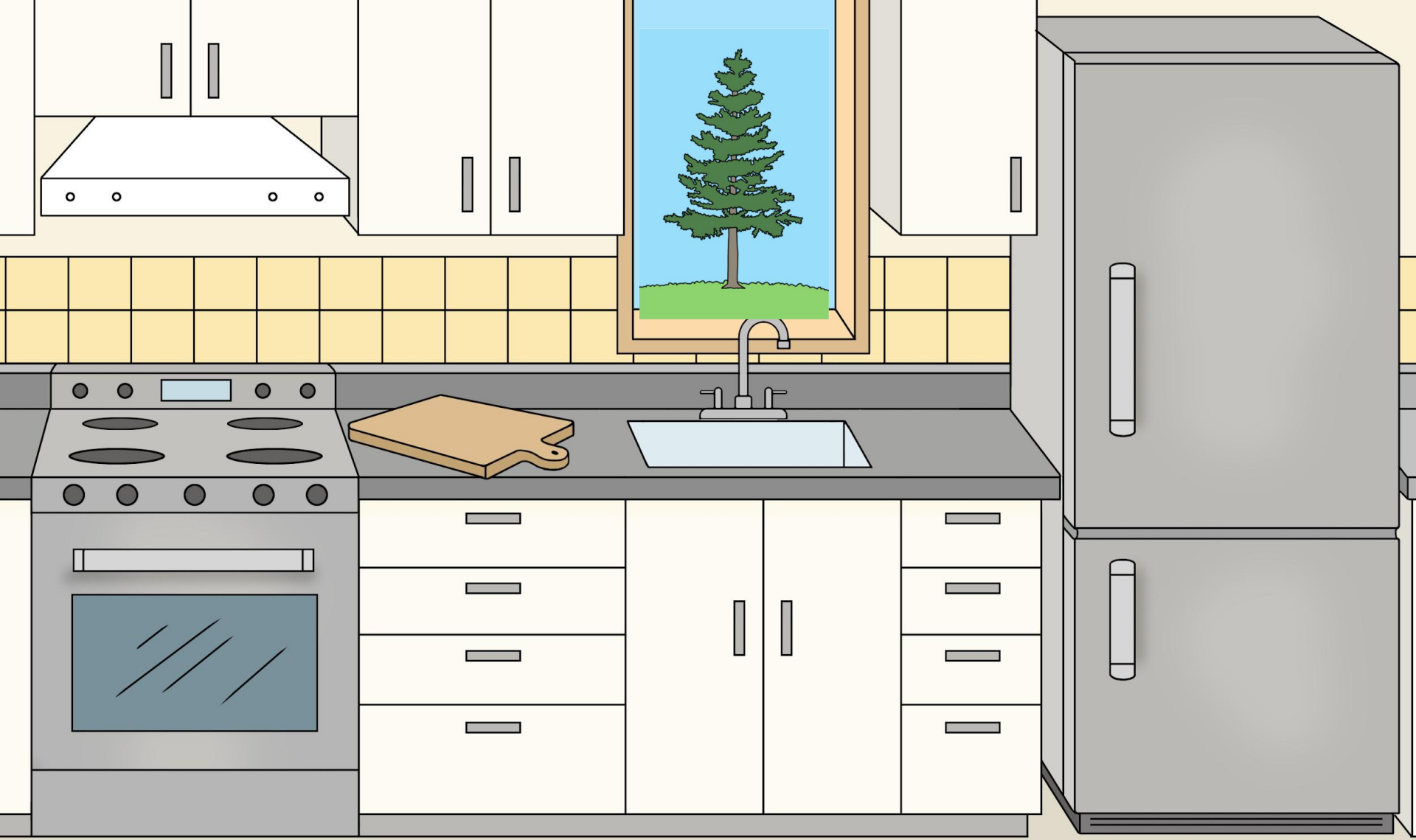
Blank Backgrounds

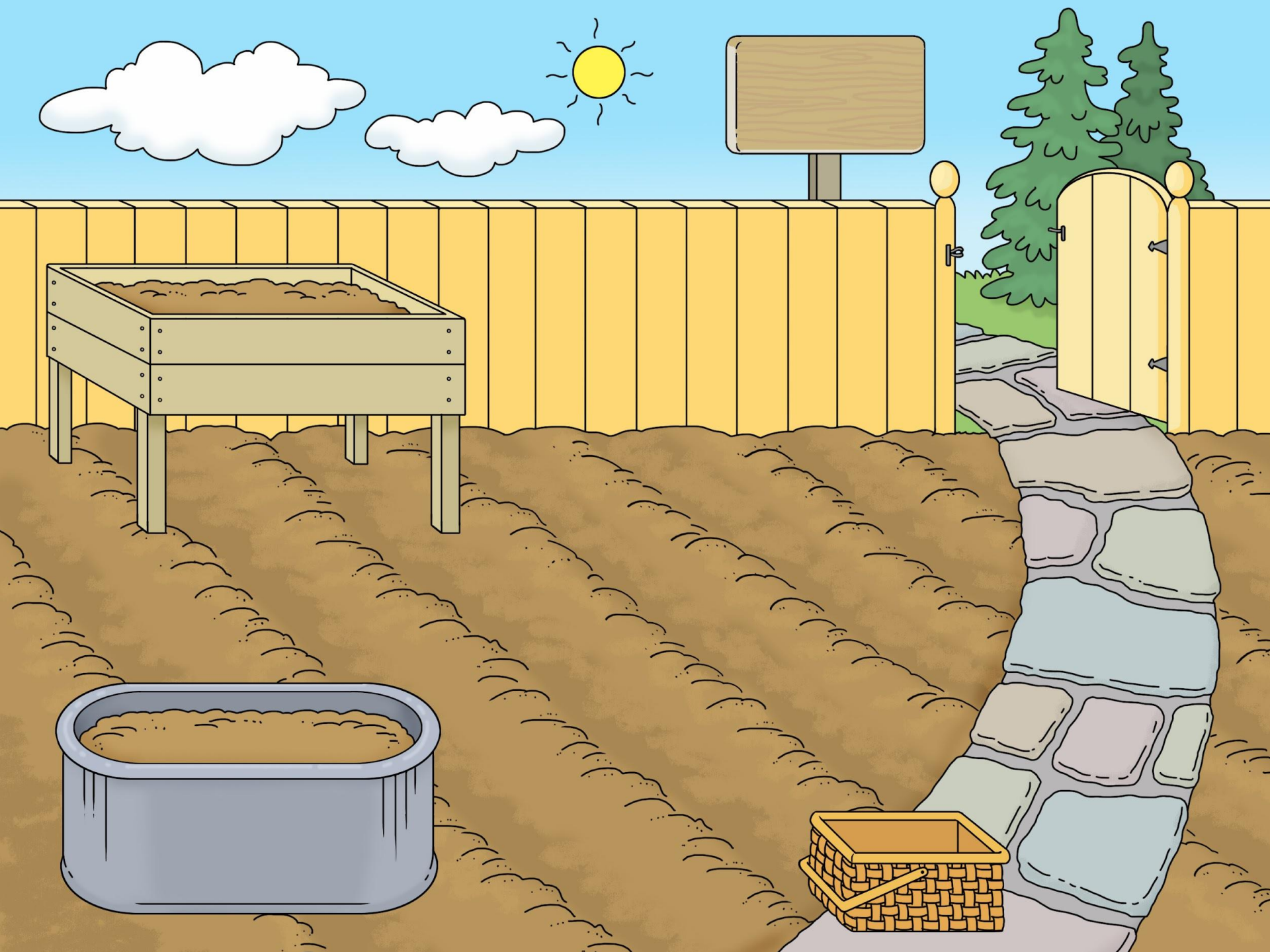
Cafeteria
Today's Special

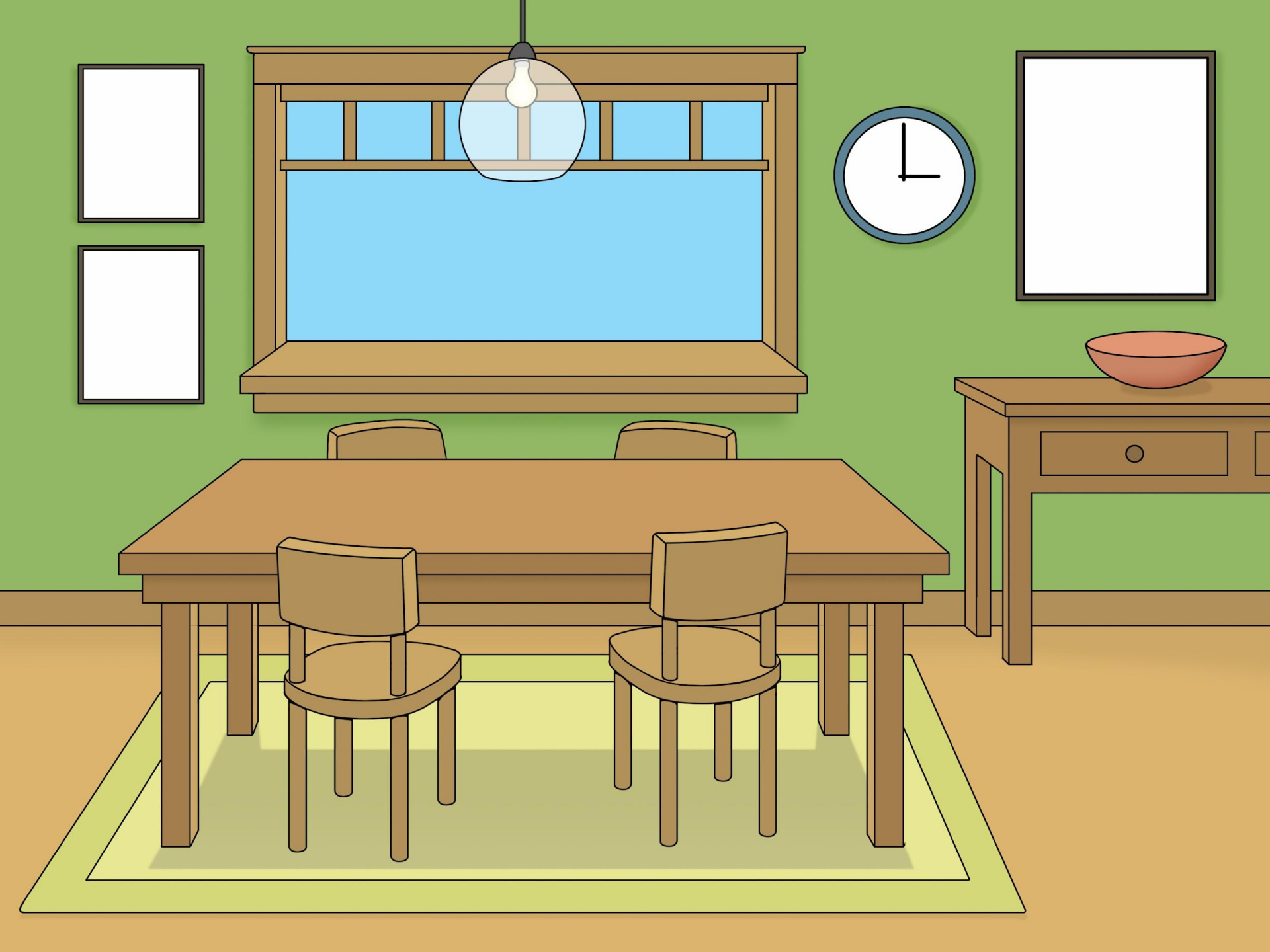
Cafeteria
Today's Special

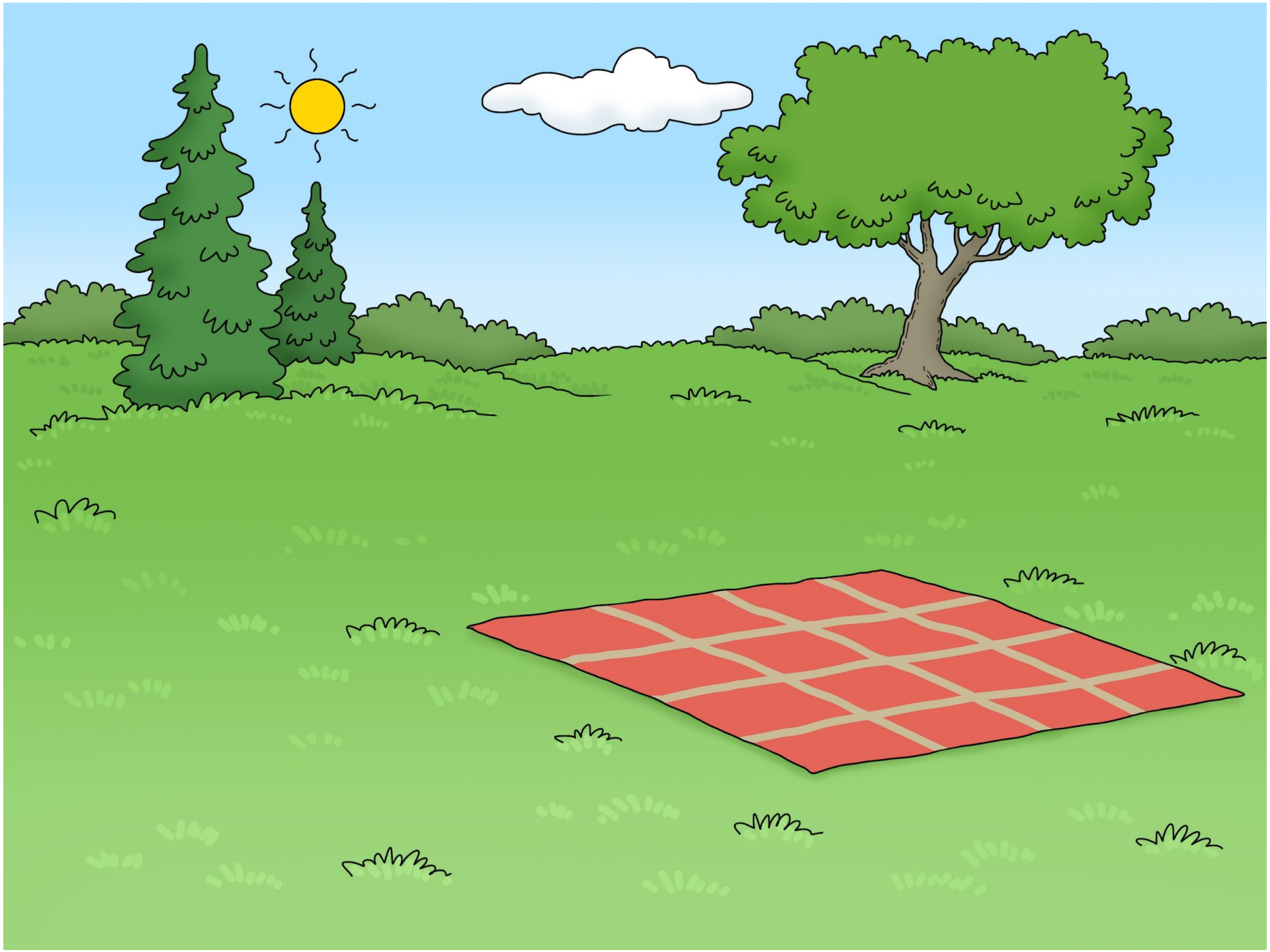


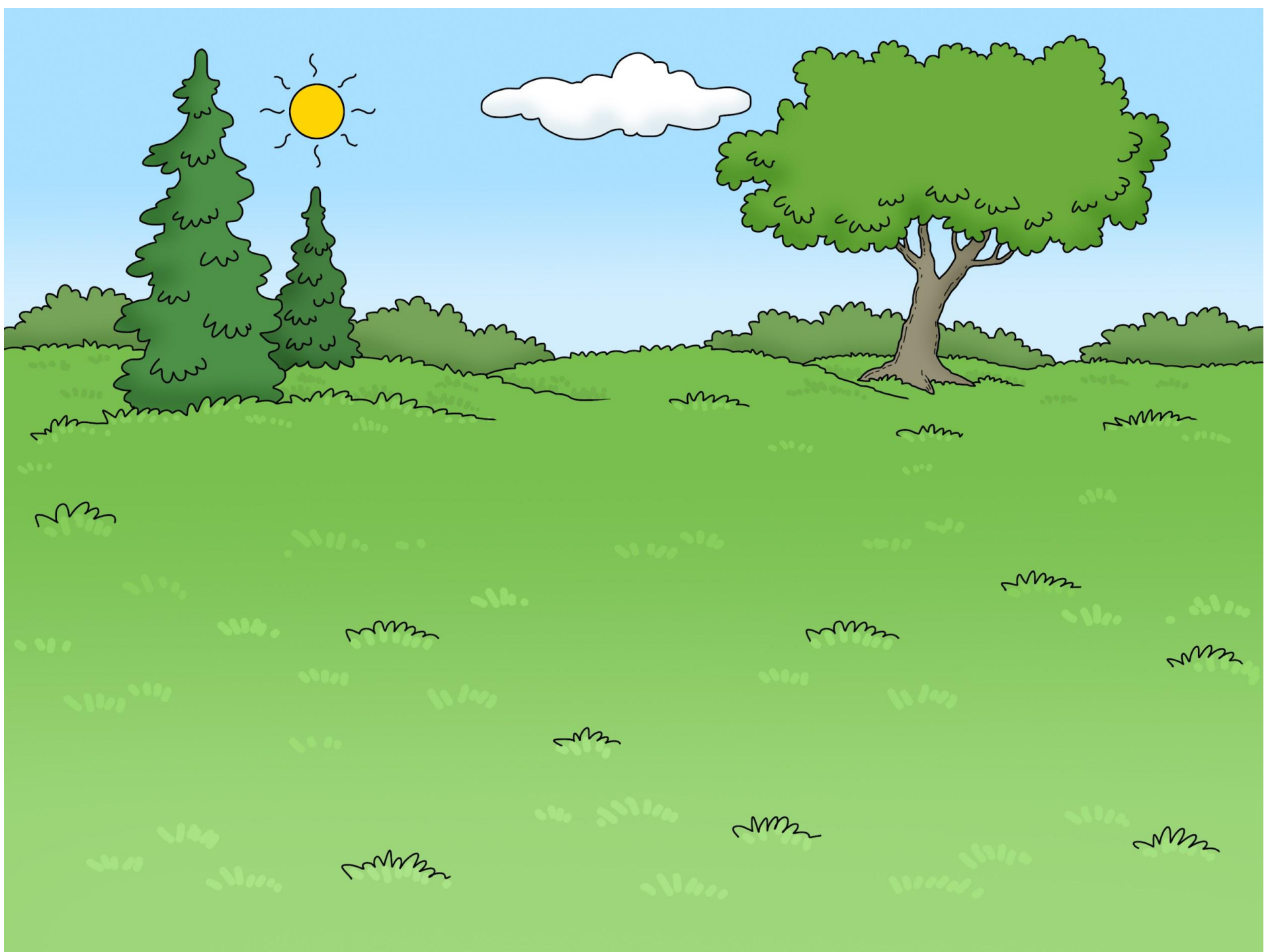


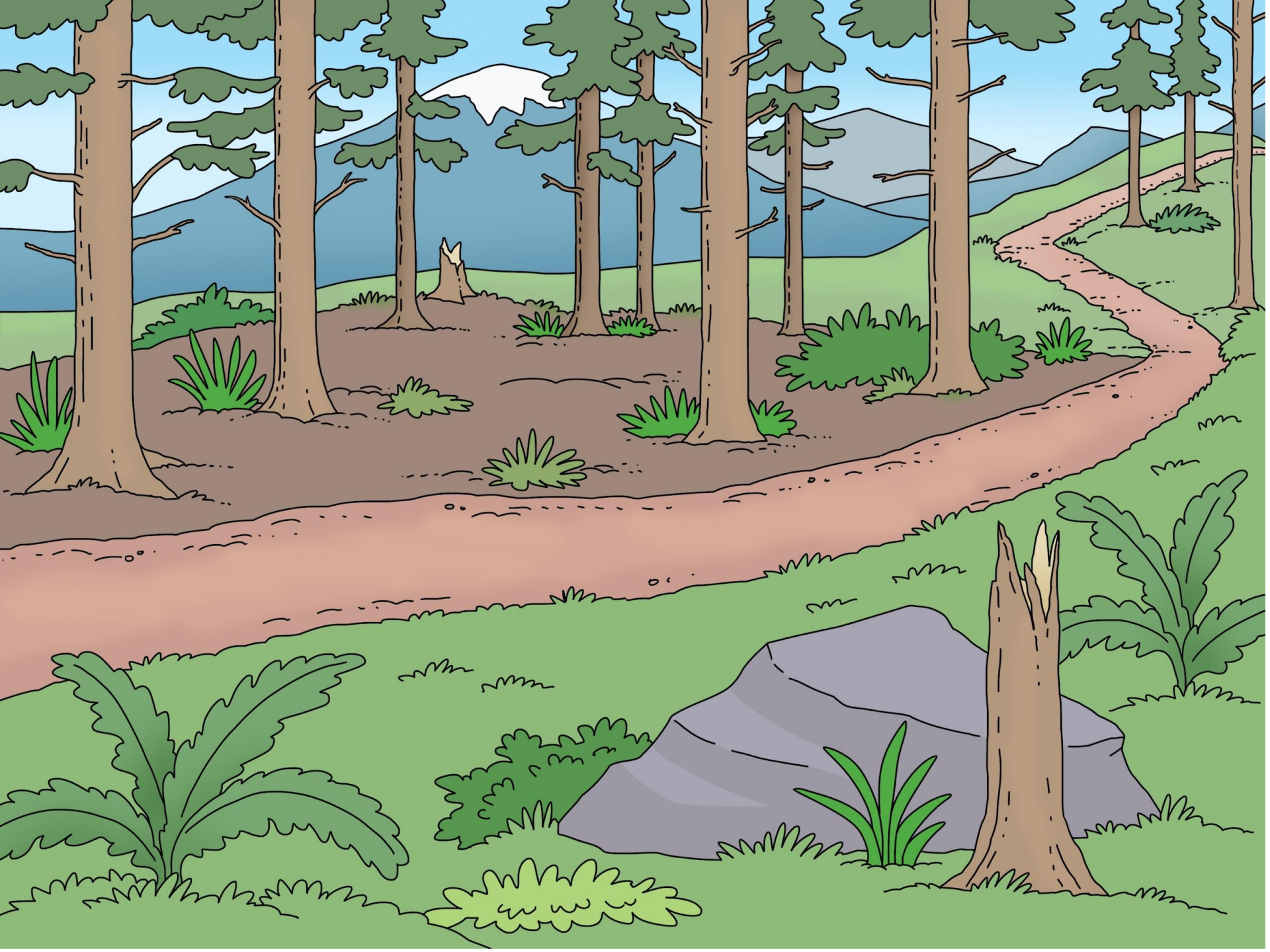












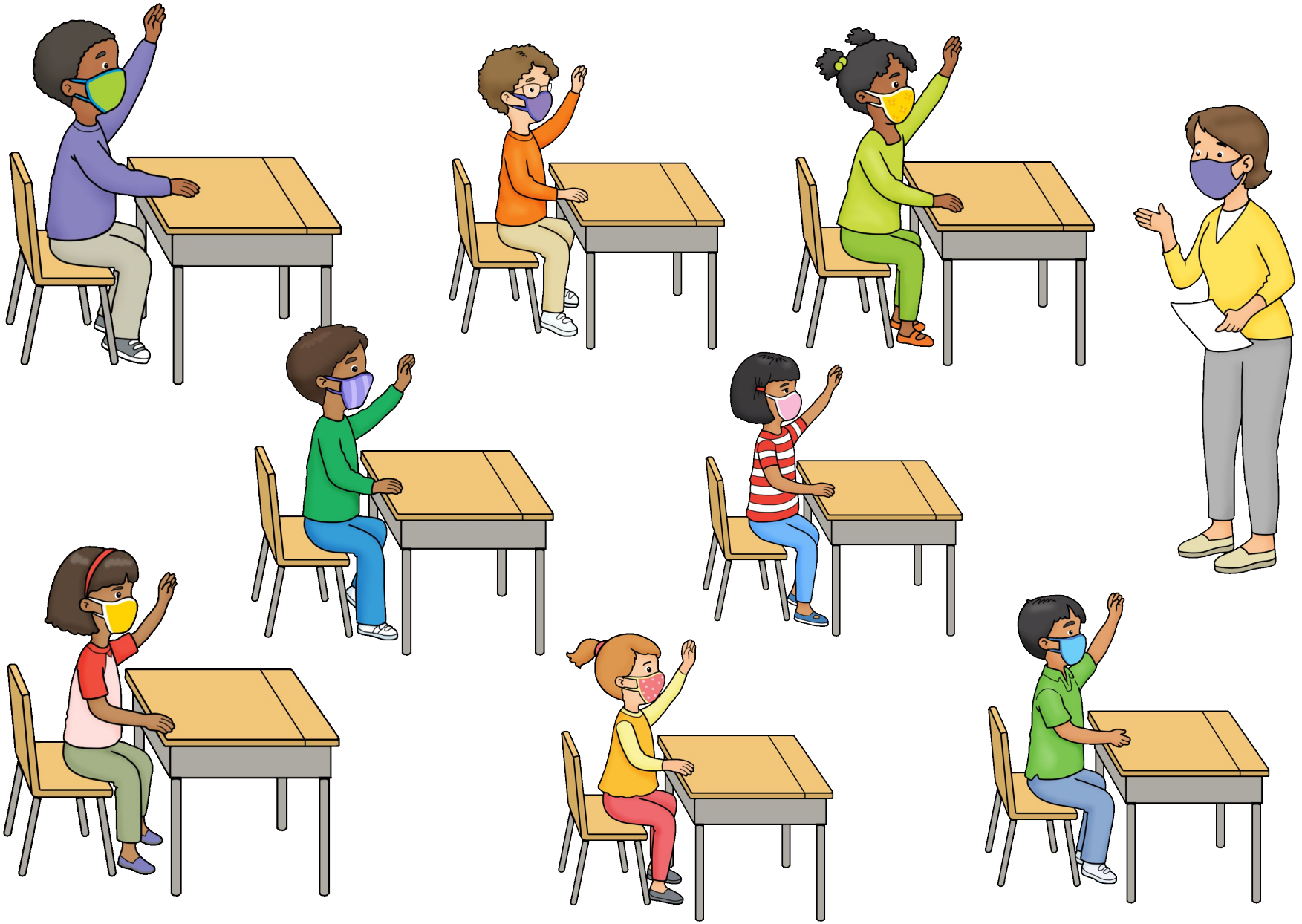
People

Youth Garden

Youth Kitchen

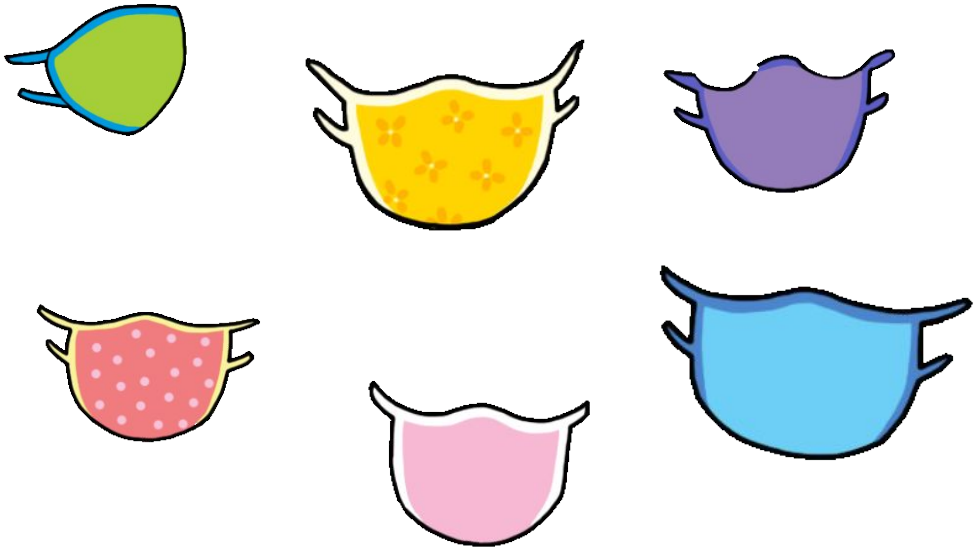
Youth Picnic

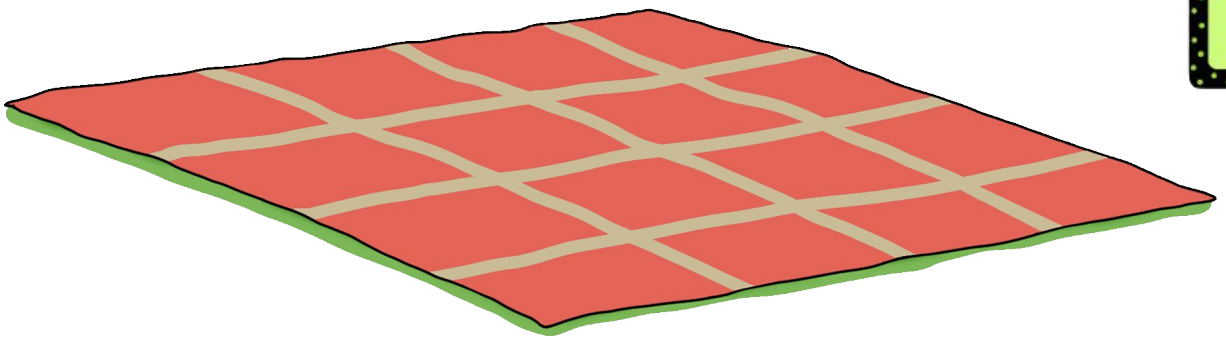
Youth Classroom



Youth Cafeteria

Face Masks and Name Tags and Picnic Blanket





Pets

Julius

There is some research that class pets are effective in enhancing science lessons. There are lots of parallels to making sure a pet is healthy like you can make sure you are healthy! And making decisions for your pet like what they will eat, like you might do for yourself and family.

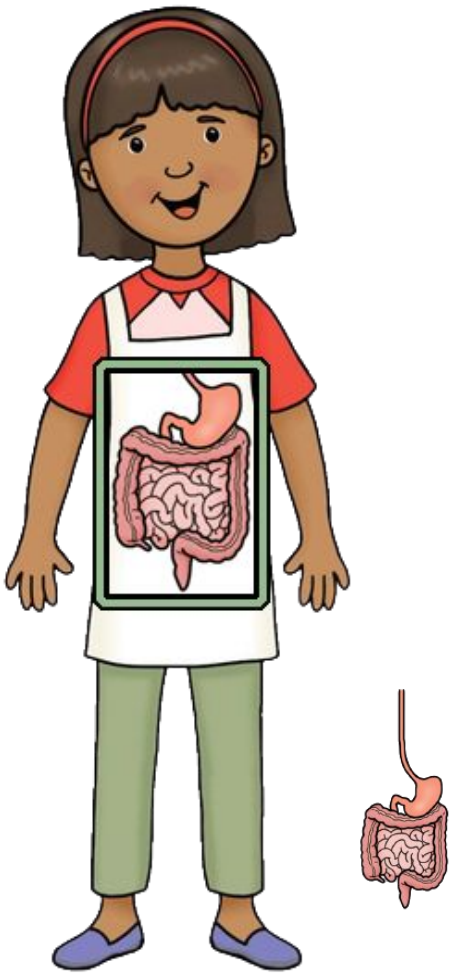
- https://journals.sagepub.com/doi/full/10.1177/2332858417724346
- https://www.americanhumane.org/app/uploads/2016/08/PETS-IN-THE-CLASSROOM-CKT-R4.pdf

Rocky

Nutrient Depictions

Graphics to use when talking about nutrients

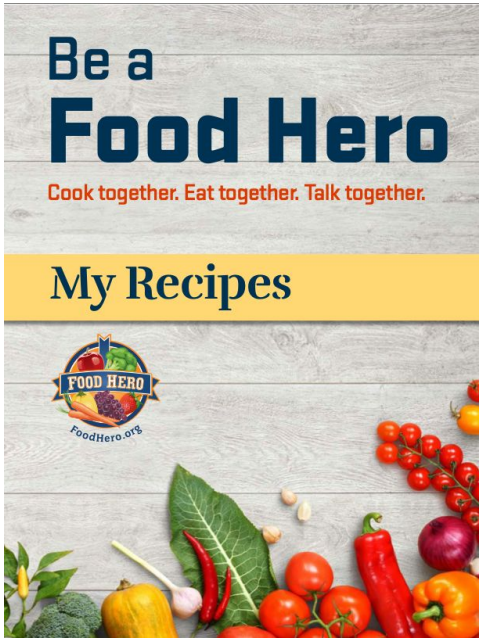
Fiber

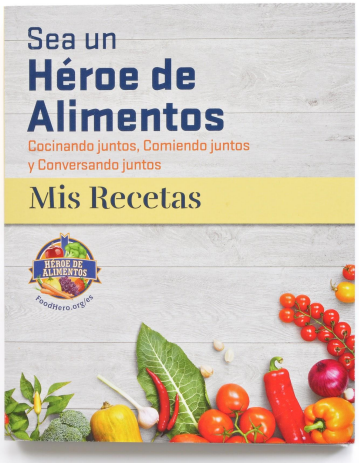


Vitamin C

Food Hero Cookbook

Food Hero Cookbook Images





Physical Activity Tools

Sports

Food Hero Music

Food Hero Theme Song Downloads

Instrumental:
https://drive.google.com/file/d/1xHM4EUkXA0MdEIsQmKHCShL9FRaee5rD/view?usp=sharing.

English with Lyrics:

https://drive.google.com/file/d/1eqYtd61rhQvlijtaMLejHh311TcRwJsP/view?usp=sharing

Spanish with Lyrics:

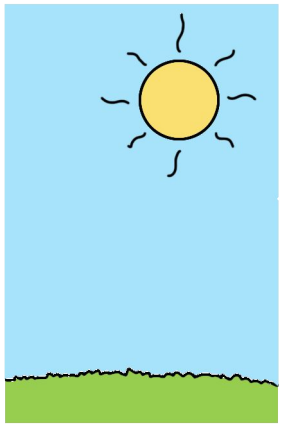
https://drive.google.com/file/d/1yUxiFp-4kNjjWx7R0mn62fr1VMLIyOPt/view?usp=sharing

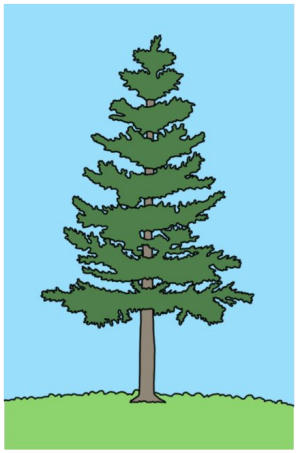
Food Models - National Dairy Council Credit Required

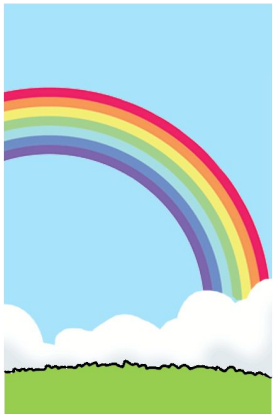
https://www.usdairy.com/getmedia/285989db-9957-44fc-9d0d-5a5aadabfc78/020619foodmodelsfinal.pdf.pdf.aspx

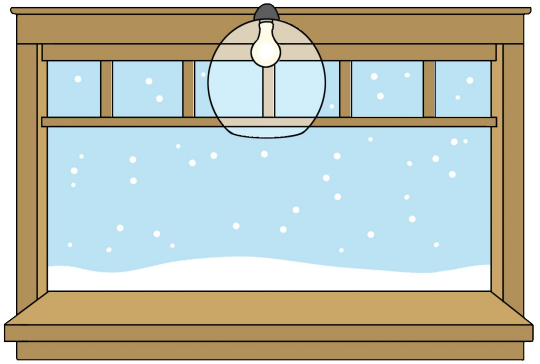
Smaller Campaign Images (Linkable)

Images to Place in the Kitchen Window







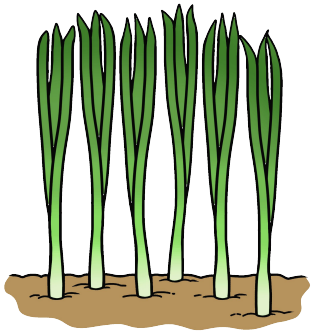


Logos for Food Hero Choice Boards

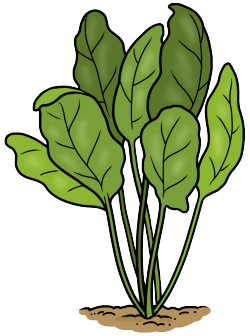
Social Icons

Garden Plants Flip Cards Vegetables

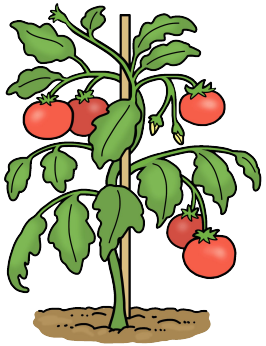
Mesclun Mix



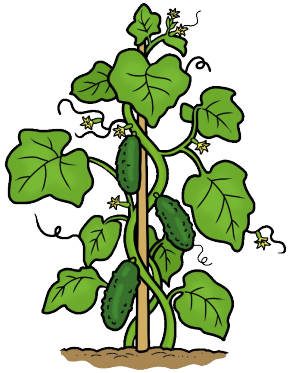
Onion



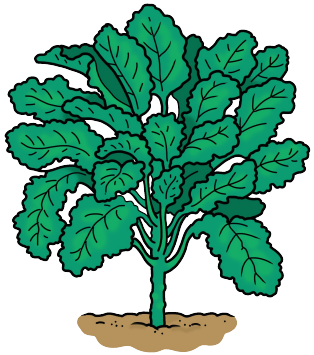
Spinach



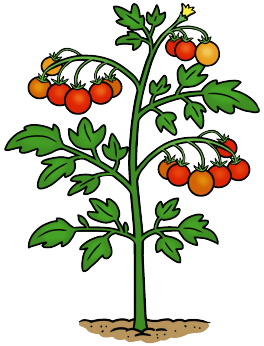
Tomato



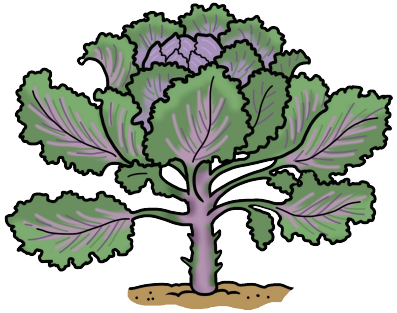
Cucumbers



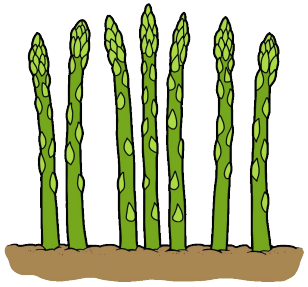
Kale - Siberian



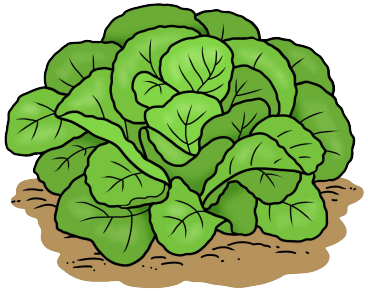
Cherry Tomatoes



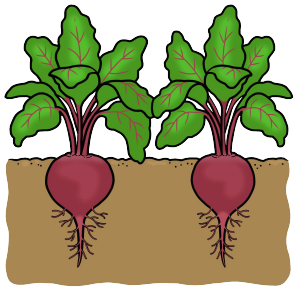
Kale - red



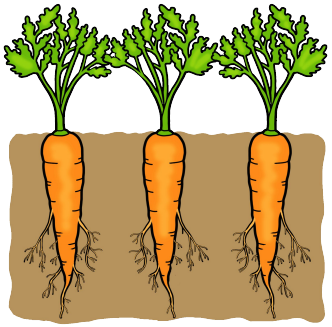
Asparagus



Lettuce



Beet



Carrots

Garden Plants Flip Cards Vegetables

Microgreens

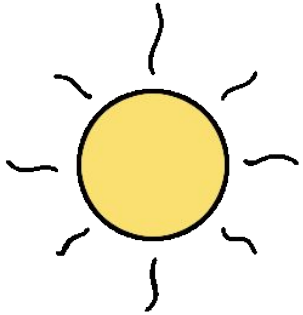
Microgreens - Kale

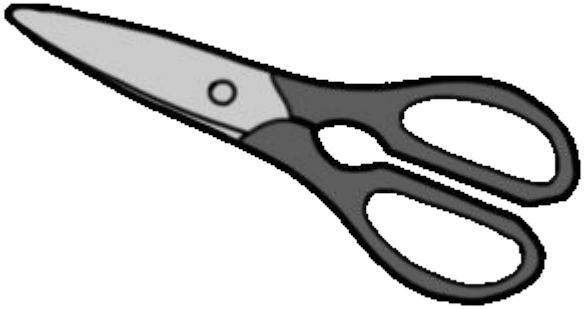
Microgreens - Arugula

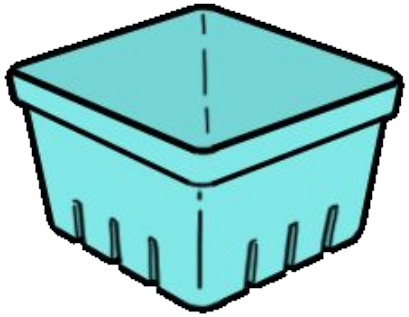
Microgreens - Peas

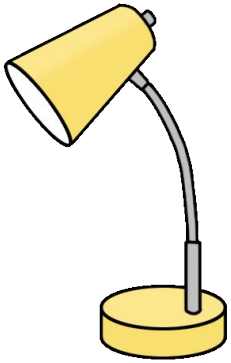
Microgreens - Beets

Garden Tools

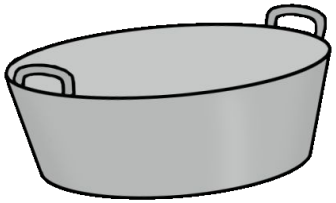


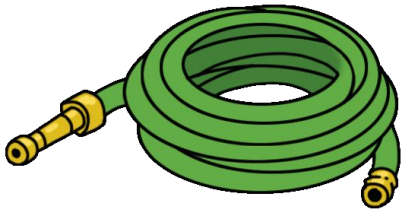


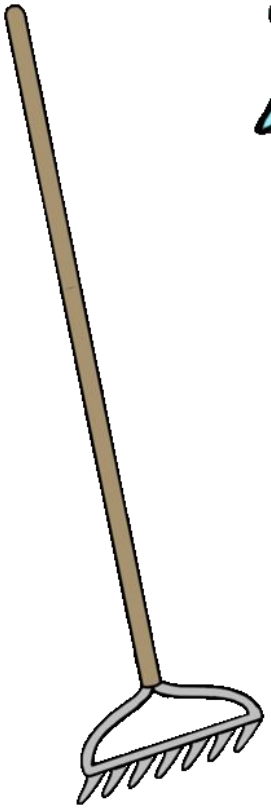


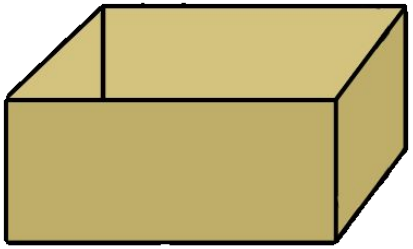


Garden Tools

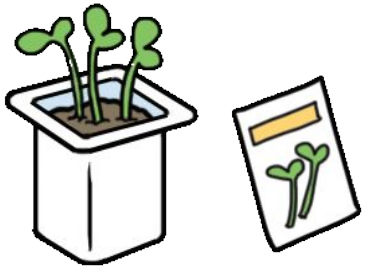




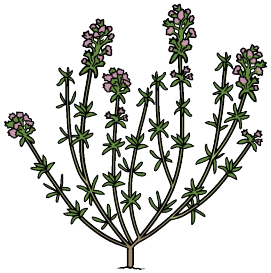




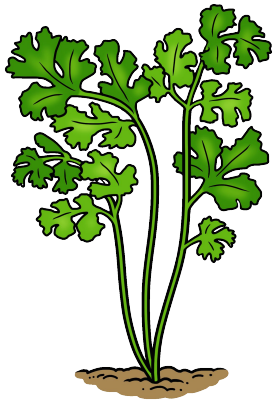
Garden Plants Flip Cards: Herbs



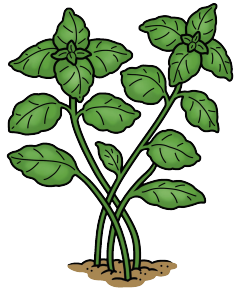
Microgreens
Seed



Thyme

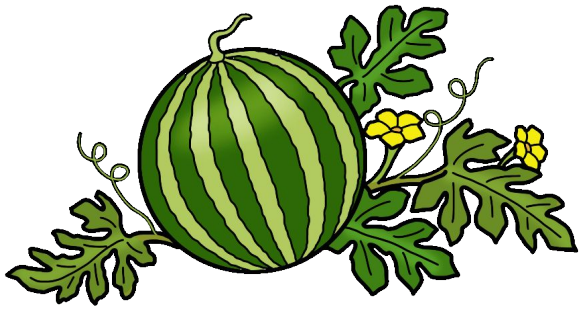


Cilantro

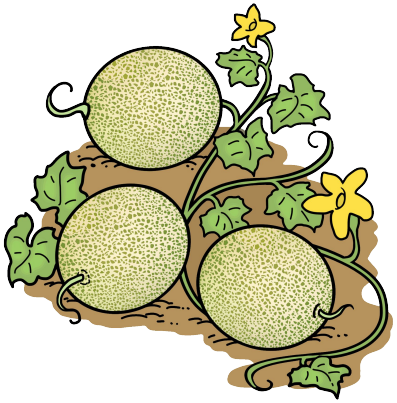


Basil

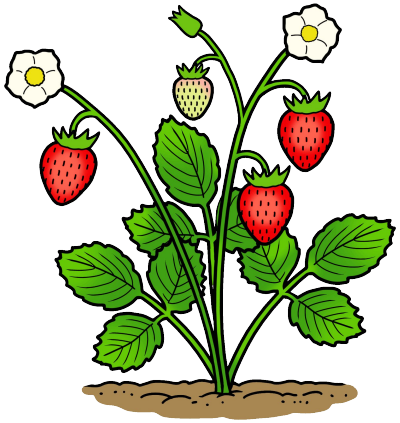
Garden Plants Flip Cards: Fruit



Watermelon



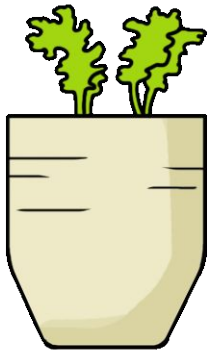
Cantaloupe



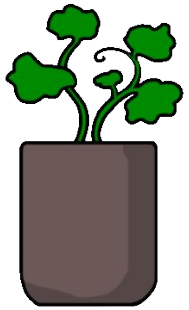
Strawberry

Potted Plants

Link to Growing Plants in Containers:
English - http://bit.ly/FHGrowContainers
Spanish - http://bit.ly/HACultivandoContenedores



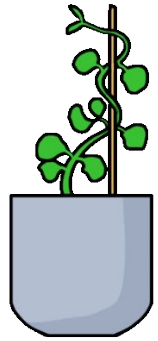
Carrots



Eggplant

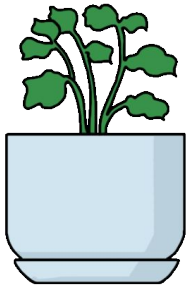
Chives

Leafy Greens



Peas

Peppers



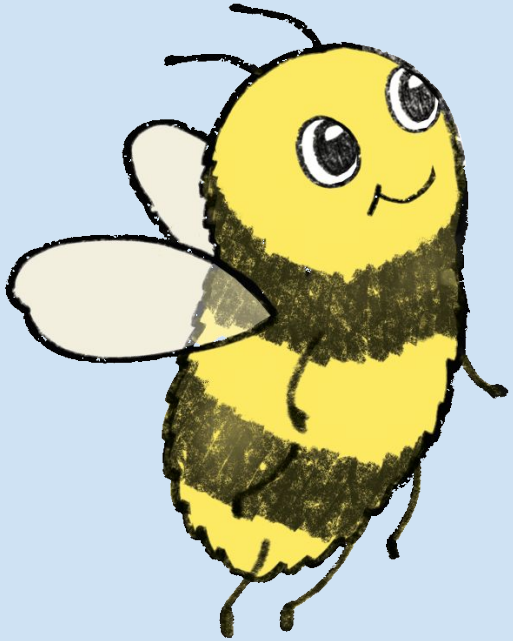
Potatoes

Radish

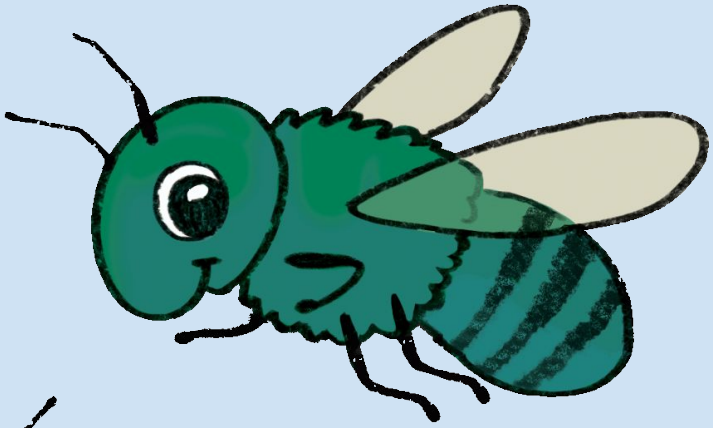
Peas

Tomato

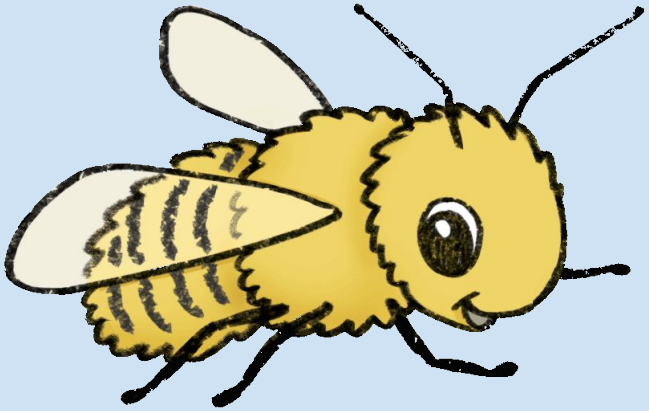
Oregon Bees



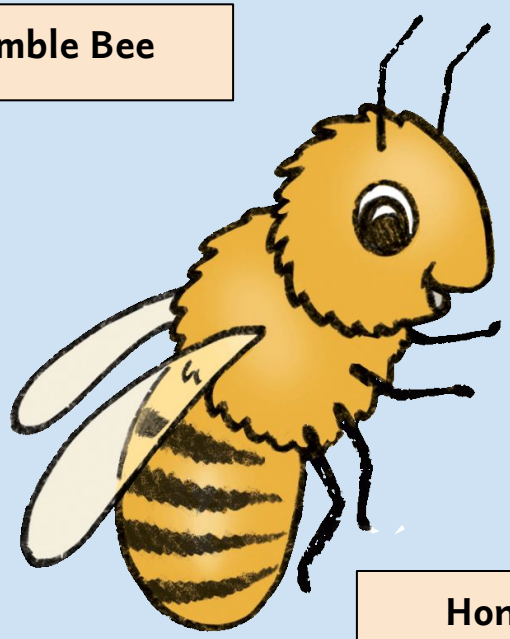
Bumble Bee



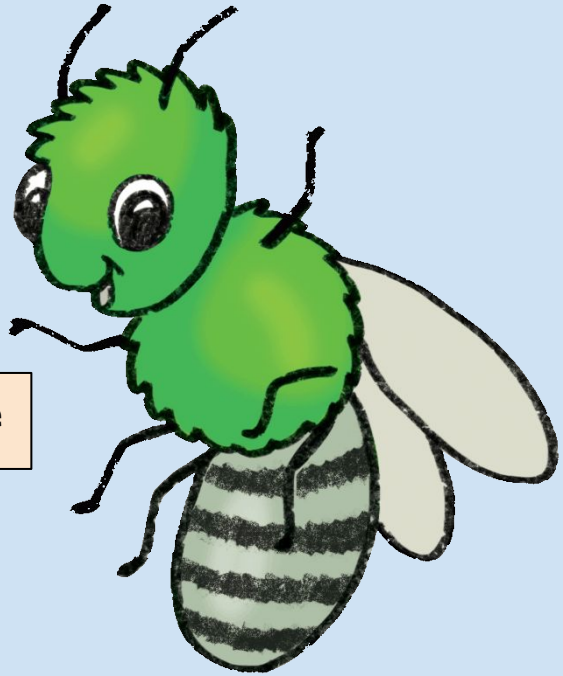
Mason Bee



Sunflower Bee

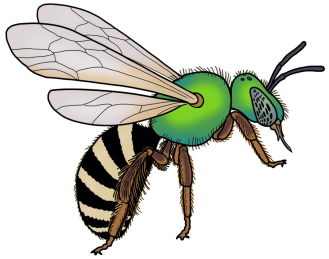


Honey Bee

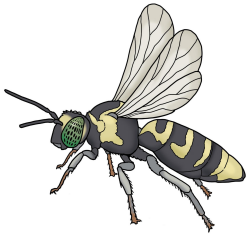


Metallic Sweat Bee

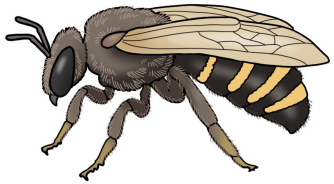
Bees



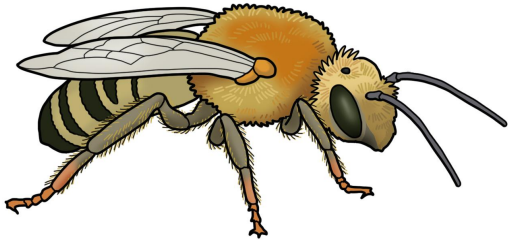
Green Metallic



Cuckoo

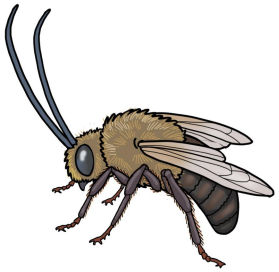


Alkali

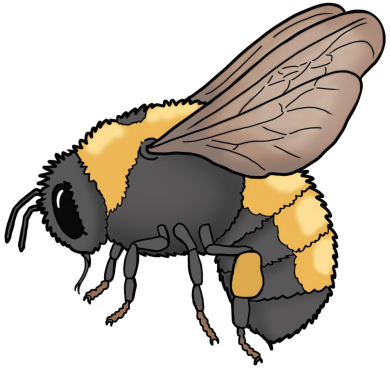


Squash

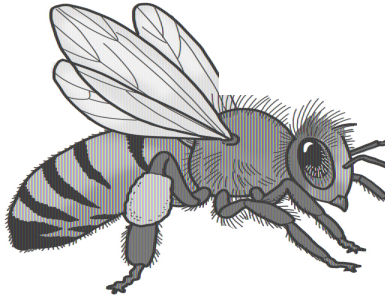
Leafcutter



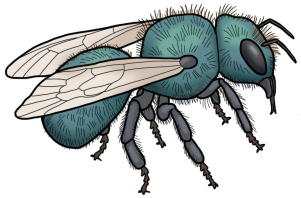
Long Horney



Bumble

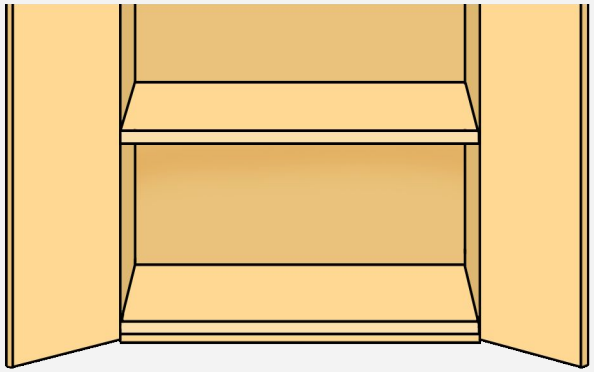


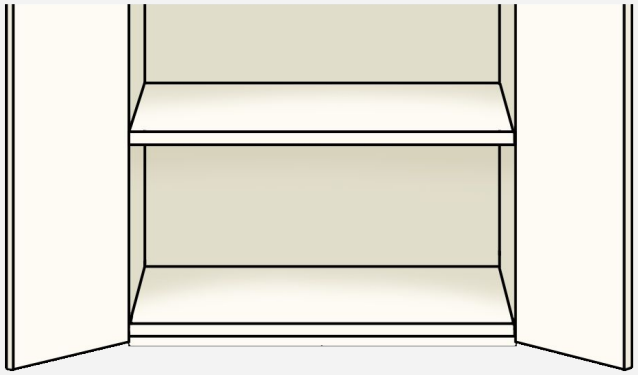
Honey

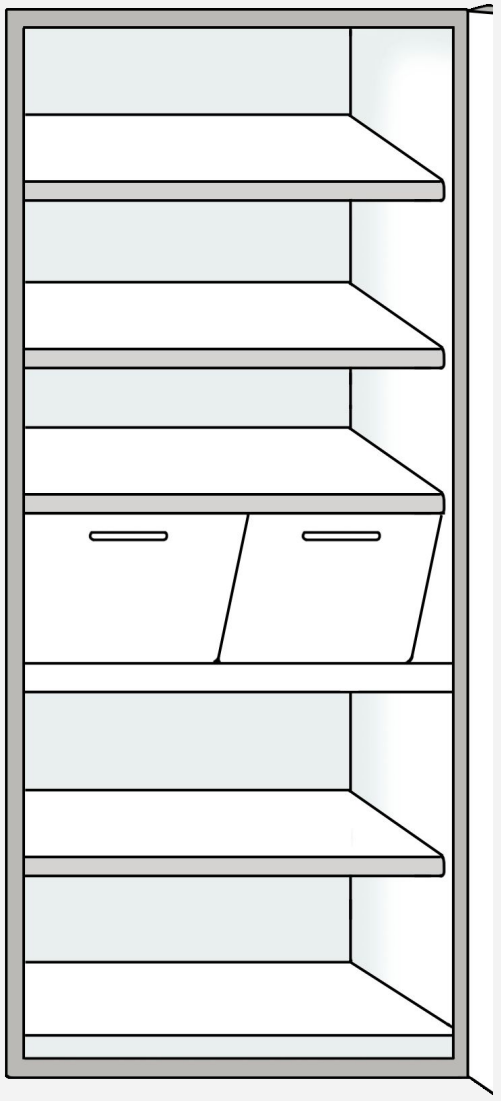


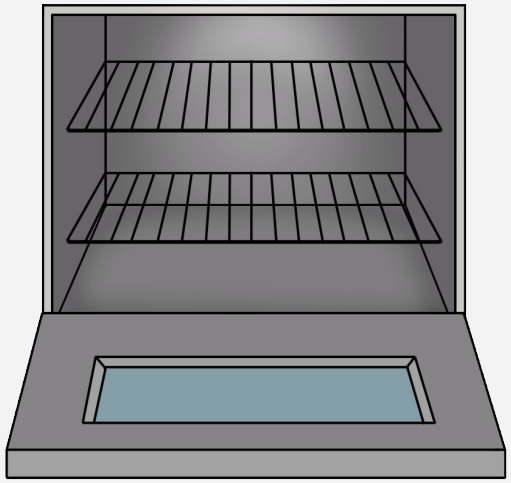
Mason

Kitchen Background Overlays

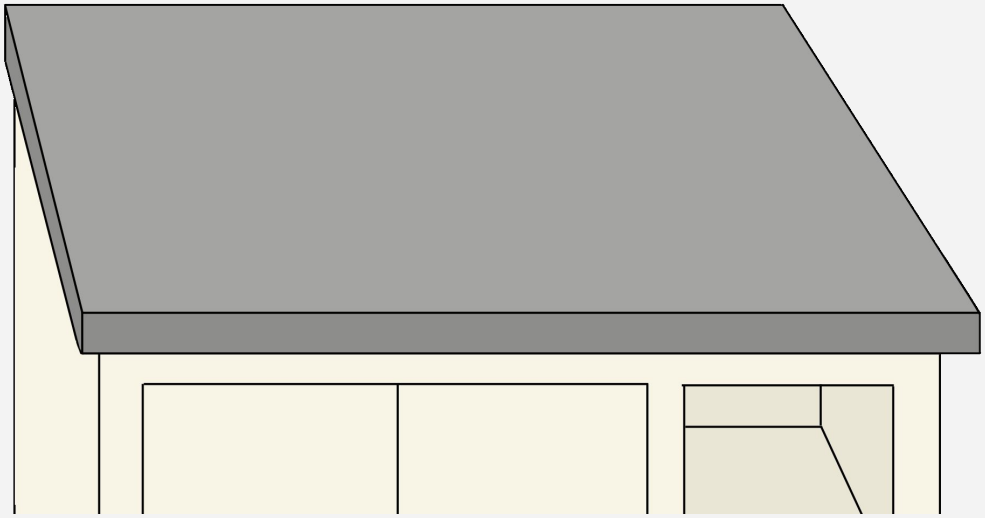




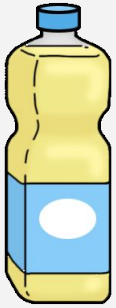


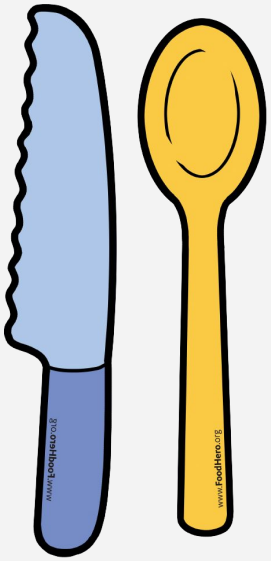


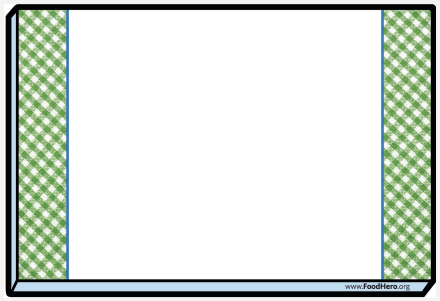
Kitchen Counters

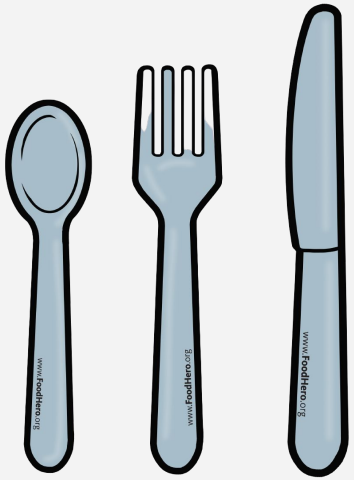


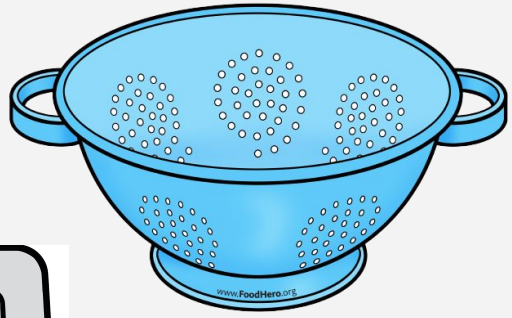
Kitchen Tools 1

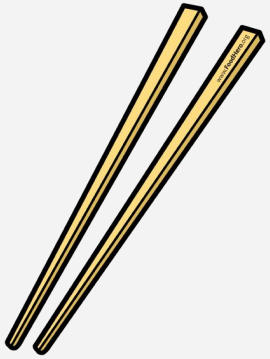


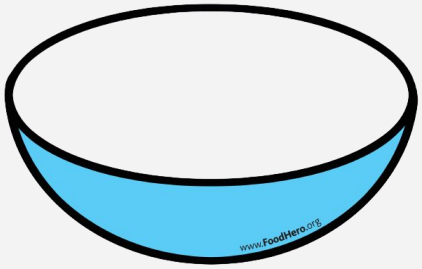


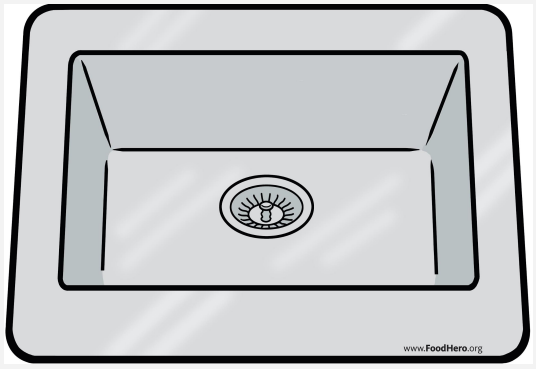


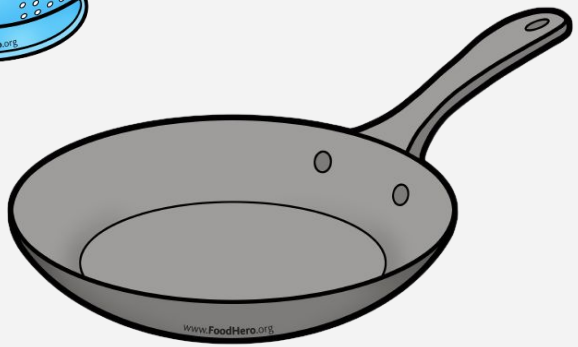


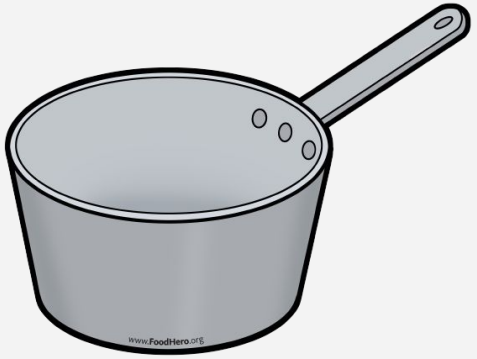




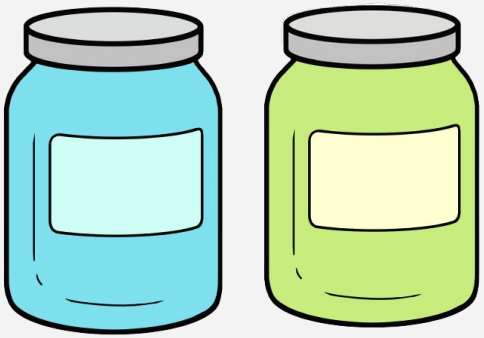


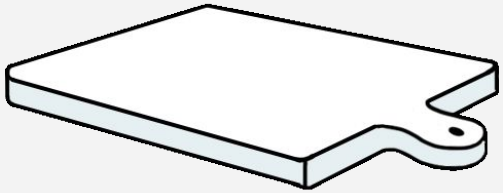


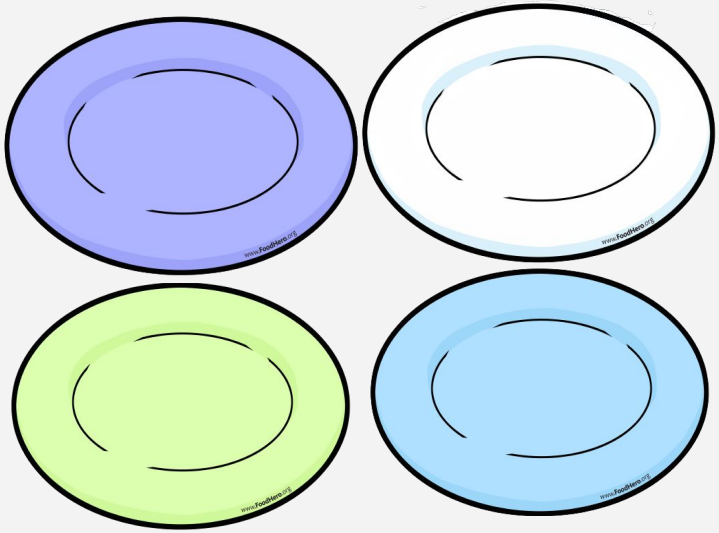


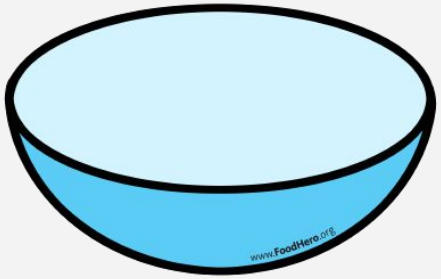


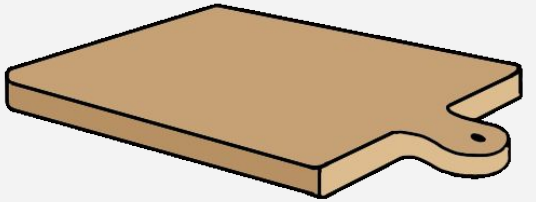
Kitchen Tools 2

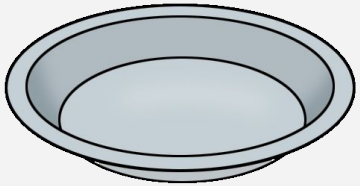


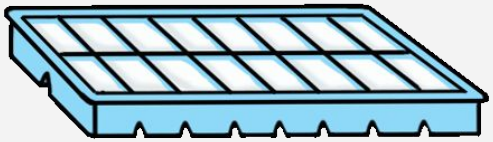


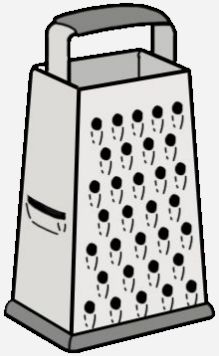




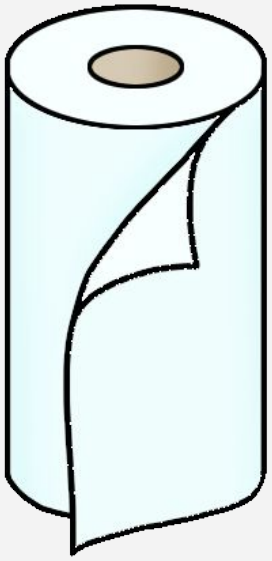


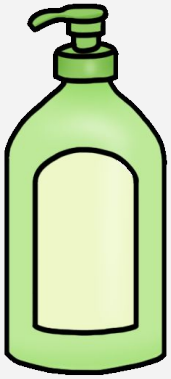


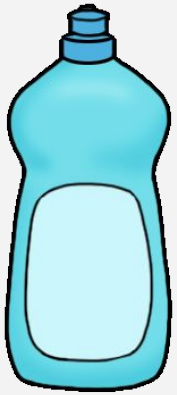




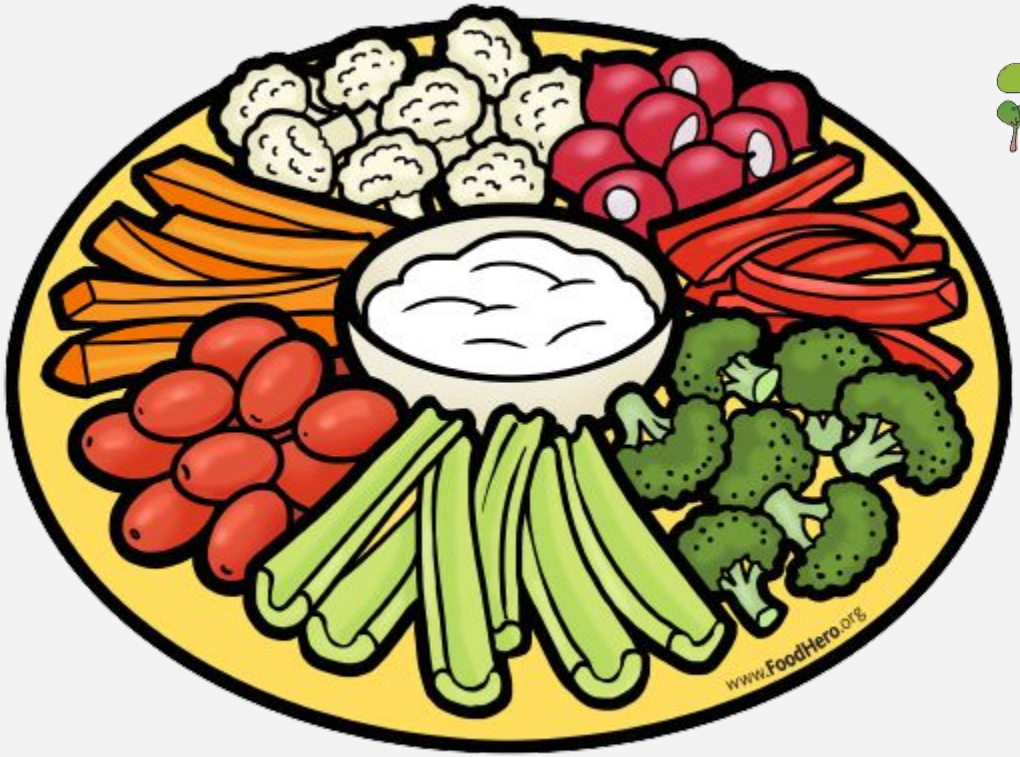
Cleaning Tools







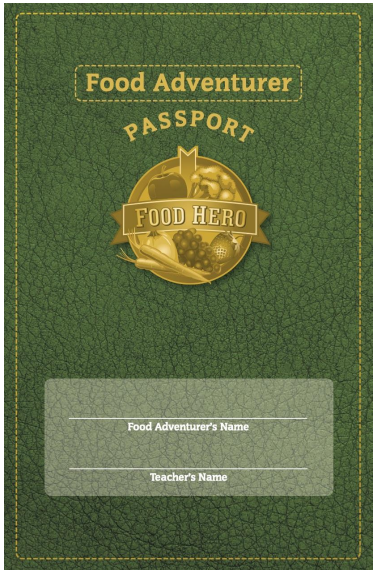
Combo Foods


www.FoodHero.org

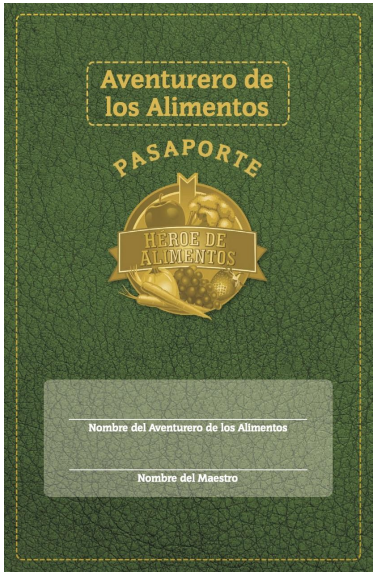
FOOD HERO
FoodHero.org

HÉROE DE ALIMENTOS
FoodHero.org/es

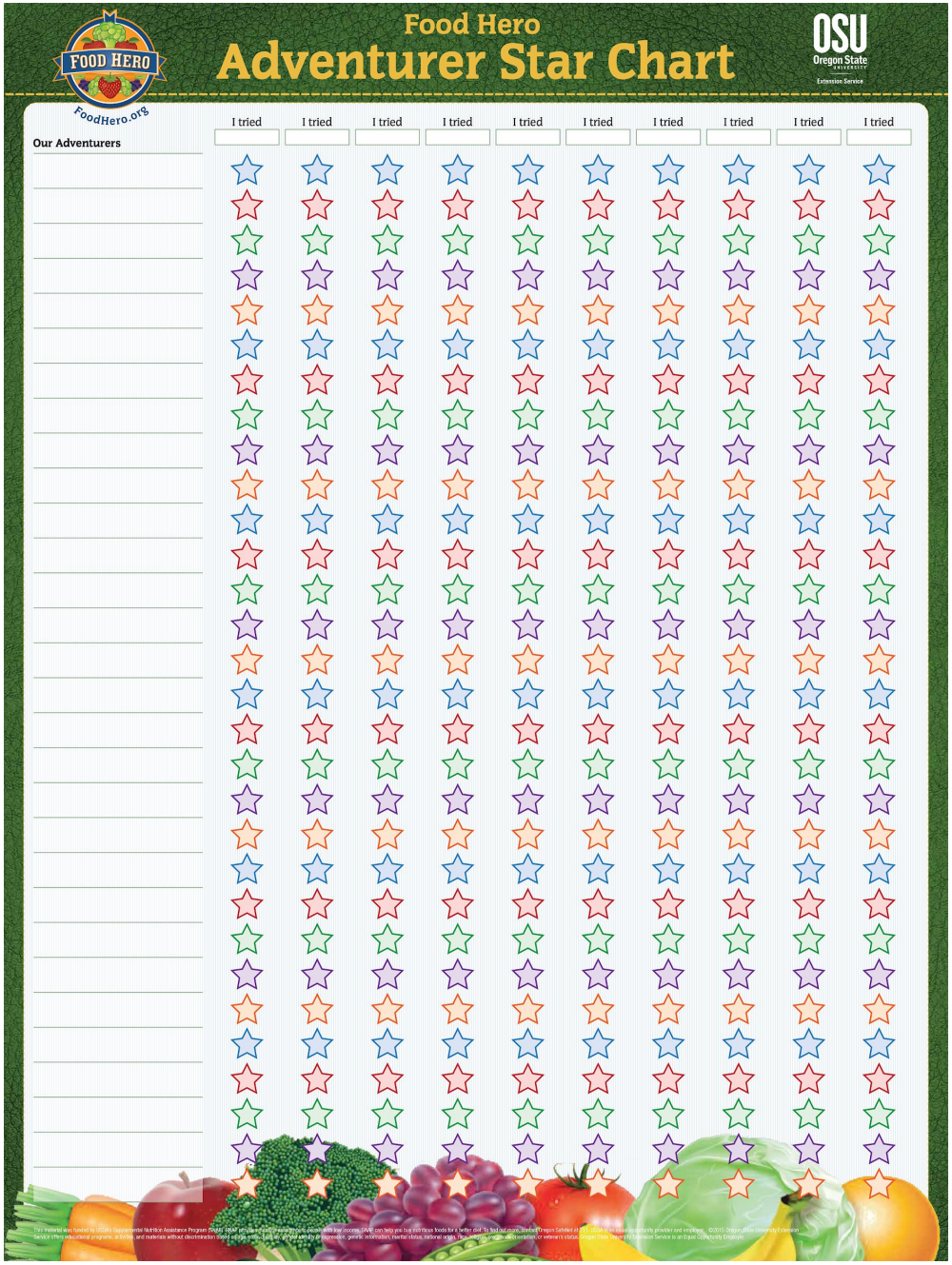
Passports


Food Adventurer
PASSPORT
FOOD HERO
Food Adventurer's Name
Teacher's Name

Collect a sticker or a stamp for each Oregon food you try throughout the year!
FOOD HERO
FoodHero.org
Paid for in part by Oregon SNAP
Oregon Food I Tasted!
Oregon State University
HARVEST SCHOOLS

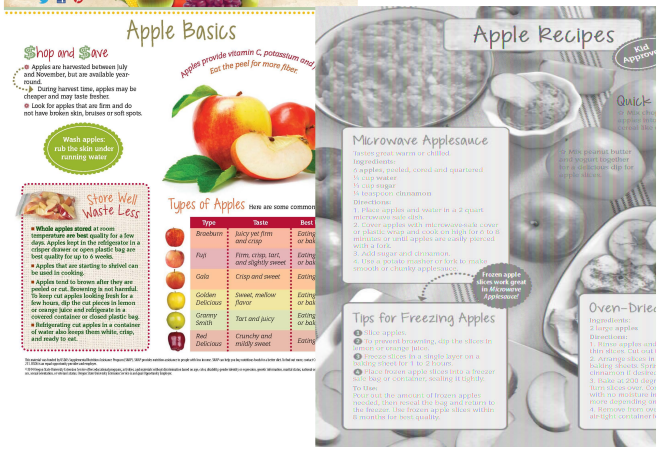

Aventurero de los Alimentos
PASAPORTE
HEROE DE ALIMENTOS
Nombre del Aventurero de los Alimentos
Nombre del Maestro

¡Coleccione una calcomanía o sello para cada alimento del estado de Oregón que usted prueba durante el año!
HEROE DE ALIMENTOS
FoodHero.org/es
Pagado en parte por Oregon SNAP
¡Alimento del Estado de Oregón que Probé!
Oregon State University
HARVEST SCHOOLS

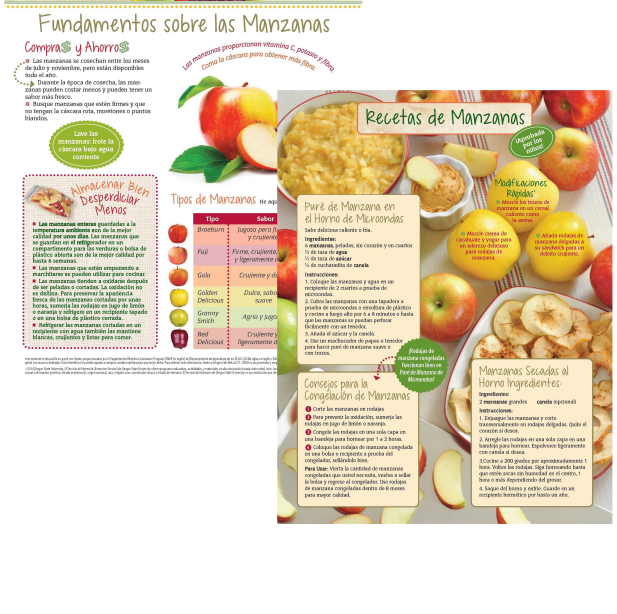

FOOD HERO
FoodHero.org
Food Hero
Adventurer Star Chart
OSU Oregon State University Extension Service
Our Adventurers
I tried
I tried
I tried
I tried
I tried
I tried
I tried
I tried
I tried
I tried

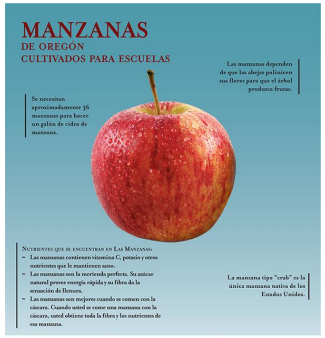
Apples

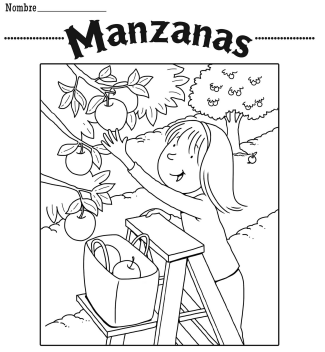
Give Your Family
More of the Good Stuff!
OSU
Oregon State
Extension Service

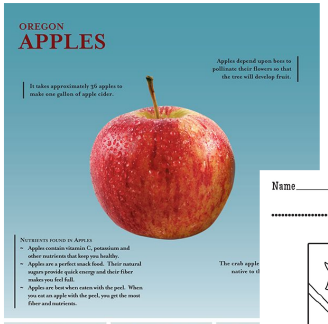

Apple Basics
Shop and Save
Apples provide vitamin C, potassium and
Eat the peel for more fiber.
Wash apples:
rub the skin under
running water
Store Well
Waste Less
Types of Apples
Here are some common
Type
Taste
Best
Braeburn
Juicy yet firm
and crisp
Fuji
Firm, crisp, tart,
and slightly sweet
Gala
Crisp and sweet
Golden
Delicious
Sweet, mellow
flavor
Granny
Smith
Tart and juicy
Red
Delicious
Crunchy and
mildly sweet
Apple Recipes
Microwave Applesauce
Tips for Freezing Apples
Oven-Dried

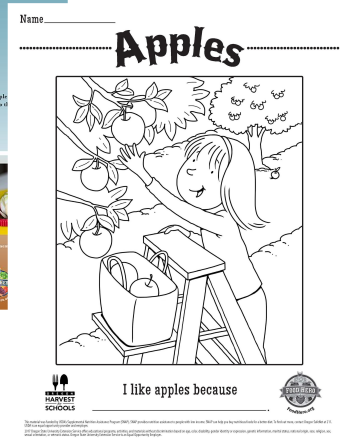
¡Dele a su Familia Más
de las Cosas Buenas!
OSU
Oregon State
Extension Service

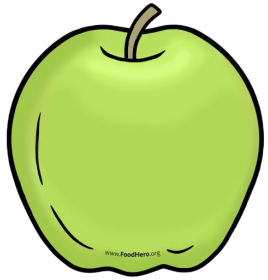

Fundamentos sobre las Manzanas
Compra$ y Ahorro$
Las manzanas proporcionan vitamina C, potasio y fibra.
Come la cáscara para obtener más fibra.
Lave las
manzanas: lleve la
cáscara hajo agua
corriente
Almacenar Bien
Despercidar
Menos
Tipos de Manzanas
Tipo
Sabor
Braeburn
Fuji
Gala
Golden
Delicious
Granny
Smith
Red
Delicious
Recetas de Manzanas
Puré de Manzana en
el Horno de Microondas
Modificaciones
Rápidas
Consejos para la
Congelación de Manzanas
Manzanas Secadas al
Horno Ingredientes


MANZANAS
DE OREGÓN
CULTIVADOS PARA ESCUELAS
Las manzanas dependen
de que las abejas polinicen
sus flores para que el árbol
produzca frutos.
Se necesitan
aproximadamente 36
manzanas para hacer
un galón de cidra de
manzana.
Nutrientes que se encuentran en Las Manzanas:
Las manzanas contienen vitamina C, potasio y otros
nutrientes que le mantienen sano.
Las manzanas son la merienda perfecta. Su azúcar
natural provee energía rápida y su fibra da la
sensación de llenura.
Las manzanas son mejores cuando se comen con la
cáscara. Cuando usted se come una manzana con la
cáscara, usted obtiene toda la fibra y las nutriciones de
esa manzana.
La manzana tipo "crab" es la
única manzana nativa de los
Estados Unidos.
Las manzanas pertenecen a la familia de
las rosas.
HARVEST
SCHOOLS


Nombre
Manzanas
HARVEST
SCHOOLS
Me gustan las manzanas porque


OREGON
APPLES
Apples depend upon bees to
pollinate their flowers so that
the tree will develop fruit.
It takes approximately 36 apples to
make one gallon of apple cider.
Nutrients found in Apples
Apples contain vitamin C, potassium and
other nutrients that keep you healthy.
Apples are a perfect snack food. Their natural
sugars provide quick energy and their fiber
makes you feel full.
Apples are best when eaten with the peel. When
you eat an apple with the peel, you get the most
fiber and nutrients.
The crab apple
native to t
Oregon's apple harvest runs from July
through November.
Oregon farmers grow many different
varieties of apples including heirlooms and
newer hybrid varieties. Each apple has its
own great taste, texture, and color.


Name
Apples
HARVEST
SCHOOLS
I like apples because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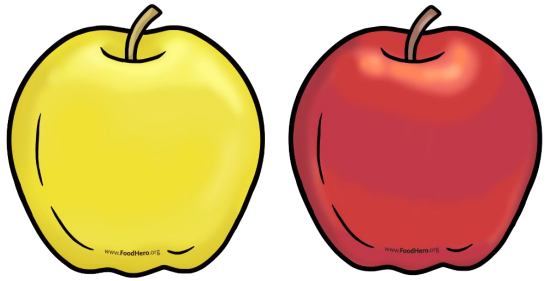
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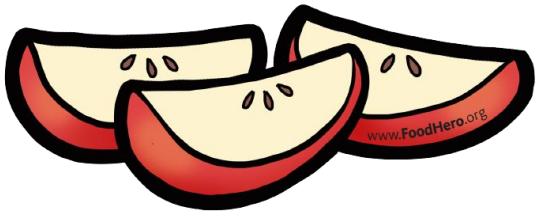
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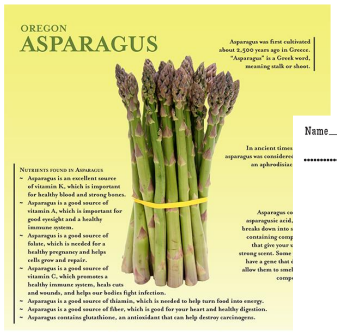
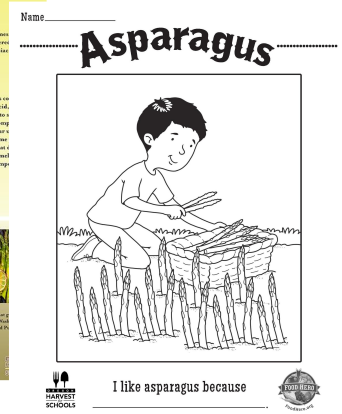
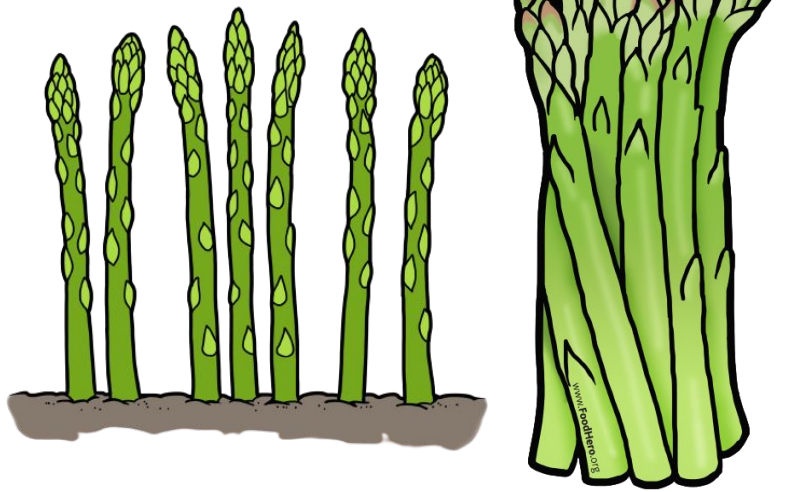
Asparagus


OREGON
ASPARAGUS
Asparagus was first cultivated about 2,500 years ago in Greece. "Asparagus" is a Greek word, meaning stalk or shoot.
In ancient times asparagus was considered an aphrodisiac
Nutrients found in Asparagus
- Asparagus is an excellent source of vitamin K, which is important for healthy blood and strong bones.
- Asparagus is a good source of vitamin A, which is important for good eyesight and a healthy immune system.
- Asparagus is a good source of folate, which is needed for a healthy pregnancy and helps cells grow and repair.
- Asparagus is a good source of vitamin C, which promotes a healthy immune system, heals cuts and wounds, and helps our bodies fight infection.
- Asparagus is a good source of thiamin, which is needed to help turn food into energy.
- Asparagus is a good source of fiber, which is good for your heart and healthy digestion.
- Asparagus contains glutathione, an antioxidant that can help destroy carcinogens.

Asparagus spears grow from a crown that is planted about a foot deep and takes two to three years to be ready to harvest.
An Asparagus spear can grow 10 inches in 24 hours!
Varieties of asparagus that g
Oregon include: Mary Wash
Knight, Jersey Giant and P


Name
Asparagus
I like asparagus because
HARVEST SCHOOLS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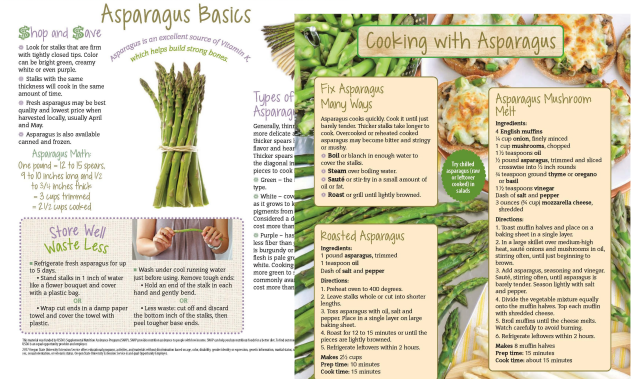
ESPÁRRAGO
DE OREGÓN
El espárrago fue cultivado por primera vez hace casi 2,500 años en Grecia. "Espárrago" es una palabra griega, que significa tallo o brote.
En épocas antiguas, el espárrago era considerado un afrodísiaco.
Los espárragos contienen ácido asparagúsico, el cual se descompone en sustancias que contienen azufre que dan a su orina un olor fuerte. Algunas personas tienen un gen que no les permite oler estos compuestos.
Nutrientes que se Encuentran en el Espárrago:
- El espárrago es una fuente excelente de la vitamina K, la cual es importante para mantener la sangre sana y los huesos fuertes.
- El espárrago es una fuente excelente de la vitamina A, la cual es importante para la buena vista y un sistema inmunológico saludable.
- El espárrago es una buena fuente de folato, que ayuda a las células a crecer y repararse.

Los tallos del espárrago crecen de una corona que se siembra a aproximadamente 30 pulgadas de profundidad y tardan dos o tres años en estar listos para cosechar.
¡Un tallo de espárr
pulgadas en 24 ho

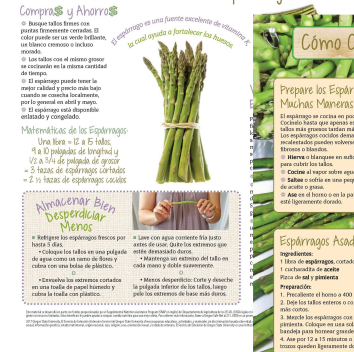
Nombre
Espárrago
Me gustan los espárragos porque
HARVEST SCHOOLS

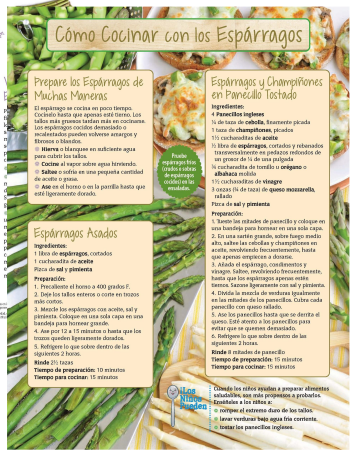
Give Your Family More of the Good Stuff!
OSU
Oregon State
Extension Service

¡Dele a su Familia Más de las Cosas Buenas!
OSU
Oregon State
Extension Service


Asparagus Basics
Shop and Save
Look for stalks that are firm with tightly closed tips. Color can be bright green, creamy white or even purple.
Stalks with the same thickness will cook in the same amount of time.
Fresh asparagus may be best quality and lowest price when harvested locally, usually April and May.
Asparagus is also available canned and frozen.
Asparagus is an excellent source of vitamin K, which helps build strong bones.
Asparagus Math
One pound = 12 to 15 spears, 9 to 10 inches long and ½ to ¾ inches thick
= 3 cups trimmed
= 2 ½ cups cooked
Store Well Waste Less
Refrigerate fresh asparagus for up to 5 days.
Stand stalks in 1 inch of water like a flower bouquet and cover with a plastic bag.
OR
Wrap cut ends in a damp paper towel and cover the towel with plastic.
Wash under cool running water just before using. Remove tough ends:
Hold an end of the stalk in each hand and gently bend.
OR
Less waste: cut off and discard the bottom inch of the stalks, then peel tougher base ends.
Types of Asparagus
Generally, thin spears are more delicate and tender. Thicker spears have a stronger flavor and hearty texture.
Thicker spears can be cut on the diagonal into pieces to cook.
Green – the most common type.
White – covered as it grows to keep it from developing pigments from sunlight.
Considered a delicacy and cost more than green.
Purple – has a sweeter, less fiber than green.
Is burgundy on the outside, fresh is pale green when cooked.
More green than white, commonly available, cost more than white.

Cooking with Asparagus
Fix Asparagus Many Ways
Asparagus cooks quickly. Cook it until just barely tender. Thicker stalks take longer to cook. Overcooked or reheated cooked asparagus may become bitter and stringy or mushy.
Boil or blanch in enough water to cover the stalks.
Steam over boiling water.
Sauté or stir-fry in a small amount of oil or fat.
Roast or grill until lightly browned.
Try chilled asparagus (use as leftover cooked) in salads
Asparagus Mushroom Melt
Ingredients:
4 English muffins
¼ cup onion, finely minced
1 cup mushrooms, chopped
1 ½ teaspoons oil
½ pound asparagus, trimmed and sliced crosswise into ½ inch rounds
¼ teaspoon ground thyme or oregano or basil
1 ½ teaspoons vinegar
Dash of salt and pepper
3 ounces (¾ cup) mozzarella cheese, shredded
Directions:
1. Toast muffin halves and place on a baking sheet in a single layer.
2. In a large skillet over medium-high heat, sauté onions and mushrooms in oil, stirring often, until just beginning to brown.
3. Add asparagus, seasoning and vinegar. Sauté, stirring often, until asparagus is barely tender. Season lightly with salt and pepper.
4. Divide the vegetable mixture equally onto the muffin halves. Top each muffin with shredded cheese.
5. Broil muffins until the cheese melts. Watch carefully to avoid burning.
6. Refrigerate leftovers within 2 hours.
Makes 8 muffin halves
Prep time: 15 minutes
Cook time: about 15 minutes
Roasted Asparagus
Ingredients:
1 pound asparagus, trimmed
1 teaspoon oil
Dash of salt and pepper
Directions:
1. Preheat oven to 400 degrees.
2. Loosen stalks whole or cut into shorter lengths.
3. Toss asparagus with oil, salt and pepper. Place in a single layer on large baking sheet.
4. Roast for 12 to 15 minutes or until the pieces are lightly browned.
5. Refrigerate leftovers within 2 hours.
Makes 2½ cups
Prep time: 10 minutes
Cook time: 15 minutes
Kids Can!
When kids help make healthy food, they are more likely to try it. Show kids how to:
snap off the woody end of stalks.
wash vegetables under cool running water.
toast English muffins.


Fundamentos de los Espárragos
Compras y Ahorros
Busque tallos firmes con puntas firmemente cerradas. El color puede ser un verde brillante, un blanco cremoso o incluso morado.
Los tallos con el mismo grosor se cocinarán en la misma cantidad de tiempo.
El espárrago puede tener la mejor calidad y precio más bajo cuando se cosecha localmente, por lo general en abril y mayo.
El espárrago está disponible enlatado y congelado.
El espárrago es una fuente excelente de vitamina K, la cual ayuda a fortalecer los huesos.
Matemáticas de los Espárragos
Una libra = 12 a 15 tallos, 9 a 10 pulgadas de longitud y ½ a ¾ de pulgada de grosor
= 3 tazas de espárragos cortados
= 2 ½ tazas de espárragos cocidos
Almacenar Bien Desperdiciar Menos
Refrigere los espárragos frescos por hasta 5 días.
Coloque los tallos en una pulgada de agua como un ramo de flores y cubra con una bolsa de plástico.
O
Envuelva los extremos cortados en una toalla de papel húmeda y cubra la toalla con plástico.
Lave con agua corriente fría justo antes de usar. Corte los extremos que estén demasiado duros.
Mantenga un extremo del tallo en cada mano y doble suavemente.
O
Menos desperdicio: Corte y deseche la pulgada inferior de los tallos, luego pele los extremos de base más duros.


Cómo Cocinar con los Espárragos
Prepare los Espárragos de Muchas Maneras
El espárrago se cocina en poco tiempo. Cocínelo hasta que apenas esté tierno. Los tallos más gruesos tardan más en cocinarse. Los espárragos cocidos demasiado o recalentados pueden volverse amargos y flemosos o blandos.
Hierva o blanquee en suficiente agua para cubrir los tallos.
Cocine al vapor sobre agua hirviendo.
Saltee o sofría en una pequeña cantidad de aceite o grasa.
Ase en el horno o en la parrilla hasta que esté ligeramente dorado.
Pruebe espárragos finos (tallos sobre de espárragos cocidos) en las ensaladas.
Espárragos y Champiñones en Panecillo Tostado
Ingredientes:
4 Panecillos ingleses
¼ de taza de cebolla, finamente picada
1 taza de champiñones, picados
1½ cucharaditas de aceite
½ libra de espárragos, cortados y rebanados transversalmente en pedazos redondos de un grosor de ¼ de una pulgada
¼ cucharadita de tomillo o orégano o albahaca molida
1½ cucharaditas de vinagre
3 onzas (¾ de taza) de queso mozzarella, rallado
Pizca de sal y pimienta
Preparación:
1. Tueste las mitades de panecillo y coloque en una bandeja para hornear en una sola capa.
2. En una sartén grande, sobre fuego medio alto, sofría las cebollas y champiñones en aceite, revolviendo frecuentemente, hasta que apenas empiecen a dorarse.
3. Añada el espárrago, condimentos y vinagre. Saltee, revolviendo frecuentemente, hasta que los espárragos apenas estén tiernos. Sazone ligeramente con sal y pimienta.
4. Divida la mezcla de verduras igualmente en las mitades de los panecillos. Cubra cada panecillo con queso rallado.
5. Ase los panecillos hasta que se derrita el queso. Esté atento a los panecillos para evitar que se quemen demasiado.
6. Refrigere lo que sobre dentro de las siguientes 2 horas.
Rinde 8 mitades de panecillo
Tiempo de preparación: 15 minutos
Tiempo para cocinar: 15 minutos
Espárragos Asados
Ingredientes:
1 libra de espárragos, cortados
1 cucharadita de aceite
Pizca de sal y pimienta
Preparación:
1. Precaliente el horno a 400 grados F.
2. Deje los tallos enteros o corte en trozos más cortos.
3. Mezcle los espárragos con aceite, sal y pimienta. Coloque en una sola capa en una bandeja para hornear grande.
4. Ase por 12 a 15 minutos o hasta que los trozos queden ligeramente dorados.
5. Refrigere lo que sobre dentro de las siguientes 2 horas.
Rinde 2½ tazas
Tiempo de preparación: 10 minutos
Tiempo para cocinar: 15 minutos
Los Niños Pueden
Cuando los niños ayudan a preparar alimentos saludables, son más propensos a probarlos.
Enseñales a los niños a:
romper el extremo duro de los tallos.
lavar verduras bajo agua fría corriente.
tostar los panecillos ingleses.

Bananas

Banana Basics

Shop and Save

- Bananas are available year-round at low prices. Yellow bananas are the most common and can be eaten at several stages of ripeness. Red bananas are shorter, plumper and only eaten when ripe. Plantains are related to bananas but are starchy, like root vegetables. They are usually cooked rather than eaten raw.
- Choose bananas according to the ripeness desired. As they ripen, the skin color changes from green to yellow to speckled with brown to more brown or black. The flesh becomes softer and more flavorful.

Bananas provide potassium, which may protect against high blood pressure and other heart diseases.

Store Well Waste Less

- Bananas are usually stored at room temperature. They continue to ripen after harvest. The warmer the temperature, the faster they ripen.
  - To speed ripening, place in a closed paper bag in a warm area. Adding a ripe apple can speed the process. Check daily.
  - To slow ripening, choose a cool spot or refrigerate. Ripe bananas can be refrigerated for up to 2 weeks. The skin may turn black but the flesh will be fine.
  - Freeze bananas for longer storage.
    - In their skin – Use within 2 months for best quality. Thaw in refrigerator. Squeeze banana from the skin.
    - Peeled – Use within 4 to 6 months for best quality. Package as chunks or mashed in measured amounts. Use frozen or thawed.

More About Bananas

- When bananas are peeled or cut, the flesh starts to brown. Browned bananas might not look attractive but they are safe to eat. Reduce browning by:
  - Peeling or cutting just before using.
  - Dipping in fruit juice that is acidic or high in vitamin C such as lemon, lime, orange or pineapple.
- Use banana to replace eggs in baked goods: ¼ cup mashed banana (about ½ banana) = 1 egg
- Bananas can also substitute for up to half of the fat in baked goods. They will add a banana flavor and some sweetness.

Banana Matl

1 pound = 3 medium banan (7 to 8 inches) = 2 to 2 ½ cups slices 1 ½ cups mashe

Frozen banana chunks are great for smoothies.

Oregon State University

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. It's also a equal opportunity provider and employer.

211 Oregon State University. Si necesita información en español llame a 211. Si usted o alguien que conoce está teniendo problemas de alimentos o de vivienda, considere solicitar ayuda. Nosotros no discriminamos basado sobre edad, color, incapacidades, identidad o expresión de identidad sexual, información genética, estado matrimonial, origen nacional, raza, religión, sexo, creencias sexuales o estado de veteranos. El servicio de Extensión de Oregon State University es una institución que ofrece igualdad de oportunidades.

Share o

Enjoy Bananas!

Banana Oatmeal Muffins

Very ripe bananas give muffins more flavor.

Ingredients:
1 cup **quick rolled oats**
¼ cup **milk**
2 **eggs**, lightly beaten
½ cup **oil**
1 cup mashed ripe **bananas**
1 ½ cups **whole wheat flour**
½ cup **sugar**
2 teaspoons **baking powder**
1 teaspoon **baking soda**
¼ teaspoon **salt**

Directions:
1. Preheat oven to 400 degrees F. Lightly oil or spray the bottoms of 12 muffin cups.
2. Mix oats with milk. Stir in lightly-beaten eggs, oil and bananas. Let stand while measuring dry ingredients.
3. In a separate bowl, combine dry ingredients and stir well.
4. Add oat mixture to dry ingredients and stir gently to moisten. Don't overmix.
5. Fill muffin cups ¾ full.
6. Bake at 400 degrees F until golden brown and a toothpick inserted in the center comes out moist but clean, about 18 to 20 minutes.

Note: To bake as Banana Oatmeal Bread, use an 8 or 9-inch bread pan and bake at 350 degrees F for 45 to 50 minutes.
Makes 12 muffins or 1 loaf
Prep time: 15 minutes
Cook time: 18-20 minutes

Cuban Baked Bananas

Ingredients:
6 **bananas**, peeled and sliced lengthwise
4 Tablespoons **brown sugar**
4 Tablespoons **margarine** or **butter**
½ cup **raisins** or other dried chopped fruit
½ cup **pecans** or **other nuts**, chopped

Directions:
1. Lightly spray or oil a 9 x 13-inch pan.
2. Arrange the split bananas in the pan.
3. Top evenly with brown sugar, small pieces of margarine, raisins and pecans.
4. Bake at 350 degrees F for 30 minutes. Serve warm.
5. Refrigerate leftovers within 2 hours.

Makes 12 half bananas
Prep time: 10 minutes
Cook time: 30 minutes

Dried Bananas

1. Peel bananas and slice evenly into slices ¼ to ¼-inch thick. Thicker pieces take longer to dry.
2. Optional: Dip in acidic fruit juice (lemon, lime, orange, or pineapple) to reduce browning. Sprinkle with cinnamon or other flavorings if desired.
3. Dry until pieces bend like thick leather and no longer feel sticky.
- **Oven** – set at lowest temperature (175 to 200 degrees F); use convection bake if available; takes 1 to 3 hours.
  - Arrange pieces in a single layer on a wire rack or baking sheet. A wire rack helps them dry faster. A baking sheet takes longer and pieces need to be turned over part way through the drying.
- **Dehydrator** – set to 135 degrees F; takes 6 to 12 hours.
  - Arrange in a single layer on dehydrator racks.
4. Cool. Store in an airtight container or bag.

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:
- **peel bananas.** Try starting at the end away from the stem. The skin is less fibrous and easier to pull apart.
- **mash bananas with a fork.** A flat dish or plate might make mashing easier.

Fundamentos de los Plátanos

Compras y Ahorros

- Los plátanos están disponibles todo el año a precios bajos. Los plátanos amarillos son los más comunes y se pueden comer en varias etapas de maduración. Los plátanos rojos son más cortos, más gordos y solo se comen cuando están maduros. Los plátanos machos están relacionados con los plátanos, pero tienen almidón como los tubérculos. Generalmente se cocinan en lugar de comerse crudos.
- Elija plátanos según la madurez deseada, a medida que maduran, el color de la cáscara cambia de verde a amarillo a moteado de marrón a más marrón o negro. La carne se vuelve más suave y más sabrosa.

Los plátanos aportan potasio, lo cual puede proteger contra presión sanguínea alta y otras enfermedades cardíacas.

Almacenar Bien Desperdiciar Menos

- Los plátanos generalmente se almacenan a temperatura ambiente. Continúan madurando después de la cosecha. Cuanto más cálida es la temperatura, más rápido madurarán.
  - Para acelerar la maduración, coloque en una bolsa de papel cerrada en un área cálida. Agregar una manzana madura puede acelerar el proceso. Revise diariamente.
  - Para retardar la maduración, elija un lugar fresco o refrigérelo. Los plátanos maduros se pueden refrigerar hasta por 2 semanas. La piel puede ponerse negra pero la carne estará bien.
  - Congele plátanos para un almacenamiento más prolongado.
    - En su cáscara - Useos en 2 meses para obtenerse la mejor calidad. Descongele en el refrigerador. Exprima el plátano de la cáscara.
    - Pelados - Utilícelos dentro de 4 a 6 meses para obtener la mejor calidad. Empaque como trozos o puré en cantidades medidas. Use congelado o descongelado.

Oregon State University

Este material está financiado por el programa suplementario de asistencia nutricional (SNAP). SNAP proporciona asistencia nutricional a personas con bajos ingresos. SNAP puede ayudarle a comprar alimentos nutritivos para una mejor dieta. Para obtener más información, comuníquese con Oregon Safe Net al 211. Ofrecemos oportunidades iguales de empleo.

211 Oregon State University. Si tiene dificultades financieras para comprar alimentos nutritivos, considere solicitar ayuda. No discriminamos basado sobre edad, color, incapacidades, identidad o expresión de identidad sexual, información genética, estado matrimonial, origen nacional, raza, religión, sexo, creencias sexuales o estado de veterano. El servicio de Extensión de Oregon State University es una institución que ofrece igualdad de oportunidades.

Compart

¡Disfrute los Plátanos!

Panecillos de Plátano y Avena

Los plátanos muy maduros le dan a los panecillos más sabor.

Ingredientes:
1 taza de **hojuelas de avena de cocción rápida**
½ de taza de **leche**
2 **huevos**, ligeramente batidos
½ de taza de **aceite**
1 taza de **plátanos** machacados
1½ taza de **harina integral**
½ taza de **azúcar**
2 cucharaditas de **polvo para hornear**
1 cucharadita de **bicarbonato de soda**
¼ de cucharadita de **sal**

Preparación:
1. Precalentar el horno a 400 grados F. Unte ligeramente con aceite líquido o en espray 12 moldes para panecillos.
2. Mezcle la avena con la leche. Añada y mezcle los huevos ligeramente batidos, el aceite y los plátanos. Deje reposar mientras mide los ingredientes secos.
3. En un tazón separado, combine los ingredientes secos y revuelva bien.
4. Añada la mezcla de avena y revuelva suavemente solo hasta que los ingredientes secos se humedezcan. No lo revuelva demasiado.
5. Llene los moldes para panecillos a ¾ de capacidad.
6. Hornee a 400 grados F hasta que queden dorados y un palillo insertado en el centro salga limpio, aproximadamente 18 a 20 minutos.

Nota: Para hornearlo como Pan de Plátano y Avena, utilice un recipiente para hornear 8 o 9 pulgadas y hornee a 350 grados F por 45 a 50 minutos.
Rinde 12 panecillos o 1 pan
Tiempo de preparación: 15 minutos
Tiempo para cocinar: 18-20 minutos

Plátanos Horneados al Estilo Cubano

Ingredientes:
6 **plátanos**, pelados y rebanados a lo largo
4 cucharadas de **azúcar morena**
4 cucharadas de **margarina** o **mantequilla**
½ taza de **uvas pasas** u otra fruta seca picada
½ de taza de **nueces pecanas** u **otras nueces**, picadas

Preparación:
1. Unte ligeramente con aceite líquido o en espray un molde de 9 x 13.
2. Coloque los plátanos cortados en el molde.
3. Espolvoree de manera uniforme con azúcar morena, trocitos de margarina, uvas pasas y nueces pecanas.
4. Hornee a 350 grados F por 30 minutos. Sirva caliente.
5. Refrigere lo que sobre dentro de las 2 siguientes 2 horas.

Rinde 12 mitades de plátanos
Tiempo de preparación: 10 minutos
Tiempo para cocinar: 30 minutos

Plátanos Secos

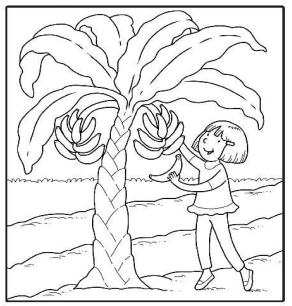
1. Pele los plátanos y corte en rebanadas con un grosor de ⅛ a ¼ de pulgada. Las piezas más gruesas tardan más en secarse.
2. Opcional: Sumerja en jugo de fruta ácida (de lima, limón, naranja o piña) para reducir la oxidación. Espolvoree con canela u otros saborizantes si desea.
3. Seque hasta que las piezas se puedan doblar como cuero grueso y ya no se sientan pegajosas.
- **Horno** – fije en la temperatura más baja (175 a 200 grados F); use horneado por convección si está disponible; tarda de 1 a 3 horas.
  - Coloque las piezas en una sola capa en una rejilla de alambre o una charola para hornear. Una rejilla de alambre les ayuda a secarse más rápido. Una charola para hornear tarda más tiempo; y hay que voltear las piezas durante el proceso de secado.
- **Deshidratador** – fije en 135 grados F; tarda de 6 a 12 horas.
  - Coloque en una sola capa en rejillas del deshidratador.
4. Enfríe. Almacene en un recipiente o bolsa hermética.

¡Los Niños Pueden!

Cuando los niños ayudan a preparar los alimentos saludables, son más propensos a probarlos. Pídales a los niños a:
- **pelar los plátanos.** Intente comenzar por el extremo alejado del tallo. La piel es menos fibrosa y más fácil de separar.
- **machucar los plátanos con un tenedor.** Podría ser más fácil con un plato plano.

Name_____

Bananas

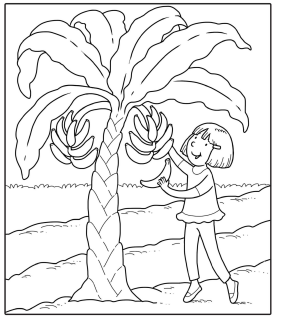


I like bananas because

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. It's also a equal opportunity provider and employer.

Nombre_____

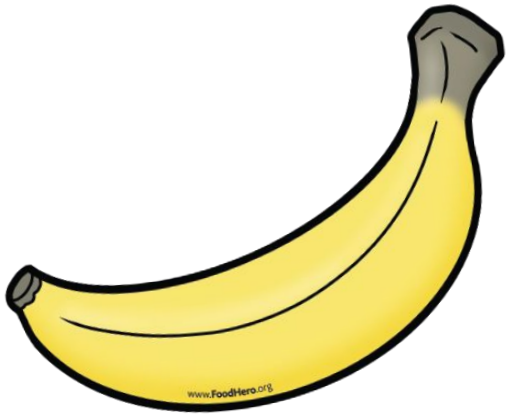
Plátanos



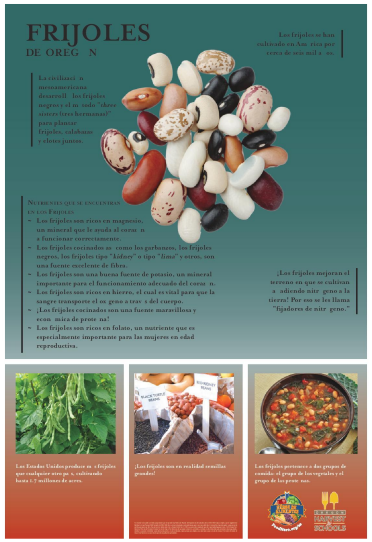
Me gustan los plátanos porque

Este material está financiado por el Programa de Asistencia Nutricional Suplementaria (SNAP) en inglés. SNAP proporciona asistencia nutricional a personas con bajos ingresos. SNAP puede ayudarle a comprar alimentos nutritivos para una mejor dieta. Para obtener más información, comuníquese con Oregon Safe Net al 211. Ofrecemos oportunidades iguales de empleo.

211 Oregon State University. Si tiene dificultades financieras para comprar alimentos nutritivos, considere solicitar ayuda. No discriminamos basado sobre edad, color, incapacidades, identidad o expresión de identidad sexual, información genética, estado matrimonial, origen nacional, raza, religión, sexo, creencias sexuales o estado de veterano. El servicio de Extensión de Oregon State University es una institución que ofrece igualdad de oportunidades.

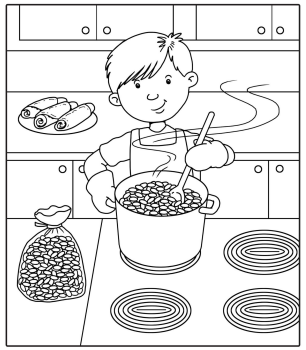


Beans

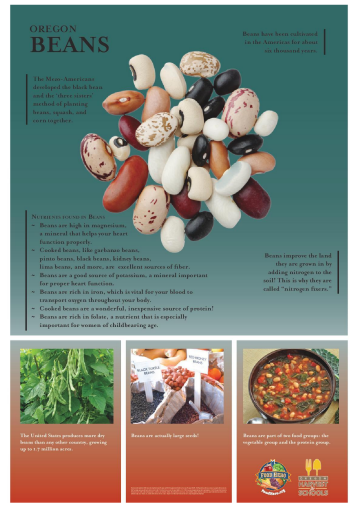


Nombre_____

Frijoles Secos



Me gustan los frijoles secos porque _____.



Name_____

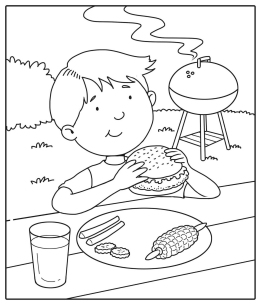
Dried Beans

I like dried beans because _____.

Beef

Nombre_____

Carne de Res



Me gusta la carne de res porque

CARNE DE RES
DE OREGÓN
PARA ESCUELAS

¡El uro, el ancestro del ganado vacuno moderno, fue domesticado por primera vez hace más de 10 mil años!

La vaca tiene 4 estómagos o compartimentos para ayudarle a digerir lo que come.

En 1493, los españoles fueron los primeros en traer ganado vacuno a Norte América.

Nutrientes que se encuentran en la Carne de Res.
- La carne de res es una importante fuente de zinc, el que se necesita para el desarrollo y el crecimiento normal.
- El cuerpo absorbe el hierro en la carne de formas inmediatas. El hierro le ayuda a la sangre a llevar el oxígeno a lo largo del cuerpo.
- La carne es una excelente fuente de proteínas. La proteína es un elemento clave para la formación de los huesos, los músculos, la piel y los cartílagos.
- La carne de res es rica en vitamina B12, una vitamina que juega un papel importante en la función cerebral.

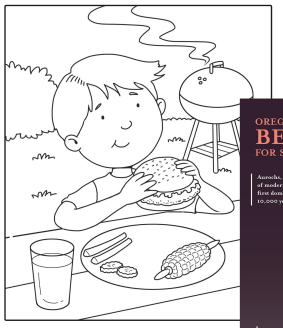
El ganado vacuno se cría en todos los 36 condados de Oregón.

En el año 2000, los Estados Unidos y Brasil fueron los principales productores de carne de res en el mundo.

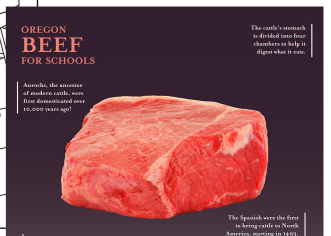
La vaca sola de madera más productora alrededor de la carne y la leche. ¡Se puede usar todo el animal completo!

Name_____

Beef



I like beef because



OREGON BEEF FOR SCHOOLS

The cattle's stomach is divided into four chambers to help it digest what it eats.

Aurochs, the ancestor of modern cattle, were first domesticated over 10,000 years ago!

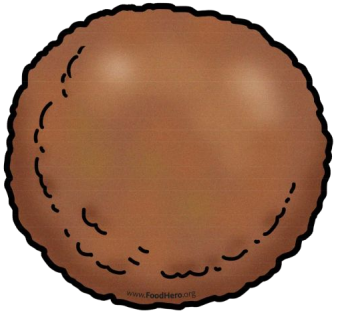
The Spanish were the first to bring cattle to North America, starting in 1493.

Nutrients found in Beef
- Beef is an important source of zinc, which is needed for normal growth and development.
- The iron in beef is readily absorbed by the body. Iron helps blood transport oxygen throughout the body.
- Beef is an excellent source of protein. Protein is a key building block of bones, muscles, skin, and cartilage.
- Beef is rich in vitamin B12, a vitamin that plays an important role in brain function.

Cattle are raised in all 36 Oregon counties.

In 2000, the United States and Brazil were the top beef producers in the world.

Cuts provide us with many products besides meat and milk. Almost the entire beef animal can be used!



Fundamentos de la Carne Molida

Compra$ y Ahorro$

- El color de la carne molida puede variar desde un rojo morado oscuro a un rojo brillante en las superficies expuestas al oxígeno. Un color oscuro en el centro no significa que la carne sea de mala calidad o que esté descomponsta.
- Esté alerta a las ofertas en el precio de la carne. Sírtase más carne si la puede cocinar o congelar dentro de unos días.
- Los paquetes de carne de res a granel grandes pueden ser más económicos por libra que los paquetes más pequeños.
- Pruebe carne molida con un 85% de carne magra o más. Por lo general la carne más magra cuesta más por libra pero hay menos desperdicio.

3 onzas de carne de res magra aportan casi la mitad de la proteína que la mayoría de las personas necesita en un día.

Nunca deje la carne molida a temperatura ambiente por más de 2 horas.

Almacenar Bien Desperdiciar Menos

- Refrigere la carne molida cruda y utilice dentro de unos días después de la fecha "vender antes de" para una mayor calidad.
- Refrigere la carne molida cocida por hasta una semana. Congele para que se pueda almacenar por más tiempo; utilice en un plazo de 2 a 3 meses en cualquier receta que requiera carne molida.
- Congele la carne molida cruda para almacenarla durante más tiempo.
- Divida en cantidades que se podrían utilizar cada una vez.
- Los cuadros o círculos aplanados de un grosor de aproximadamente 1 pulgada se descongelan más rápidamente que los que vienen en forma de bola o tubo.
- Empaque en envoltura de calidad congelador. Excluya tanto aire como sea posible; y ponga una etiqueta con la fecha. Para la mejor calidad, utilice en un plazo de 4 meses.

Descongele la Carne Molida de forma segura:

1. **Refrigerador:** Es el método más seguro. Deje **12 horas** para descongelar 1 libra. No es necesario cocinar la carne inmediatamente después de descongelarla. Si se puede volver a congelar.
2. **Agua fría:** Es un método seguro si el agua se mantiene fría y si cubre el paquete. Deje 1 hora para descongelar 1 libra. Cocine la carne inmediatamente después de descongelarla.
   - Coloque el paquete en una bolsa de plástico a prueba de fugas. Sumerja en agua **fría**, cambiando el agua cada 30 minutos. Utilice algo pesado para mantener el paquete debajo de la superficie del agua.
3. **Horno de microondas:** Este un método seguro si se cocina inmediatamente. No vuelva a congelar al menos que se cocine primero. Es posible que los bordes y esquinas se cocinen parcialmente durante el descongelamiento.
   - Saque la carne del paquete y póngala en un recipiente a prueba de microondas. Utilice el botón automático de descongelar o cocine durante **aproximadamente 3 minutos** a 50 por ciento de potencia para un paquete de 1 libra.

Ground Beef Basics

Shop and Save

- Color of ground beef can vary from dark purple-red to a bright red on surfaces exposed to oxygen. Darker color on the inside does not mean poor quality or spoilage.
- Watch for sale prices on meat. Stock up if you can cook or freeze within a few days.
- Large 'bulk' packages of ground beef may be cheaper per pound than smaller packages.
- Try ground beef that is 85% lean or higher. Leaner meat usually costs more per pound but there is less waste.

3 ounces of lean beef supplies nearly half the protein most people need in a day.

Never leave ground beef at room temperature for more than 2 hours

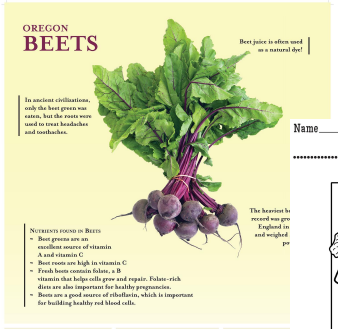
Store Well Waste Less

- Refrigerate raw ground beef and use within a few days after the 'sell by' date for best quality.
- Refrigerate cooked meat for up to a week. Freeze for longer storage; use within 2 to 3 months in any recipe using cooked ground beef.
- Freeze raw ground beef to store longer.
  - Divide into amounts that would be used at one time.
  - Flattened squares or circles about 1-inch thick thaw more quickly than a ball or tube shape.
- Package in freezer-quality wrap. Exclude as much air as possible; label and date. For best quality use within 4 months.

Thaw Grou… Beef Safely

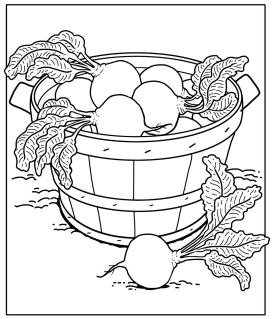
1. **Refrigerator:** Safe… **Allow 12 hours** to tha… pound. Meat does not… be cooked immediate… could be re-frozen.
2. **Cold water:** Safe … is kept cold and cover… package. **Allow 1 hour** … pound. Cook meat imm… after thawing
   - Place the package i… proof plastic bag. Sub… **cold** water, changing … every 30 minutes. Use … to hold the package u… surface of the water.
3. **Microwave:** Safe … immediately. Do not r… unless cooked first. E… corners may partially … during thawing.
   - Remove from packa… place in a microcwave … container. Use the au… defrost setting or mic… for **about 3 minutes** … percent power for a 1… package.

Beets



Name_____

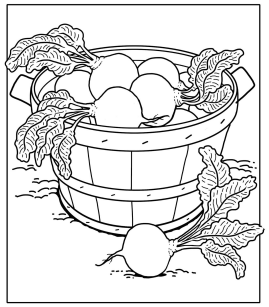
Beets



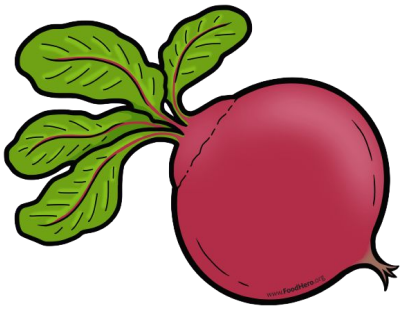
I like beets because

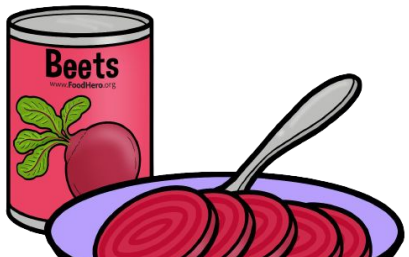
Nombre_____

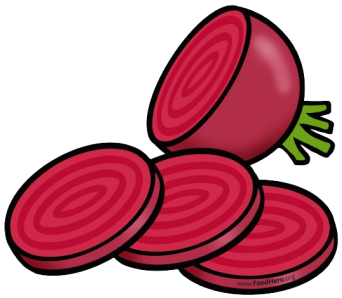
Betabeles

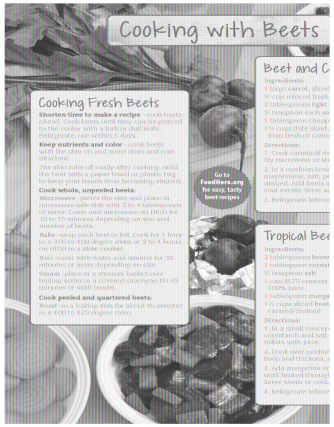


Me gustan los betabeles porque









Bell Peppers

Información Básica de los Chile Campana

Compra$ y Ahorro$

- Escoja chiles que sean firmes y pesados para su tamaño, de color vivo y con la piel brillante. Si los tallos aún están conectados, éstos deben ser firmes y verdes.
- Los chiles campana frescos son más disponibles y son más sabrosos durante la temporada de verano y a principios del otoño.
- Evite chiles que tengan la piel delgada y marchita o que tengan manchas de color café.
- Compre solo la cantidad que usará durante una semana o coseche los que sobran para usarlos en el futuro.

Los chiles campana son una fuente excelente de Vitamina C y B6.

Tipos de Chiles

Los chiles campana también se llaman **Chiles dulces**. Pero tienen un sabor picante y vienen de muchos colores!

Los verdes – Son los más comunes y menos dulces que otras variedades.

Los rojos – Los chiles campana completamente maduros se vuelven de color rojo y son más dulces que los verdes.

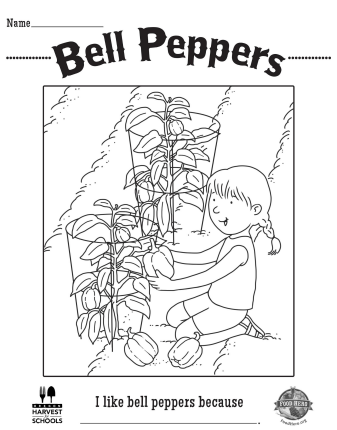
Los amarillos y los anaranjados – Son de color brillante con sabor afrutado, ligeramente dulce.

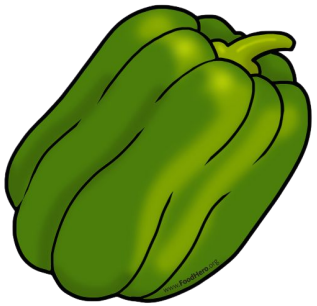
Los chiles de algunos otros colores (morado, blanco o café) pueden estar disponibles en los mercados de agricultores o pueden ser cultivados en su propia huerta.

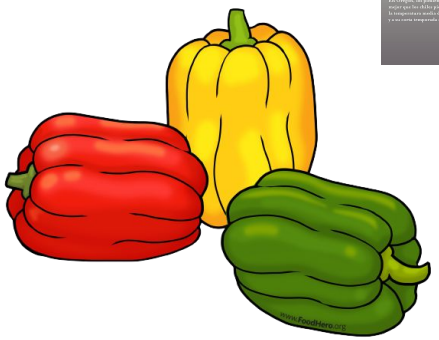
Almacenar Bien Desperdiciar Menos

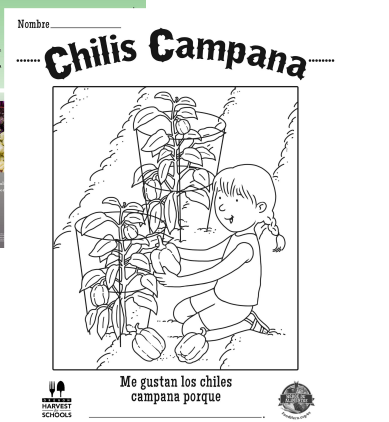
- Mantenga los chiles campana frescos lavándolos justo antes de servirlos.
- Cómo cortar los chiles campana:
  - Después de lavarlos, córtelos los tallos y corte los chiles a la mitad – longitudinal o transversalmente.
  - Quítele las semillas y la membrana blanca del centro del chile.
  - Corte los chiles en aros, tiras o piquelos en cubos.
  - Los chiles cortados se pueden almacenar (cubiertos) por 2 días en el refrigerador.
- Los chiles enteros se pueden almacenar en el refrigerador hasta por 5 días; son fáciles de congelar para un almacenamiento más largo. No es necesario escaldarlos. Coloca los chiles campana en recipientes y bolsas para congelar; sellar y la etiqueta con la fecha. Se recomienda utilizar los chiles congelados durante máximo 8 meses.

Los chiles campana verdes cuestan menos y se pueden almacenar por más tiempo que otras variedades.









Blueberries

Blueberry Basics

Shop and Save

- Choose blueberries that are firm, dry, plump and smooth-skinned. Color should be deep purple-blue to blue-black.
- Blueberries do not ripen after picking.
- Avoid soft, shriveled or moldy fruit.
- Fresh blueberries are available year round but might be the highest quality and lowest price when available locally. Peak season is July to September. Try farm stands or pick your own at a u-pick farm.
- Frozen blueberries may be a cheaper option when the local season has passed. It is very easy to freeze your own.

Blueberries are an excellent source of vitamin C, which promotes a healthy immune system.

Store Well Waste Less

- Sort and remove moldy, soft or shriveled berries before storage.
- Refrigerate fresh blueberries in a covered, shallow container with holes for air movement. Use within 10 days for best quality.
- Rinse under cool running water just before using or eating.
- Use frozen blueberries within 10 months for best quality. If frozen berries have thawed, refrigerate and use within 3 days.

Oregon State University

This institution is an equal opportunity provider. This project was supported by the USDA Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you stretch your food budget and buy healthy foods for better health. For further information, call 2-1-1 or visit 211info.org. Este institución es un proveedor que ofrece oportunidades equitativas. Este proyecto fue financiado por el Programa de Asistencia Nutricional Suplementaria (SNAP). El SNAP ofrece asistencia nutricional a personas con bajos ingresos. El SNAP puede ayudarle a estirar su presupuesto para alimentos y comprar alimentos saludables para una mejor salud. Para más información, llame al 2-1-1 o visite 211info.org.

Freeze Blueberries

1. Sort and rinse the berries.
2. Allow to air dry or pat gently with paper towels to remove excess moisture.
3. Spread berries in a single layer on a cookie sheet or flat pan. Freeze for 1 hour or until berries are frozen.
4. Pack frozen berries into freezer bags. Label with date and contents and return to freezer.

Enjoy Blueberries

Blueberry Bling

Ingredients:
3 cups **blueberries**, fresh or frozen
2 teaspoons **margarine** or **butter**, softened
1 Tablespoon all-purpose **flour**
1 Tablespoon **brown sugar**
½ cup **rolled oats**
½ teaspoon **cinnamon**

Directions:
1. Preheat oven to 375 degrees F.
2. Place blueberries in a 9-inch pie plate or baking dish.
3. In a small bowl, use a fork to mix margarine, flour, sugar, oats and cinnamon.
4. Sprinkle oat mixture over blueberries.
5. Bake for 25 to 30 minutes. Enjoy warm!
6. Refrigerate leftovers within 2 hours.

Makes 2 cups
Prep time: 2 minutes
Cook time: 25 – 30 minutes

Eat at least 75% of fat inside textures Liked" the food

Visit foodhero.org for more easy, delicious recipes using blueberries.

Whole Wheat Blueberry Muffins

Ingredients:
1½ cups **whole wheat flour**
¾ cup **sugar**
½ teaspoon **salt**
2 teaspoons **baking powder**
⅓ cup **vegetable oil**
1 **egg**, slightly beaten
⅓ cup nonfat or 1% **milk**
½ cup unsweetened **applesauce**
2 cups **blueberries**, fresh or frozen

Directions:
1. Preheat oven to 400 degrees F. Lightly coat the bottoms of 12 muffin cups with oil or baking spray.
2. Mix the flour, sugar, salt and baking powder in a large bowl.
3. In a separate bowl, blend vegetable oil, egg, milk, applesauce until smooth. Stir the liquid ingredients into the flour mixture until just moistened. Lightly stir in the blueberries.
4. Fill each muffin cup about ¾ full.
5. Bake about 20 minutes or until the tops are golden brown.

Note: This recipe can use all-purpose flour or a mix of all-purpose and whole wheat flour.
To bake as a loaf, use an 8 or 9-inch bread pan and bake at 350 degrees F for 45 to 50 minutes.

Makes 12 muffins
Prep time: 15 minutes
Cook time: 20 minutes

Super Sundae

Ingredients:
1 cup low-fat vanilla **yogurt**
½ cup chopped **peaches**, fresh, frozen or canned, drained
½ cup **blueberries**, fresh or frozen
2 Tablespoons **granola**

Directions:
1. Divide yogurt between 2 glasses or dishes.
2. Spoon half of the peaches and blueberries on top of yogurt in each glass
3. Sprinkle each sundae with granola
Enjoy!
4. Refrigerate leftovers within 2 hours.

Makes 2 cups
Prep time: 10 minutes

Kids Cook!

- When kids help make food, they are more likely to try it. Show kids how to rinse blueberries under cool running water.
- Lightly beat eggs.
- Sprinkle toppings on crisps or muffins.

Fundamentos de los Arándanos

Compras y Ahorros

- Elija arándanos que son firmes, secos, regordetes y de piel lisa. El color debe ser un azul violeta oscuro a azul oscuro.
- Los arándanos no se maduran después de que se recolectan.
- Evite la fruta blanda, marchita o mohosa.
- Los arándanos frescos están disponibles todo el año pero van a tener la mejor calidad y el precio más económico cuando están disponibles localmente. La temporada alta es de julio a septiembre. Busque puestos en el campo o coseche los arándanos usted mismo en una granja que lo permita.
- Los arándanos congelados pueden ser una opción más económica cuando ya ha pasado la temporada local. Es muy fácil congelar sus propios arándanos.

Los arándanos son una fuente excelente de vitamina C, la cual promueve un sistema inmune saludable.

Almacenar Bien Desperdiciar Menos

- Clasifique y elimine los arándanos machucos, blandos o arrugados antes de almacenarlos.
- Refrigere los arándanos frescos tapados en un recipiente poco profundo con hueco para permitir el movimiento de aire. Use dentro de 10 días para la mejor calidad.
- Enjuague bajo agua fría corriente justo antes de utilizar o comer.
- Use los arándanos congelados dentro de 10 meses para la mejor calidad. Si arándanos se han descongelado, refrigere y use dentro de 3 días.

Oregon State University

Esta institución es un proveedor equitativo en cuanto a oportunidades. Este proyecto fue financiado por el Programa de Asistencia Nutricional Suplementaria (SNAP) de ayuda nutricional para personas con bajos ingresos. El SNAP puede ayudarle a estirar su presupuesto para alimentos y comprar alimentos saludables para una mejor salud. Para más información, llame al 2-1-1 o visite 211info.org.

Disfrute los Arándanos

Arándanos Ostentosos

Ingredientes:
1 lata de **arándanos**, frescos o congelados
2 cucharaditas de **margarina** o **mantequilla**, ablandadas
1 cucharada de **harina**
1 cucharada de **azúcar morena**
½ taza de **hojuelas de avena**
½ cucharadita de **canela**

Preparación:
1. Precalentar el horno a 375 grados F.
2. Coloque los arándanos en un molde redondo para pastel o recipiente para hornear de 9 pulgadas.
3. En un recipiente pequeño, use un tenedor para mezclar la margarina, la harina, el azúcar, la avena y la canela.
4. Espolvoree la mezcla de avena sobre los arándanos.
5. Hornee por 25 a 30 minutos. ¡Disfrute mientras está caliente!
6. Refrigere lo que sobre dentro de las siguientes 2 horas.

Rinde 2 tazas
Tiempo de preparación: 5 minutos
Tiempo para cocinar: 25 – 30 minutos

Visite foodhero.org/es para recetas fáciles y deliciosas que ayudan a estirar su presupuesto.

Panecillo Integral de Arándanos

Ingredientes:
½ taza de **harina integral**
½ cucharadita de **sal**
2 cucharaditas de **polvo de hornear**
½ de taza de **aceite vegetal**
1 **huevo**, ligeramente batido
½ de taza de **leche** sin grasa o de 1%
⅓ taza de **puré de manzana** sin azúcar
2 tazas de **arándanos**, frescos o congelados

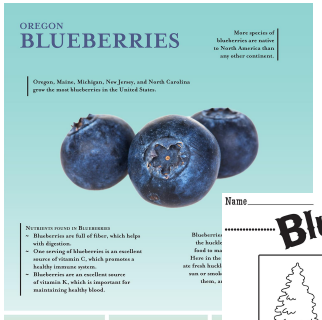
Preparación:
1. Precalentar el horno a 400 grados F. Unte ligeramente con aceite líquido o en aerosol 12 moldes para panecillos.
2. Mezcle la harina, el azúcar, la sal y el polvo de hornear en un recipiente grande.
3. Combine el huevo, aceite vegetal, el huevo, la leche y el puré de manzana en un recipiente hasta que la mezcla quede sin grumos. Revuelva los ingredientes líquidos dentro de la mezcla de harina solo hasta que los ingredientes secos se humedezcan. Revuelva ligeramente para incorporar los arándanos.
4. Llene cada cavidad del molde para panecillos a ¾ de capacidad.
5. Hornee aproximadamente 20 minutos o hasta que estén dorados por encima.

Nota: Esta receta puede utilizar harina o una mezcla de harina y harina integral.
Para hornearlo como si fuera un pan, use un molde para pan de 8 o 9 pulgadas y hornee a 350 grados F por 45 a 50 minutos.

Rinde 12 panecillos
Tiempo de preparación: 15 minutos
Tiempo para cocinar: 20 minutos

Kids Cook!

- Ayude a los niños a aprender los números y las medidas. Los más pequeños pueden contar los arándanos y los más grandes pueden medir los ingredientes.
- Enjuague los arándanos bajo agua fría corriente justo antes de comer.
- Espolvoree los cereales calientes, panes recién horneados o helado.



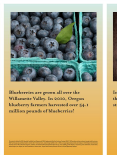
OREGON
BLUEBERRIES

More species of blueberries are native to North America than any other continent.

Oregon, Maine, Michigan, New Jersey, and North Carolina grow the most blueberries in the United States.

Nutrients found in Blueberries
- Blueberries are full of fiber, which helps with digestion.
- One serving of blueberries is an excellent source of vitamin C, which promotes a healthy immune system.
- Blueberries are an excellent source of vitamin K, which is important for maintaining healthy blood.

Blueberries are a favorite pre-pick crop because they grow in large numbers on shrub-like bushes.



Blueberries are grown all over the Willamette Valley. In 2010, Oregon blueberry farmers harvested over 54.1 million pounds of blueberries!

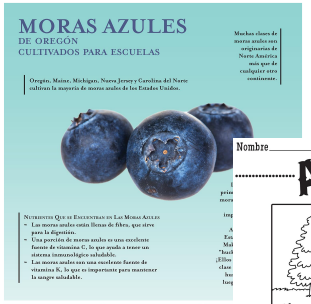
Name_____

Blueberries

I like blueberries because _____

HARVEST SCHOOLS

This material was funded by USDA Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you stretch your food budget and buy healthy foods for better health. For further information, call 2-1-1 or visit 211info.org. Este institución es un proveedor que ofrece oportunidades equitativas. Este proyecto fue financiado por el Programa de Asistencia Nutricional Suplementaria (SNAP). El SNAP ofrece asistencia nutricional a personas con bajos ingresos. El SNAP puede ayudarle a estirar su presupuesto para alimentos y comprar alimentos saludables para una mejor salud. Para más información, llame al 2-1-1 o visite 211info.org.



MORAS AZULES
DE OREGÓN
CULTIVADOS PARA ESCUELAS

Muchas clases de moras azules son originarias de Norte América más que de cualquier otro continente.

Oregón, Maine, Michigan, Nueva Jersey y Carolina del Norte cultivan la mayoría de moras azules de los Estados Unidos.

Nutrientes Que se Encuentran en Las Moras Azules
- Las moras azules están llenas de fibra, que sirve para la digestión.
- Una porción de moras azules es una excelente fuente de vitamina C, lo que ayuda a tener un sistema inmunológico saludable.
- Las moras azules son una excelente fuente de vitamina K, lo que es importante para mantener la sangre saludable.

De los cultivos que les pesca a ensegur, las moras azules son el cultivo favorito de todo la familia, ya que vienen en grandes cantidades en zonas de aspirar.

Las moras azules crecen en cualquier parte del valle de Willamette. En el año 2010, los agricultores de moras azules de Oregón cosecharon más de 54 millones de libras de moras azules!

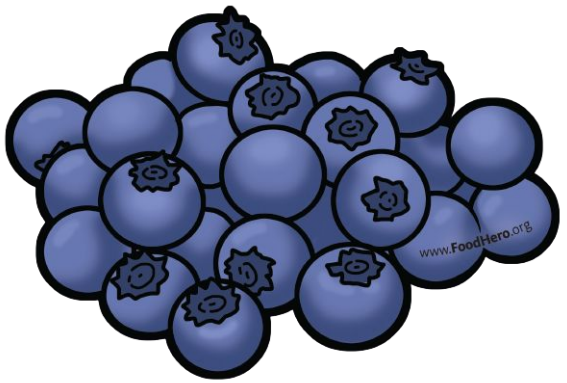
Nombre_____

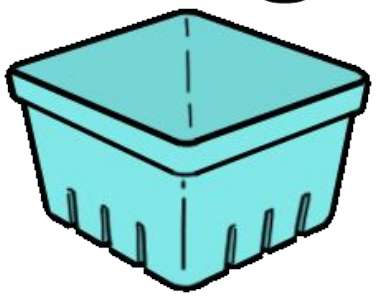
Arandanos

Me gustan las moras azules porque _____

HARVEST SCHOOLS

Este material es financiado por el programa de Asistencia Nutricional Suplementaria (SNAP) que ofrece asistencia nutricional a personas con bajos ingresos. El SNAP puede ayudarle a estirar su presupuesto para alimentos y comprar alimentos saludables para una mejor salud. Para más información, llame al 2-1-1 o visite 211info.org. Esta institución es un proveedor que ofrece oportunidades equitativas.

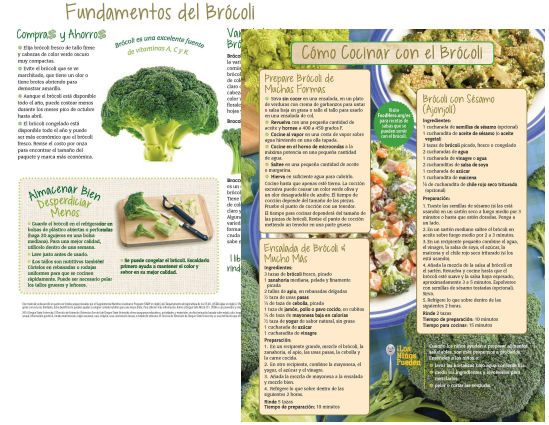




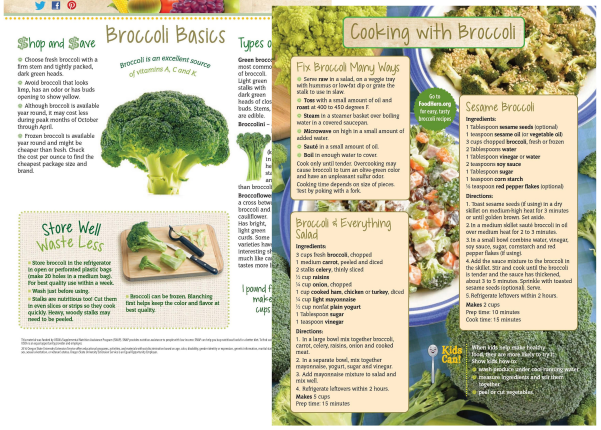
Ava, 6th grade, Clackamas

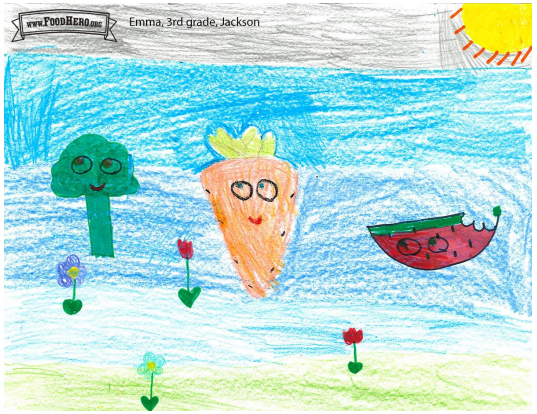
Broccoli

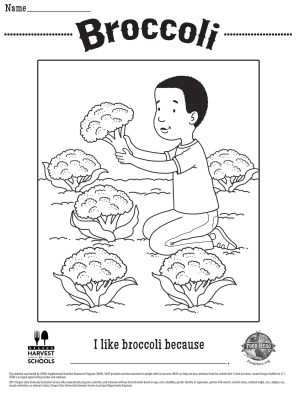
¡Dele a su Familia Más de las Cosas Buenas!
OSU

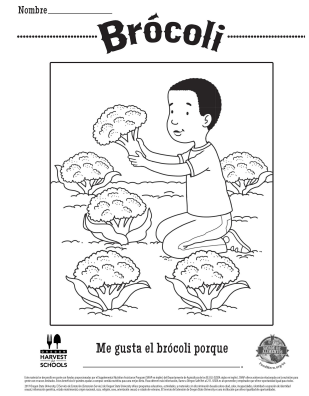

Fundamentos del Brócoli
Compras y Ahorros
Almacenar Bien Desperdiciar Menos
Cómo Cocinar con el Brócoli
Prepare Brócoli de Muchas Formas
Brócoli con Sésamo (Asiroli)
Ensalada de Brócoli 4 Mucho Más

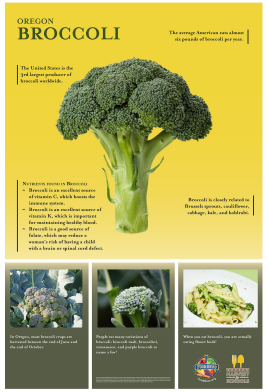
Give Your Family More of the Good Stuff!
OSU


Shop and Save
Broccoli Basics
Store Well Waste Less
Cooking with Broccoli
Fix Broccoli Many Ways
Broccoli 4 Everything Salad
Sesame Broccoli


www.FoodHero.org
Emma, 3rd grade, Jackson


Name
Broccoli
I like broccoli because


Nombre
Brócoli
Me gusta el brócoli porque


OREGON
BROCCOLI
BRÓCOLI
DE OREGÓN
CULTIVADOS PARA ESCUELAS

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Brussels Sprouts

Fundamentos de las Coles de Bruselas

Compras y Ahorros

- Elija coles de Bruselas firmes y compactas que son verdes y pesadas para su tamaño. Pareces pequeños repollos.
- Las coles de Bruselas están disponibles como coles individuales o atis adheridas al tallo. Elija coles que sea del mismo tamaño para que se cocinan en la misma cantidad de tiempo.
- Evitar las coles marchitadas o manchadas y las que tienen hojas amarillentas.
- Las coles de Bruselas pueden tener el costo más bajo y la mejor calidad desde octubre a diciembre.
- Las coles de Bruselas congeladas son fáciles de mantener a la mano y pueden costar menos en algunas temporadas del año.

Las coles de Bruselas son una excelente fuente de vitamina C que ayuda a nuestros cuerpos a luchar contra la infección.

Más Acerca de las Coles de Bruselas

- La mayoría de las coles de Bruselas son verdes pero variedades rojas o moradas han sido desarrolladas como cultivos especiales.
- Las coles de Bruselas son similares al repollo pero tienen un sabor más moderado y una textura más densa.
- Las coles de Bruselas demasiado cocidas se vuelven un color verde oliva y tienen un olor desagradable al azufre.

Almacenar Bien Desperdiciar Menos

- **Refrigere en una bolsa de plástico abierta o perforada en el compartimento para las verduras. Se conservarán por hasta 10 días, pero la calidad es mejor cuando se usan pronto.**
- **Lave bajo agua fría corriente y recorte justo antes de usar:**
  - **Quitar las hojas externas.**
  - **Recortar el tallo parejo con las hojas inferiores.**
  - **Dejar enteras, cortar en mitades o cuartos, o rallarlas.**

Matemáticas de las Coles de Bruselas

1 libra* = *aproximadamente 24 coles de un grosor de 1 pulgada
= aproximadamente 4 tazas recortadas
= 2 ½ tazas cocidas

Oregon State University

Compartir en:

Disfrute las Coles de Bruselas

de Bruselas con Limón

Ingredientes:
- **yogur griego**
- **lita de eneldo**
- **lita de jugo de limón**
- **zcadita de sal**
- **(una) de coles de Bruselas**
- **ja cortada** (a la mitad a lo largo
- **dita de margarina o mantequilla**
- **de agua**

Preparación:
- **zcla** pequeño, mezcle el yogur, el jugo de limón y la sal. Ponga a un lado.
- **sartén** grande sobre fuego medio, vierta con la parte plana hacia abajo) rten hasta que empiecen a dorarse.
- **la.** Añada agua. Tape. Cocine a vapor se escapen el agua y las coles queden vigilantes, 3 a 5 minutos.
- las coles con la salsa de eneldo y limón. **re** la que sobre dentro de las siguientes

Tiempo de preparación: 15 minutos
Tiempo para cocinar: 10 minutos

de Bruselas Asadas

Ingredientes:
- (1) (una) de **coles de Bruselas**, **ra**, cortadas a la mitad a lo largo
- **la de aceite**
- **zcadita de sal y pimienta**
- **lita de jugo de limón**

Preparación:
1. En un tazón grande, arroje las coles de Bruselas con el aceite, la sal y la pimienta.
2. Coloque en una sola capa en una bandeja para hornear forrada con papel de aluminio.
3. Ase a 400 grados F por 20 a 30 minutos. Revuelva una vez después de 15 minutos. Las coles deben estar tiernas y crujientes y ligeramente doradas.
4. Rocíe con jugo de limón; sirva caliente.
5. Refrigere lo que sobre dentro de las siguientes 2 horas.

Rinde 5 tazas
Tiempo de preparación: 15 minutos
Tiempo para cocinar: 20 a 30 minutos

Vote Foodhero.org/es para ese receta para Coles de Bruselas Tostadas con Miel y Mostaza

Ensalada de Coles de Bruselas, Arándanos Rojos y Trigo

Ingredientes:
- ¼ de taza de **trigo** sarraceno
- 1 taza de **agua** hirviendo
- ½ libra (2 tazas) de **coles de Bruselas**
- ½ taza de **arándanos rojos secos**
- ¼ de taza de **nueces**, picadas
- ¼ de taza de **jugo de naranja**
- 4 ½ cucharaditas de **aceite**
- 2 cucharadas de **vinagre**
- ¼ de cucharadita de **sal**
- ¼ de cucharadita de **pimienta**

Preparación:
1. Cubra el trigo con agua hirviendo y deje reposar hasta que quede suave, aproximadamente 30 minutos. Vierta el exceso de agua.
2. Rebane y recorte las coles de Bruselas. Corte a la mitad a lo largo largo corte transversalmente en tiras delgadas.
3. Combine el trigo, las tiras de coles de Bruselas, los arándanos rojos y las nueces en un recipiente grande.
4. En un tazón pequeño o en tarro con una tapa, combine el jugo de naranja, el aceite, el vinagre, la sal y la pimienta. Mezcle o agite bien. Vierta el aderezo sobre la ensalada y sirva.
5. Refrigere lo que sobre dentro de las siguientes 2 horas.

Rinde 5 tazas
Tiempo de preparación: 35 a 45 minutos

¿Los Kinda Cuentas?

Cuando los niños ayudan a preparar los alimentos en la cocina, son más propensos a probarlos. Encuéntrelos a los niños a:
- lavar coles de Bruselas bajo agua fría corriente y quitar las hojas exteriores.
- cortar coles de Bruselas en una bandeja para cortar.
- medir los ingredientes para un aderezo en un tarro, cerrar la tapa y remuevete y agitar.

Brussels Sprouts Basic

Shop and Save

- Choose firm, compact Brussels sprouts that are green and heavy for their size. They look like tiny cabbages.
- Brussels sprouts are available as individual sprouts or still attached to the stalk. Choose sprouts that are the same size so they will cook in the same amount of time.
- Avoid wilted or blemished sprouts and those with yellow leaves.
- Brussels sprouts may be lowest cost and best quality from October to December.
- Frozen Brussels sprouts are easy to keep on hand and might cost less at some times of the year.

Brussels sprouts are an excellent source of vitamin C that helps our bodies fight infection.

More A… Brussel…

- Most Brus… green but red … been develope… crops.
- Brussels s… to cabbage fa… taste and dev…
- Overcooke… turn olive gre… unpleasant sm…

Store Well Waste Less

- **Refrigerate in an open or perforated plastic bag in the vegetable drawer. They will keep for up to 10 days, but quality is best when used soon.**
- **Wash under cool running water and trim just before using:**
  - **Remove outer leaves.**
  - **Trim stem even with the bottom leaves.**
  - **Leave whole, cut in halves or quarters, or shred.**

Oregon State University

Enjoy Brussels Sprouts

Lemon Dill Brussels Sprouts

Ingredients:
½ cup **Greek yogurt**
1 teaspoon **dill weed**
1 teaspoon **lemon juice**
¼ teaspoon **salt**
½ pound (2 cups) **Brussels sprouts** trimmed and halved lengthwise
2 teaspoons **margarine** or **butter**
¼ cup **water**

Directions:
1. In a small bowl, mix yogurt, dill weed, lemon juice and salt. Set aside.
2. In a large skillet over medium-high heat, saute sprouts (cut side down) in margarine until they begin to brown.
3. Stir. Add water. Cover. Steam until water is gone and sprouts are tender crisp, 3 to 5 minutes.
4. Mix sprouts with lemon dill sauce.
5. Refrigerate leftovers within 2 hours.

Makes 2 cups
Prep time: 15 minutes
Cook time: 10 minutes

See Foodhero.org for Roasted Honey Mustard Brussels Sprouts.

Brussels Sprouts, Cranberry and Bulgur Salad

Ingredients:
½ cup dried **bulgur**
1 cup boiling **water**
½ pound (2 cups) **Brussels sprouts**
½ cup **dried cranberries**
¼ cup **nuts**, chopped
¼ cup **orange juice**
4 ½ teaspoons **oil**
2 Tablespoons **vinegar**
¼ teaspoon **salt**
¼ teaspoon **pepper**

Directions:
1. Cover bulgur with boiling water and let stand until soft, about 30 minutes. Pour off any excess water.
2. Rinse and trim Brussels sprouts. Cut in half lengthwise then slice crosswise into thin strips.
3. In a large bowl combine bulgur, Brussels sprout strips, cranberries and nuts.
4. In a small bowl or jar with a lid, combine orange juice, oil, vinegar, salt and pepper. Mix or shake well. Pour dressing over salad and serve.
5. Refrigerate leftovers within 2 hours.

Makes 5 cups
Prep time: 35-45 minutes

Roasted Brussels Sprouts

Ingredients:
1¼ pounds (5 cups) **Brussels sprouts**, trimmed and halved lengthwise
1 Tablespoon **oil**
½ teaspoon each, **salt** and **pepper**
1 teaspoon **lemon juice**

Directions:
1. In a large bowl, toss Brussels sprouts with oil, salt and pepper.
2. Spread in a single layer on a large foil-lined baking sheet.
3. Roast at 400 degrees F for 20 to 30 minutes. Stir once after 15 minutes. Sprouts should be tender crisp and lightly browned.
4. Drizzle with lemon juice; serve warm.
5. Refrigerate leftovers within 2 hours.

Makes 5 cups
Prep time: 15 minutes
Cook time: 20-30 minutes

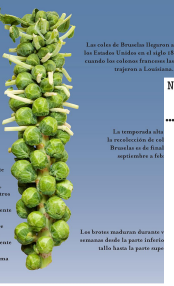
Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:
- wash Brussels sprouts under cool running water and pull off outer leaves.
- spread Brussels sprouts on a pan for roasting.
- measure salad dressing ingredients into a jar, close lid tightly and shake.

COLES DE BRUSELAS
DE OREGÓN

Existen más de 100 variedades de coles de Bruselas.

Las coles de Bruselas llegaron a los Estados Unidos en el siglo 18 cuando los colonos franceses las trajeron a Louisiana.



Nutrientes que se Encuentran en las Coles de Bruselas:
- Las coles de Bruselas son una fuente excelente de la vitamina C, que promueve un sistema inmune sano, cura cortes y heridas y ayuda a nuestros cuerpos a combatir la infección.
- Las coles de Bruselas son una excelente fuente de la vitamina K, la cual es importante para mantener la sangre sana y mantener los huesos fuertes.
- Las coles de Bruselas son una excelente fuente de la vitamina A, que es importante para la visión y un sistema inmune sano.

La temporada alta… la recolección de col… Bruselas es de final… septiembre a fe…

Los brotes maduran durante… semanas desde la parte inferio… tallo hasta la parte sup…

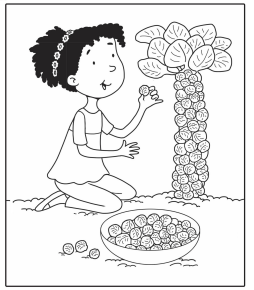
El final de la primavera es el mejor momento para sembrar coles de Bruselas en Oregon.

Las coles de Bruselas crecen como brotes a lo largo de tallos gruesos de 1 a 4 pies de largo.

Las coles de Bruselas se cos… hirvi… pero están en la misma f… que nuestras lo… saltéan… justo en la sal…

Nombre_____

Coles de Bruseles



Me gustan las coles de Bruselas porque

_____.

HARVEST SCHOOLS

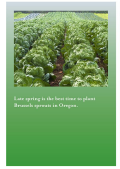
OREGON BRUSSELS SPROUTS

There are more than 100 varieties of Brussels sprouts.

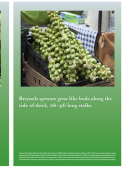
Brussels sprout came to the United States in the 18th century when French settlers brought them to Louisiana.

Nutrients found in Brussels Sprouts
- Brussels sprouts are an excellent source of vitamin C which promotes a healthy immune system, heals cuts and wounds, and helps our bodies fight infection.
- Brussels sprouts are an excellent source of vitamin K which is important for maintaining healthy blood and keeping your bones strong.
- Brussels sprouts are a good source of dietary fiber which is important for keeping your digestive system healthy.
- Brussels sprouts are a good source of vitamin A, which is important for good eyesight and a healthy immune system.
- Brussels sprouts are a good source of B6 which is important for brain development and a healthy immune system.

Peak season for harvesting Brussels sprouts is late September to February.



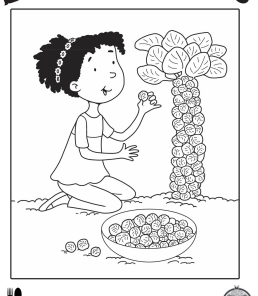
Late spring is the best time to plant Brussels sprouts in Oregon.



Brussels sprouts grow like buds along the side of thick, 3ft-4ft long stalks.

Name_____

Brussels Sprouts



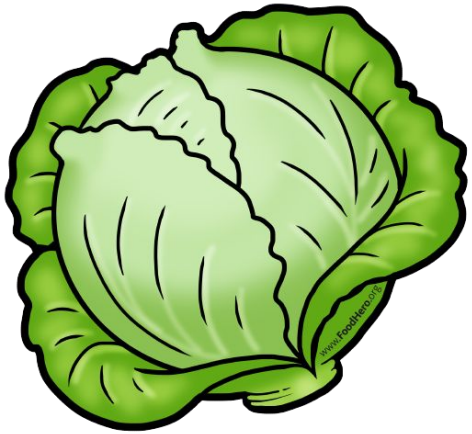
I like Brussels sprouts because

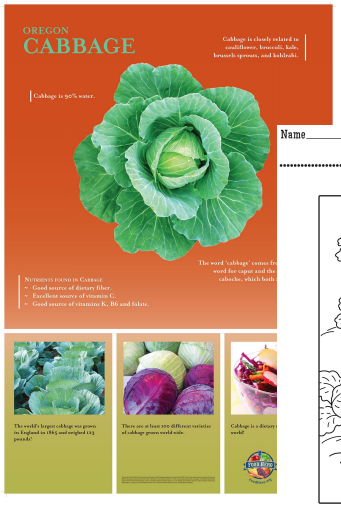
_____.

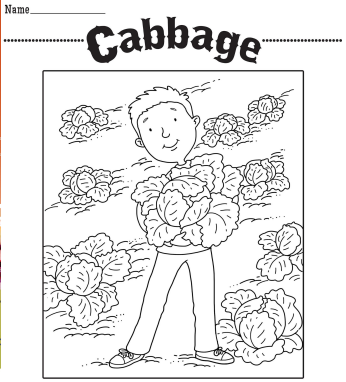
HARVEST SCHOOLS

Cabbage

Give Your Family More of the Good Stuff!
OSU
Cabbage Basics
Shop and Save
How to Cut a Cabbage
Store Well Waste Less
Cooking with Cabbage
Dutch Red Cabbage with Apples
Sautéed Cabbage
Tuna Cabbage Salad

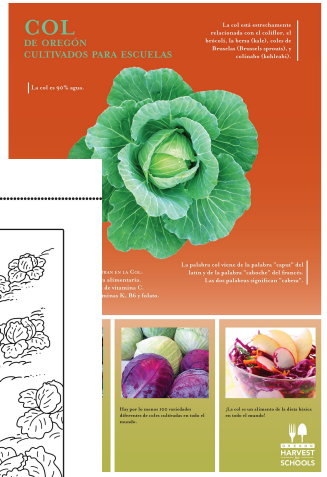

www.FoodHero.org

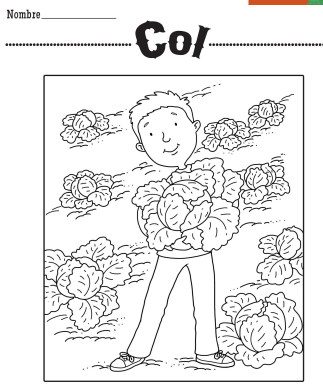

OREGON
CABBAGE
Cabbage is 90% water.
Nutrients found in Cabbage:
~ Good source of dietary fiber.
~ Excellent source of vitamin C.
~ Good source of vitamins K, B6 and folate.


Name
Cabbage
I like cabbage because

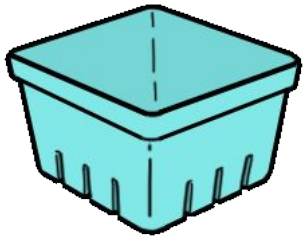
¡Dele a su Familia Más de las Cosas Buenas!
OSU
Información Básica de Col
Compras y Ahorros
Cómo Cortar Col o Repollo
Almacenar Bien Desperdiciar Menos

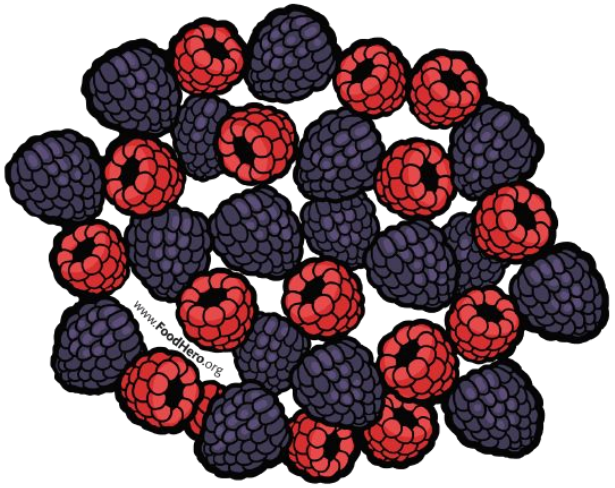
Cómo Cocinar con la Col
Col Morada Holandesa con Manzanas
Col Salteada
Ensalada de Atún-Col


COL
DE OREGÓN
CULTIVADOS PARA ESCUELAS
La col es 90% agua.


Nombre
Col
Me gusta la col porque

Cane Berries





Name_____

Raspberries

I like raspberries because _____.

OREGON HARVEST SCHOOLS

FOOD HERO FARM TO SCHOOL

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211.
USDA is an equal opportunity provider and employer.
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Nombre_____

Frambuesas

Me gustan las frambuesas porque _____.

OREGON HARVEST SCHOOLS

FOOD HERO FARM TO SCHOOL

Este material se desarrolló en parte con fondos proporcionados por el Suplemental Nutrition Assistance Program (SNAP en inglés) del Departamento de Agricultura de los EE.UU. (USDA siglas en inglés). SNAP ofrece asistencia nutricional a personas con recursos limitados. Este institución ofrece igualdad de oportunidades para empleo y servicios. Para obtener más información, llame a Oregon SafeNet al 211. USDA es un proveedor y empleador que ofrece oportunidades iguales.
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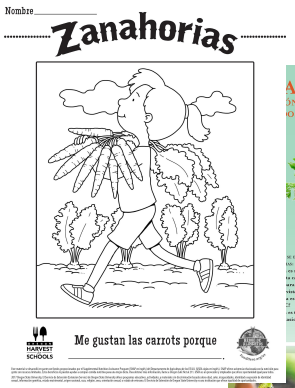
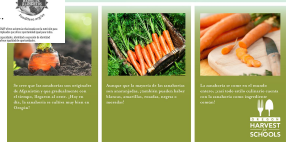
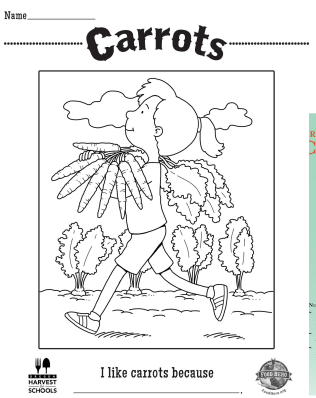
Carrots


Nombre
Zanahorias
Me gustan las carrots porque

AHORIA
OS PARA ESCUELAS



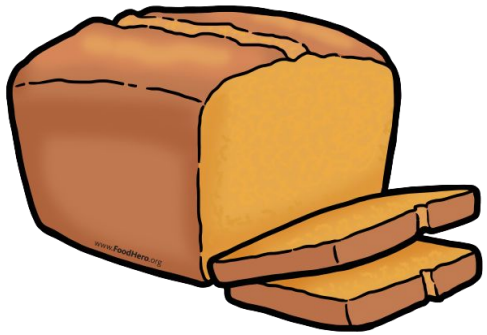

Name
Carrots
I like carrots because

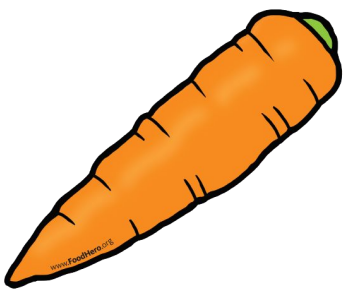
CARROTS

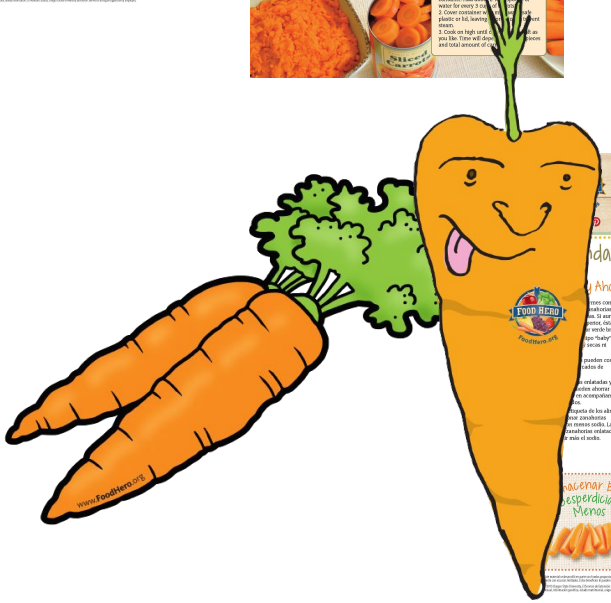
Give Your Family
More of the Good Stuff!
OSU

Carrot Basics
Shop and Save
Store Well
Waste Less

Cooking with Carrots
Mashed Carrots
Quick Ways
to Use Carrots
Cooking Carrots


www.FoodHero.org


www.FoodHero.org

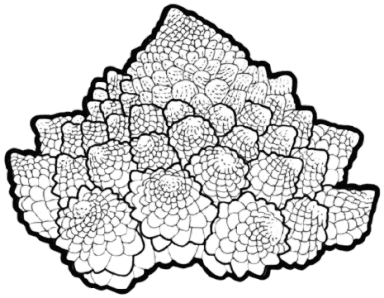

www.FoodHero.org

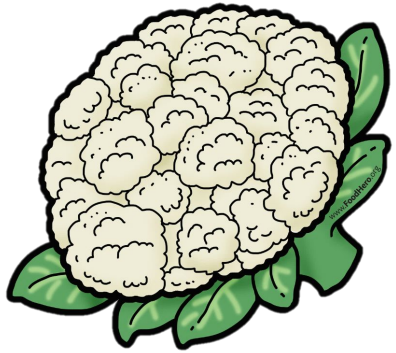
¡Dele a su Familia Más
de las Cosas Buenas!
Las zanahorias son ricas en vitamina A.
Tipos de Za
Cómo almacenar las zanahorias enteras frescas:

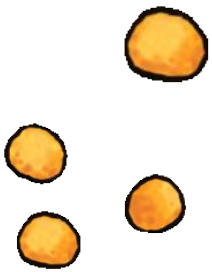
Cómo Cocinar con las Zanahorias
Puré de Zanahorias
Maneras Rápidas
de Utilizar las Zanahorias
Cómo Cocinar las
Zanahorias

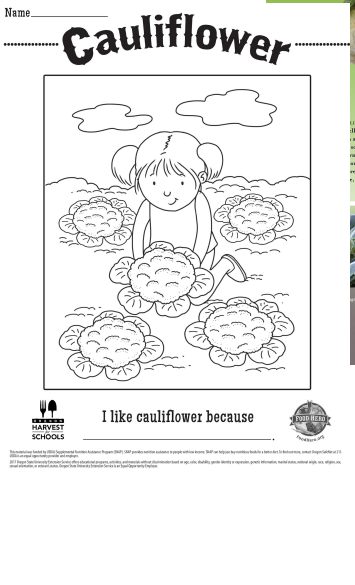
Dream
Big!
www.FoodHero.org

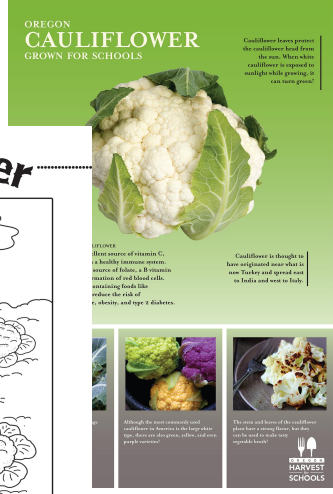
Cauliflower



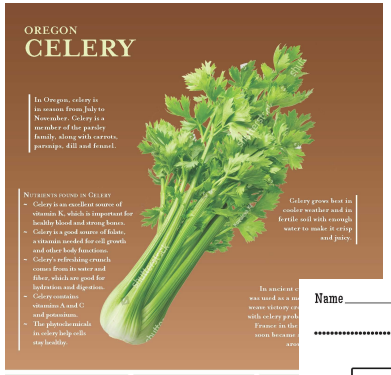


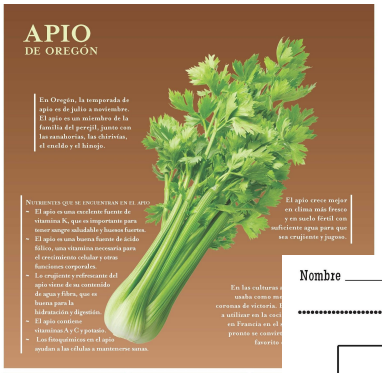


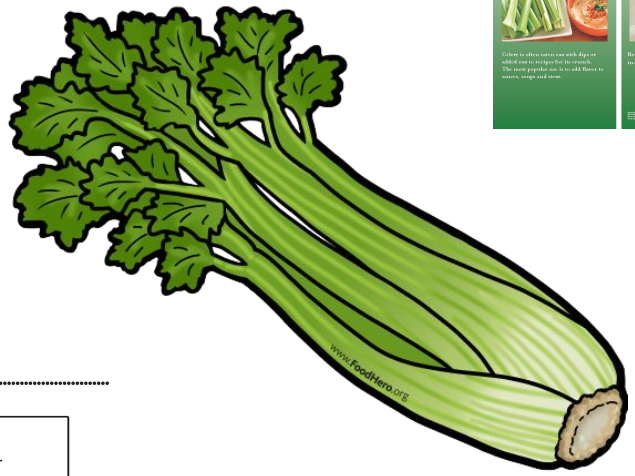




Celery

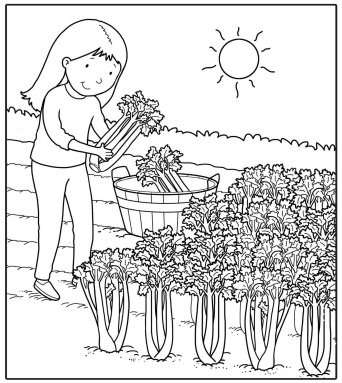






Nombre _____

Apio

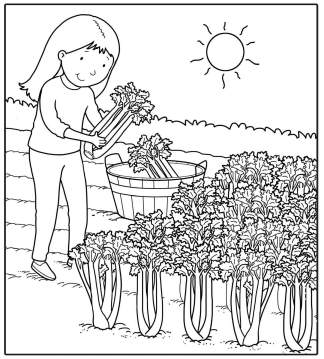


Me gusta el apio porque _____.

Este material fue financiado con fondos proporcionados por el Suplemental Nutrition Assistance Program (SNAP en inglés) del Departamento de Agricultura de los EE.UU. (USDA siglas en inglés). Para información sobre ayuda con la nutrición a través del Oregon SNAP, llame al Oregon Food Bank al 211.
2014 Oregon State University | El Servicio de Extensión de Oregon State University es una institución que ofrece igualdad de oportunidades.

Name _____

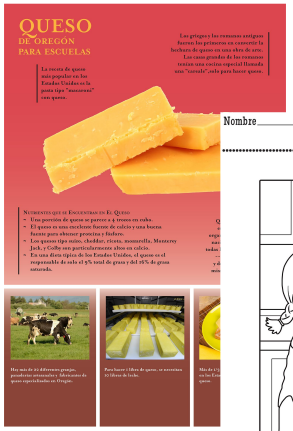
Celery

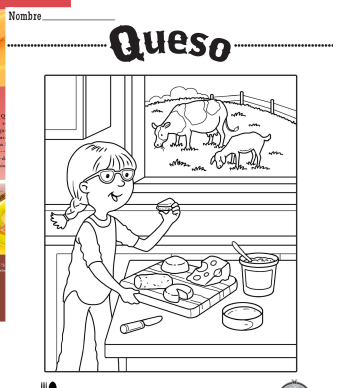


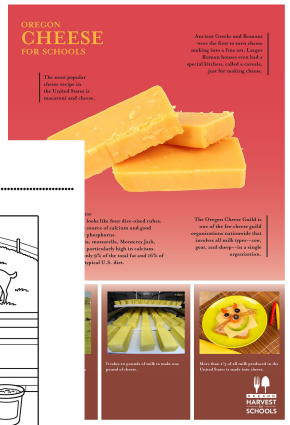
I like celery because _____.

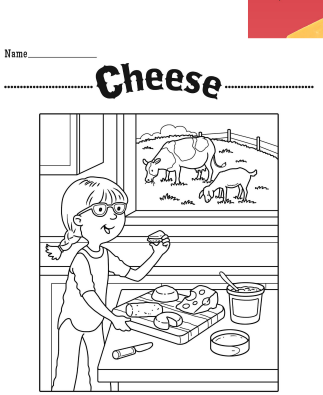
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. For information on nutrition assistance through Oregon SNAP, contact Oregon Food Bank at 211. OSUis an equal opportunity provider and employer.
2014 Oregon State University | Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Cheese

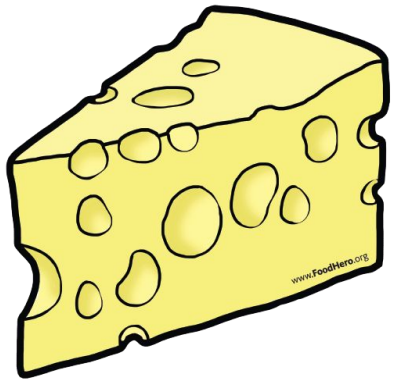

QUESO
DE OREGÓN
PARA ESCUELAS


Nombre
Queso
Me gusta el queso porque

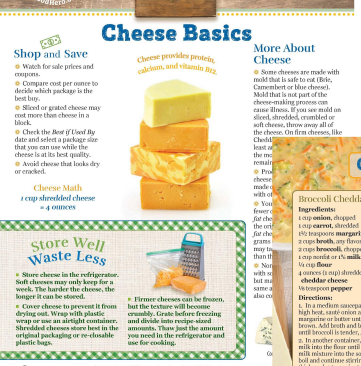

OREGON
CHEESE
FOR SCHOOLS


Name
Cheese
I like cheese because

Queso
Fresco
www.FoodHero.org


www.FoodHero.org

Give Them More
of the
Good Stuff!


Cheese Basics
Shop and Save
Cheese provides protein, calcium, and vitamin B12.
More About Cheese
Cheese Math
1 cup shredded cheese
= 4 ounces
Store Well
Waste Less
Oregon State University

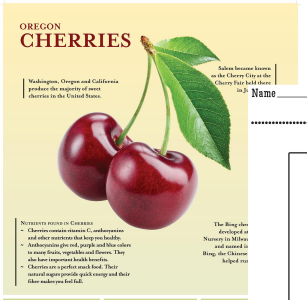
Cooking with Cheese
Broccoli Cheddar Soup
Skillet Mac and Cheese
Making Quesadillas
Kids Can!

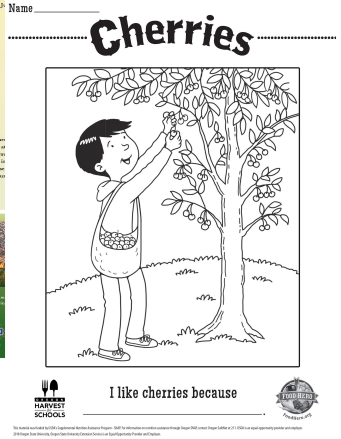
¡Darles Más
Cosas Buenas!

Fundamentos del Queso
Compras y Ahorros
El queso contiene proteína, calcio y vitamina B12.
Más Acerca del Queso
Matemáticas del Queso
1 taza de queso rallado
= 4 onzas
Almacenar Bien
Desperdiciar Menos
Oregon State University

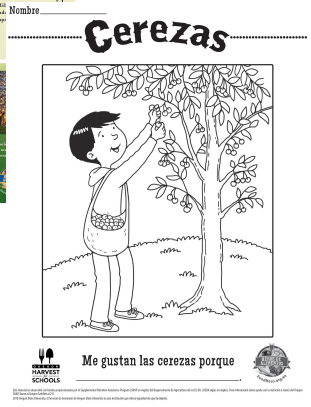
Cómo Cocinar con el Queso
Sopa de Brócoli y Queso tipo Cheddar
Cacerola de Macarrones y Queso
Hacer Quesadillas
¡Los Niños Pueden!

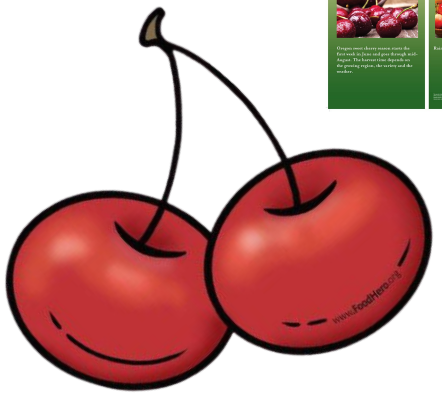
Cherries


OREGON
CHERRIES
Washington, Oregon and California produce the majority of sweet cherries in the United States.
Nutrients found in Cherries
• Cherries contain vitamin C, anthocyanins and other nutrients that help you healthy.
• Anthocyanins give red, purple and blue colors to many fruits, vegetables and flowers. They also have important health benefits.
• Cherries are a perfect snack food. Their natural sugars provide quick energy and their fiber makes you feel full.


Name
Cherries
I like cherries because

CEREZAS
DE OREGÓN
Washington, Oregon y California producen la mayoría de las cerezas dulces en los Estados Unidos.
Salem es día a conocer como la Ciudad de la Cereza en la Feria de la Cereza celebrada allí en julio de 1907.
Nutrientes encontrados en las cerezas
• Las cerezas contienen vitamina C, antocianinas y otros nutrientes que son mantienen saludables.
• Las antocianinas dan colores roja, morada y azul a muchas frutas, verduras y flores. Ellas también tienen importantes beneficios para la salud.
• Las cerezas son un bocadillo perfecto. Sus azúcares naturales proporcionan energía rápida y sus fibras nos hace sentir llenos.


Nombre
Cerezas
Me gustan las cerezas porque


www.FoodHero.org

www.FoodHero.org
Gracelyn, 5th grade, Clatsop

Give Them More Good Stuff!

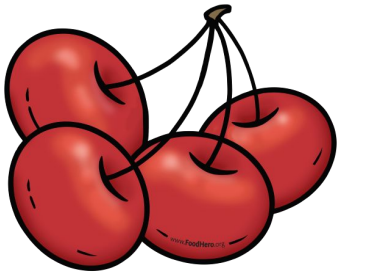
Cherry Basics
Shop and Save
Look for fresh cherries that are firm and plump.
Stems on fresh cherries should be green and pliable.
Avoid cherries that are bruised, wrinkled, moldy or soft. Cherries do not continue to ripen after picking.
Sweet and tart cherries are available anytime frozen, canned, dried or as juice.
Cherry Math:
1 pound of fresh sweet cherries =
3 cups whole =
1½ cups pitted
Cherries contain antioxidants, which help strengthen our immune system and protect against disease.
Types of Cherries
Sweet cherries - firm texture, sweet flavor, varies in color from dark red to yellow with a red blush. Enjoy them fresh from June through August.
Pie or tart cherries - smaller or with soft, juicy flesh and a bright red color. Available fresh in June or July. Usually cooked or dried with added sweeteners.
Pitting Cherries
Use a cherry pitter.
Use a paring knife to cut cherry in half and remove the pit.
Use a sturdy straw, chopstick or skewer to push the pit through the cherry from the stem end.
Insert the loop of a paper clip through the stem end and under the pit. Pop the pit back out the top.
Store Well Waste Less
Keep cherries cold and dry to slow spoilage. Remove bruised or moldy cherries, then refrigerate in a bag or container that allows air to circulate. Wash just before using. Plan to use within about a week.
For longer storage, freeze pitted cherries in a single layer on a cookie sheet in the freezer. Use within 12 months.
Store canned cherries at room temperature for up to a year. Refrigerate after opening and use within a week. Dried cherries are best used locally if used within 18 months.
Oregon State University

Enjoy Cherries!
Cherry Puff Pancake
Ingredients:
3 eggs
½ cup nonfat or 1% milk
1 teaspoon vanilla
½ cup all-purpose flour
1 Tablespoon sugar
Pinch of cinnamon
2 Tablespoons margarine or butter
2 cups halved, pitted sweet cherries, fresh or frozen, thawed and drained
¼ cup sliced almonds (optional)
Directions:
1. Preheat oven to 450 degrees F.
2. In a medium bowl or blender, beat the eggs, milk and vanilla together until well blended.
3. Mix the flour, sugar and cinnamon together. Add to the liquid ingredients and mix until there are no lumps.
4. Put 2 Tablespoons of margarine or butter in a 10- or 12-inch oven-proof skillet or pie plate. Put the pan in the oven. Watch the dish in the hot oven until the margarine or butter is melted and bubbly. Remove from the oven. Quickly spread the cherries across the bottom of the hot skillet or dish.
5. Pour the batter over the cherries and sprinkle with almond slices, if using.
6. Return to the oven and bake for 15 to 20 minutes until the edges are browned and the puffs in the middle are golden. Cool slightly before cutting into 4 wedges. The center puffs will flatten during cooling.
7. Refrigerate leftovers within 2 hours.
Makes 4 wedges
Prep time: 15 minutes
Cook time: 15 to 20 minutes
Cherry Scones
Ingredients:
1 cup whole wheat flour
1 cup all-purpose flour
¼ cup sugar
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
1 cup dried cherries, or chopped fresh, canned or frozen and thawed cherries. Drain canned or frozen cherries well.
¼ cup butter, melted
½ cup buttermilk
1 teaspoon vanilla
Directions:
1. Preheat oven to 400 degrees F.
2. Combine the whole wheat flour, all-purpose flour, sugar, baking powder, baking soda and salt in a medium bowl. Stir well.
3. Add the cherries and mix lightly.
4. In a small bowl, combine the melted butter, buttermilk and vanilla. Add to the dry ingredients and mix gently.
5. Spoon the dough into 10 equal mounds on a greased baking sheet. Bake until well browned, 18 to 20 minutes.
6. Serve hot or at room temperature. Store leftovers in an airtight container at room temperature for 2 or 3 days.
Makes 10 scones
Prep time: 20 minutes
Cook time: 20 minutes
Kids Can!
When kids help make healthy food, they are more likely to try it. Show kids how to:
wash cherries under cool running water.
remove pits from cherries.
measure ingredients and stir them together.

¡Deles Más Cosas Buenas!

Fundamentos de las Cerezas
Comprar y Ahorrar
Busque cerezas frescas que estén brillantes y gordas.
Los tallos deben ser verdes y doblarse fácilmente. Las cerezas con tallos se marchitan frescas por más tiempo.
Evite las cerezas magulladas, arrugadas, suaves o blandas. Las cerezas dejan de madurar después de la cosecha.
Las cerezas dulces y agrias están disponibles en cualquier momento congeladas, enlatadas, secas o como jugo.
Las cerezas contienen antioxidantes, que ayudan a fortalecer el sistema inmune y protegen contra enfermedades.
Matemáticas de las cerezas
1 libra de cerezas frescas y dulces =
3 tazas enteras =
1½ tazas deshuesadas
Almacena Bien Desperdicia Menos
Mantenga las cerezas frías y secas para evitar que se echen a perder. Elimine cerezas magulladas o mohosas, luego refrigere en una bolsa o recipiente que permita que circule el aire. Lave justo antes de usarlas. Planee utilizarlas dentro de aproximadamente una semana.
Para un almacenamiento más prolongado, congele las cerezas
deshuesadas en una charola, luego transfiera a bolsas congeladas. Use dentro de un mes.
Almacene cerezas enlatadas a temperatura ambiente por hasta un año. Refrigere después de abrir y use dentro de una semana. Las cerezas secas son de la mejor calidad si se usan dentro de 18 meses.
Oregon State University

¡Disfrute las Cerezas!
Panqueques Esponjosos de Cereza
Ingredientes:
1 huevo
½ taza de leche sin grasa o de 1%
1 cucharadita de vainilla
½ taza de harina
½ cucharada de azúcar
Pizca de canela
2 cucharadas de margarina o mantequilla
2 tazas de cerezas dulces cortadas a la mitad, deshuesadas, frescas o congeladas, descongeladas y escurridas
¼ de taza de almendras con rebanadas (opcional)
Preparación:
1. Precalentar el horno a 450 grados F.
2. En un tazón para mezclar mediano o licuadora, bata los huevos, la leche y la vainilla hasta que queden bien mezcladas.
3. Mezcle la harina, el azúcar y la canela. Añada los ingredientes líquidos y mezcle hasta que ya no haya grumos.
4. Ponga 2 cucharadas de margarina o mantequilla en una sartén a prueba del horno de 10- o 12 pulgadas o en molde para hornear de 25½ x 3 cuartos. Meta la sartén o molde para hornear al horno caliente hasta que la margarina o la mantequilla se derrita y aparezcan burbujas. Saque del horno. Rápidamente esparza las cerezas en la parte inferior de la sartén o molde caliente.
5. Vierta la masa sobre las cerezas y esparcirse con las almendras rebanadas, si las está utilizando.
6. Vuelva a meterlo al horno y hornee durante 15 a 20 minutos hasta que los bordes estén dorados y los panqueques en el medio sean dorados. Estén ligeramente antes de cortar en 4 piezas. Los panqueques centrales se aplanarán durante el enfriamiento.
7. Refrigere lo que sobre dentro de los siguientes 2 horas.
Rinde 4 piezas
Tiempo de preparación: 15 minutos
Tiempo para cocinar: 15 a 20 minutos
Panecillos tipo "Scones" de Cereza
Ingredientes:
1 taza de harina integral
½ de taza de harina
½ de taza de azúcar
1 cucharadita de polvo de hornear
½ cucharadita de bicarbonato de sodio
½ de cucharadita de sal
1 taza de cerezas secas o cerezas picadas frescas, enlatadas o congeladas y descongeladas. Escurra bien las cerezas enlatadas o congeladas
¼ de taza de mantequilla, derretida
½ de taza de buttermilk
1 cucharadita de vainilla
Preparación:
1. Precalentar el horno a 400 grados F.
2. Combine la harina integral, la harina, el azúcar, el polvo de hornear, el bicarbonato de sodio y la sal en un recipiente mediano. Mezcle bien.
3. Añada las cerezas y mezcle ligeramente.
4. En un tazón para mezclar pequeño, combine la mantequilla derretida, el buttermilk y la vainilla. Añada la mezcla a los ingredientes secos y mezcle suavemente.
5. Ponga la masa en 10 montículos iguales en una bandeja para hornear engrasada. Hornee hasta que queden bien dorados, 18 a 20 minutos.
6. Sirva caliente o a temperatura ambiente. Guarde las sobras en un recipiente hermético a temperatura ambiente por 2 o 3 días.
Rinde 10 scones
Tiempo de preparación: 20 minutos
Tiempo para cocinar: 20 minutos
¡Los Niños Pueden!
Cuando los niños ayudan a preparar los bocadillos, son más propensos a probarlos. Enséñeles a los niños a:
lavar cerezas bajo agua fría de la llave.
deshuesar las cerezas.
medir los ingredientes y mezclarlos.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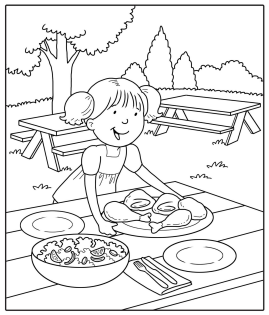
Chicken

Name_____

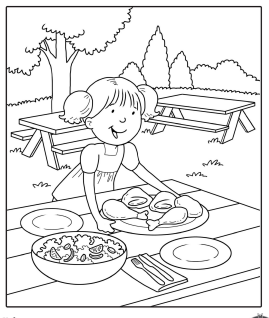
Chicken



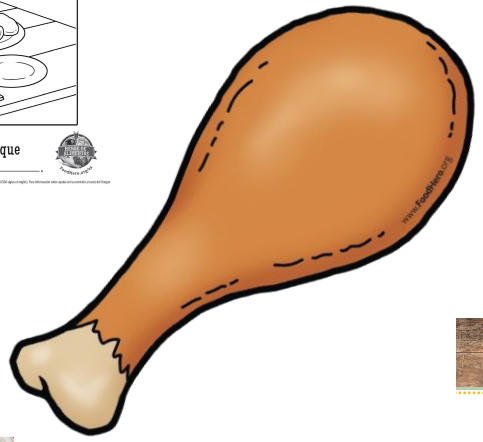
I like chicken because _____.

Nombre_____

Pollo



Me gusta el pollo porque _____.

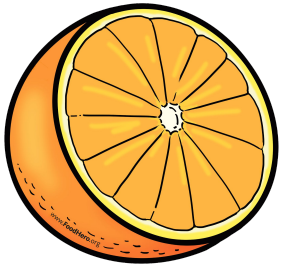


Citrus

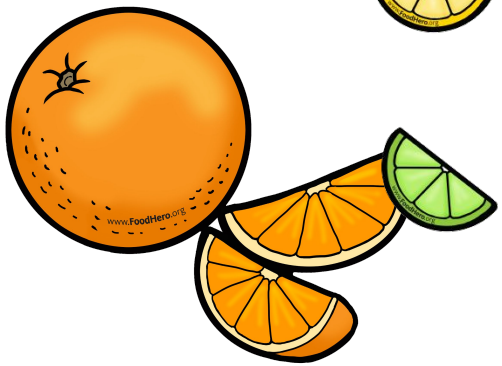
Give Them More of the Good Stuff!
Orange Basics
Shop and Save
Some Types of Oranges
Store Well Waste Less

Enjoy Oranges
Carrot, Jicama and Orange Salad
Sunshine Roll-Ups
Kids Can!

www.FOODHERO.ORG
Hannah , 3rd grade

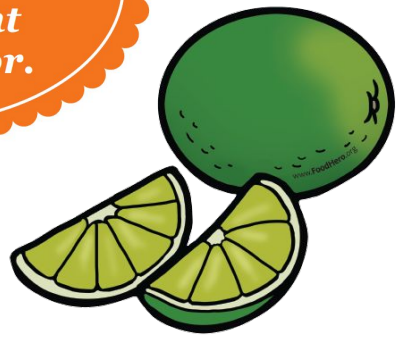

www.FoodHero.org

Fun With Oranges!
Carrot, Jicama and Orange Salad
Did you know?
Kids Can!

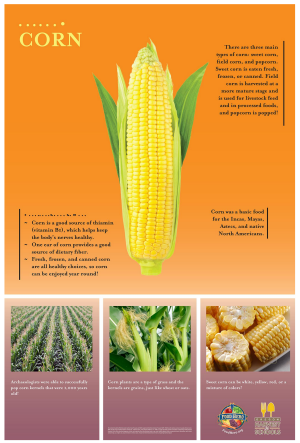

www.FoodHero.org

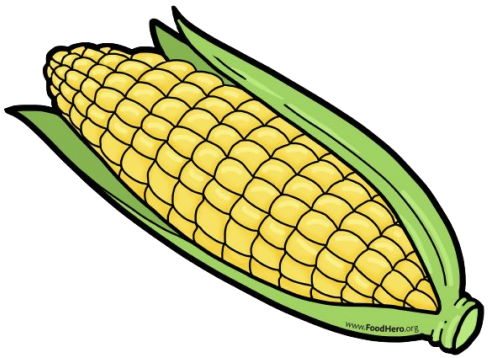
Zest is the colorful part of the peel that adds bright citrus flavor.

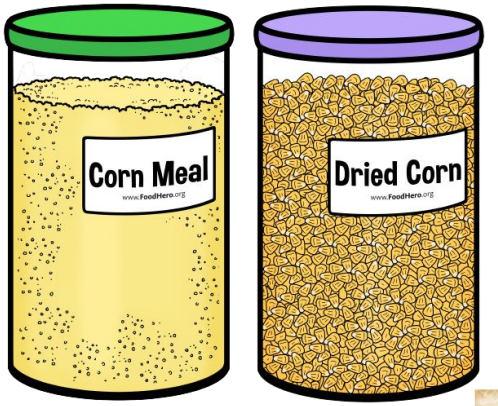
Oranges
www.FoodHero.org



Corn







Nombre_____

Maíz

Me gusta el maíz porque

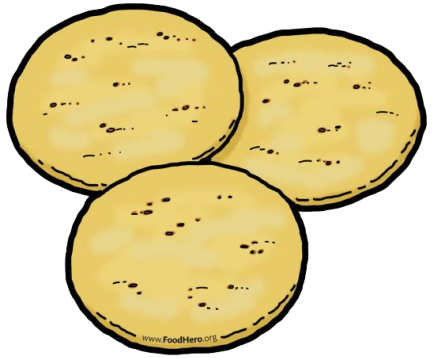
_____

Name_____

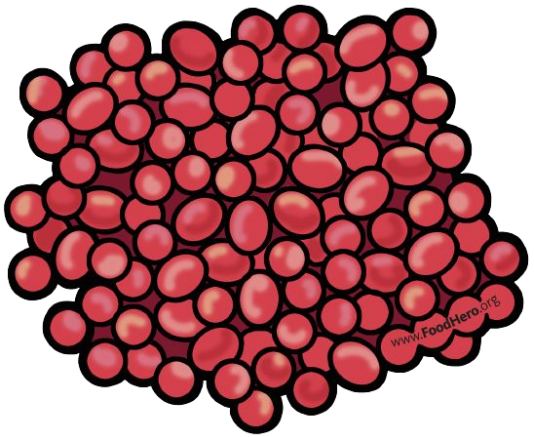
Corn

I like corn because

_____



Cranberries



Name_____

Cranberries

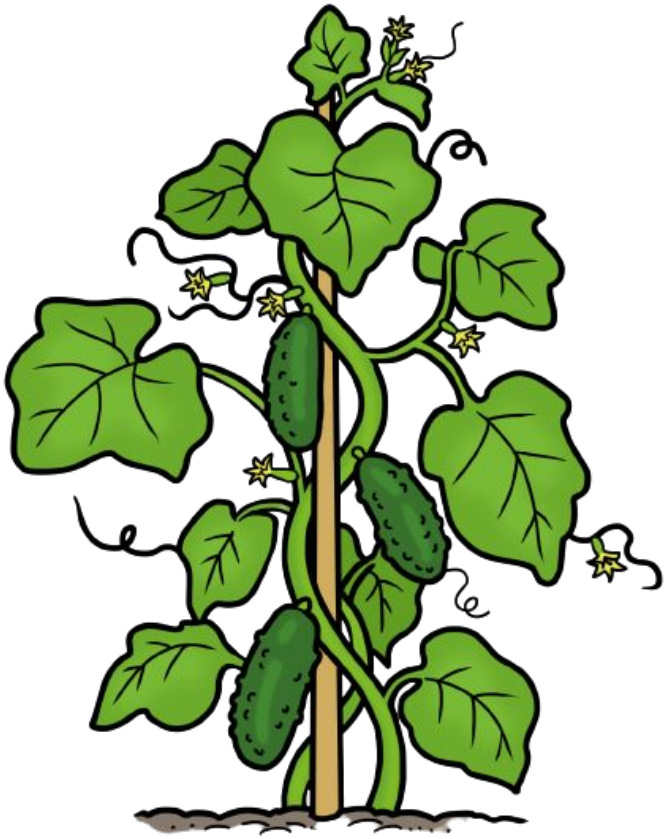
I like cranberries because _____.

Nombre_____

Arándanos Rojos

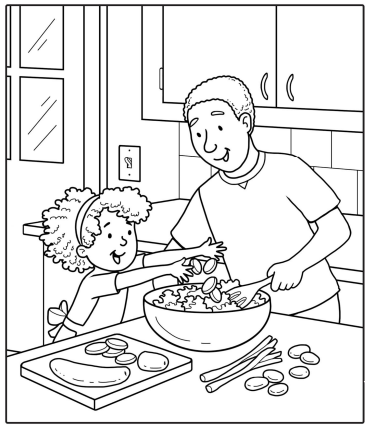
Me gustan los arándanos rojos porque _____.

Cucumber



Name _____

Cucumber



I like cucumbers because _____.

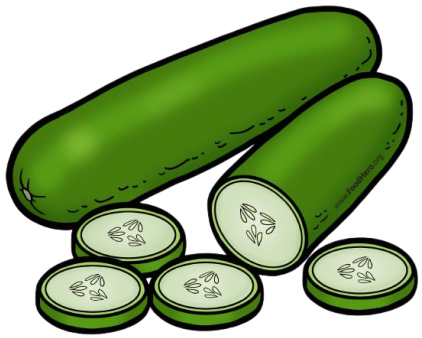
This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.
2020 Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Nombre _____

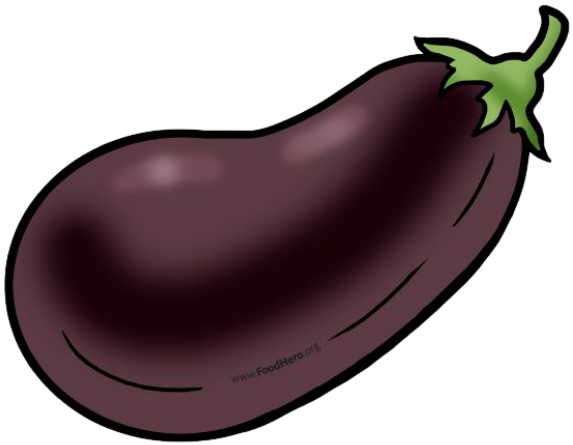
Pepinos

Me gustan los pepinos porque _____.

Este material se desarrolló con fondos proporcionados por el Supplemental Nutrition Assistance Program (SNAP en inglés) del Departamento de Agricultura de los EE.UU. (USDA siglas en inglés). Para información sobre ayuda con la nutrición a través del Oregon SNAP llame al Oregon SafeNet al 211.
2020 Oregon State University, El Servicio de Extensión de Oregon State University es una institución que ofrece igualdad de oportunidades.



Eggplant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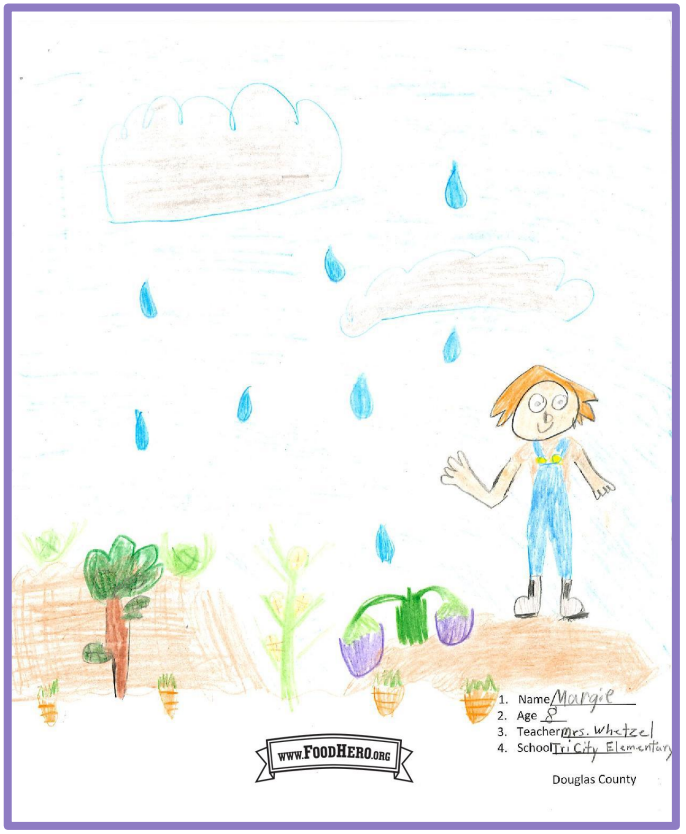
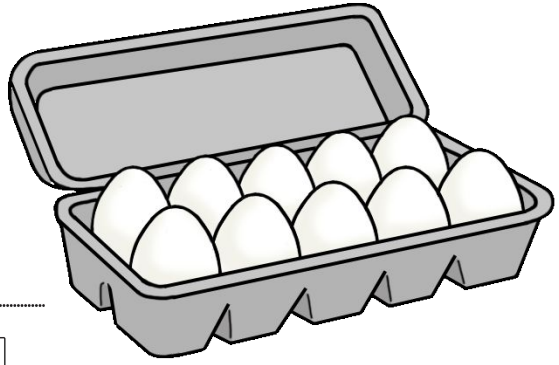
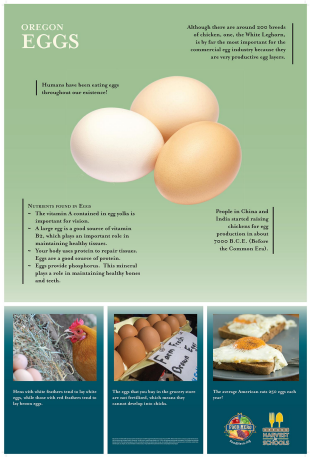
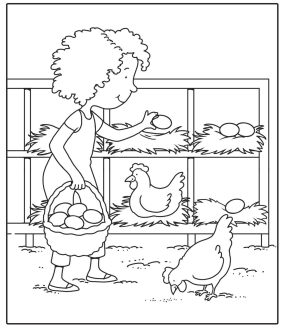

1. Name Margie
2. Age 8
3. Teacher Mrs. Whetzel
4. School Tri City Elementary
Douglas County
www.FoodHero.org

Eggs



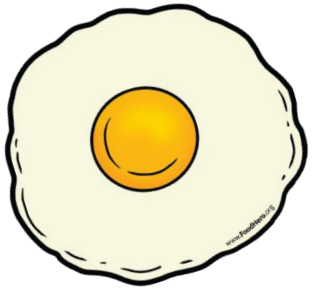


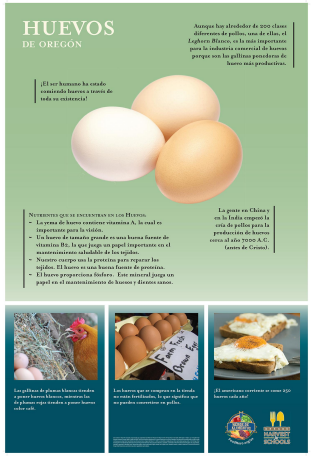


Name _____

Eggs

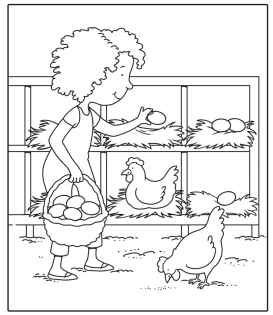
I like eggs because _____.



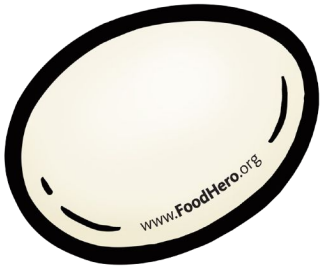


Nombre _____

Huevos



Me gustan los huevos porque _____.



Grapes

Fundamentos de las Uvas

Comprar y Ahorrar

- Para consejos frescos, seleccionen uvas de racimo. Tienen la cáscara delgada y son dulces y jugosas. Unas cultivadas parecen o tienen texturas con más grasitas y contienen menos más azúcar.
- Busque uvas firmes y gordas que estén firmemente sujetadas a tallos verdes y flexibles.
- Evite las uvas que estén arrugadas, peguiosas que tengan moho, que tengan marrones o tallos secos y quebradizos.
- Las uvas son notablemente de un color parejo, rojo o verde pálido. Pueden ser sin semillas o con semillas. Prueben colores, tamaños y texturas diferentes eligiendo la variedad con el precio más bajo.

Pasas

- Dependiendo de que variedad de uva es la uva, las pasas (uvas secas) se vuelven marrones o doradas.
- Busque recipientes herméticamente cerrados o recipientes a granel cubiertos. Las pasas también contienen azúcar y fenólicos.
- Almacene las pasas en un recipiente hermético en un lugar fresco, seco y oscuro.
- Una vez abierto, vuelva a sellar el paquete herméticamente para ayudar a prevenir el endurecimiento. Para la mejor calidad, utilice dentro de 6 a 8 meses.
- Si las pasas se endurecen, remójelas en un líquido caliente por 5 a 15 minutos. Escurra bien.
- Se requiere 1 taza de uvas para hacer ¼ de taza de pasas. Ambas tienen aproximadamente 100 calorías.

▶ Las uvas crudas son un gran peligro de asfixia para niños menores de cuatro años de edad. Corte las uvas por la mitad a lo largo a menos que sean muy pequeñas.

Almacena Bien Desperdicia Menos

- **Deje las uvas en el tallo, pero quite cualquier uva que esté aplastada, marrón o podrida.**
- **Las uvas se pueden guardar en el mostrador durante un día o dos, pero se conservan por más tiempo cuando se refrigeran. Cómprelas en un recipiente abierto o bolsa de plástico perforada. Para la mejor calidad, utilice dentro de 1 a 2 días.**
- **Enjuague bajo agua fría justo antes de consumir. Demasiada humedad extra durante el almacenamiento acelera el deterioro.**

Oregon State University

Esta institución ofrece oportunidades de educación y empleo sin discriminación. El Suplemental Nutrition Assistance Program (SNAP) ofrece asistencia alimentaria a familias de bajos ingresos. Para más información, llame a la línea de ayuda para personas elegibles para SNAP al 1-800-723-1514 o visite el sitio web de FoodHero.org/snap. Esta institución ofrece oportunidades de educación y empleo sin discriminación. El Programa Especial de Nutrición Suplementaria para Mujeres, Infantes y Niños (WIC) ofrece asistencia alimentaria a familias de bajos ingresos. Para más información, llame a la línea de ayuda para personas elegibles para WIC al 1-800-342-6416 o visite el sitio web de FoodHero.org/wic. Esta institución ofrece oportunidades de educación y empleo sin discriminación. El Programa Food Distribution Program on Indian Reservations (FDPIR) ofrece asistencia alimentaria a familias de bajos ingresos. Para más información, llame a la línea de ayuda para personas elegibles para FDPIR al 1-800-452-8646 o visite el sitio web de FoodHero.org/fdpir. Esta institución ofrece oportunidades de educación y empleo sin discriminación. El Programa Senior Farmers Market Nutrition Program (SFMNP) ofrece asistencia alimentaria a personas de bajos ingresos. Para más información, llame a la línea de ayuda para personas elegibles para SFMNP al 1-800-723-1514 o visite el sitio web de FoodHero.org/sfmnp. Esta institución ofrece oportunidades de educación y empleo sin discriminación. El Programa Supplemental Nutrition Assistance Program (SNAP) ofrece asistencia alimentaria a familias de bajos ingresos. Para más información, llame a la línea de ayuda para personas elegibles para SNAP al 1-800-723-1514 o visite el sitio web de FoodHero.org/snap. Esta institución ofrece oportunidades de educación y empleo sin discriminación. El Programa Especial de Nutrición Suplementaria para Mujeres, Infantes y Niños (WIC) ofrece asistencia alimentaria a familias de bajos ingresos. Para más información, llame a la línea de ayuda para personas elegibles para WIC al 1-800-342-6416 o visite el sitio web de FoodHero.org/wic. Esta institución ofrece oportunidades de educación y empleo sin discriminación. El Programa Food Distribution Program on Indian Reservations (FDPIR) ofrece asistencia alimentaria a familias de bajos ingresos. Para más información, llame a la línea de ayuda para personas elegibles para FDPIR al 1-800-452-8646 o visite el sitio web de FoodHero.org/fdpir. Esta institución ofrece oportunidades de educación y empleo sin discriminación. El Programa Senior Farmers Market Nutrition Program (SFMNP) ofrece asistencia alimentaria a personas de bajos ingresos. Para más información, llame a la línea de ayuda para personas elegibles para SFMNP al 1-800-723-1514 o visite el sitio web de FoodHero.org/sfmnp.

Compartir

Disfrute las Uvas

Ensalada de Uvas y Pepino

Ingredientes:
3 tazas de **uvas**, cortadas a la mitad o en cuartos
3 tazas de rebanadas de **pepino**
¼ de taza de **cebollinos** en rodajas finas
Aderezo:
¼ de taza de **vinagre**
1 cucharadita de **aceite**
2 cucharaditas de **azúcar morena**
¾ de cucharadita de **sal**
¼ de cucharadita de **salsa picante**, opcional
Preparación:
1. Ponga las uvas, el pepino y el cebollín en un tazón mediano.
2. En un tazón pequeño o en frasco con una tapadera hermética, mezcle o agite los ingredientes del aderezo.
3. Vierta sobre las uvas y pepinos y revuelva hasta que quede mezclado.
4. Refrigere lo que sobre dentro de las siguientes 2 horas.
Rinde: 6 tazas
Tiempo de preparación: 15 minutos

Salsa de Uvas

Ingredientes:
2 tazas de **uvas**, cortadas en trozos
½ taza de rodajas de **cebollín**
½ taza de **chiles, bañeras** picados, frescos o enlatados
2 cucharadas de **cilantro** picado
2 cucharadas de **vinagre**
¼ cucharadita de **ajo en polvo** o 1 diente de **ajo**, finamente picado
½ cucharadita de **sal**
¼ de cucharadita de **salsa picante**
Preparación:
1. Combine todos los ingredientes en un tazón mediano; mezcle bien. Deje reposar al menos 1 hora. Escurra el exceso de líquido antes de servir.
2. Refrigere lo que sobre dentro de las siguientes 2 horas.
Rinde: 2 tazas
Tiempo de preparación: 20 minutos + 1 hora de reposo

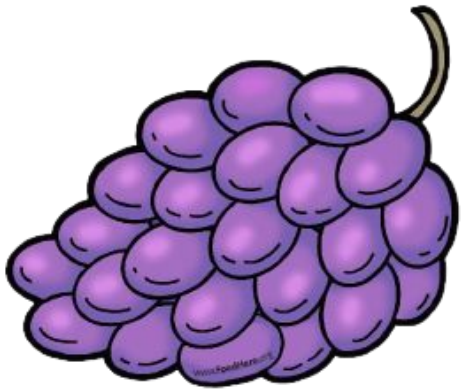
Tabulé con Frutas

Ingredientes:
1½ taza de **caldo** de pollo o vegetal
1 taza de **trigo quebrado**
1 taza de **uvas**, corte a la mitad o en cuartos
½ de taza de **cebolla** finamente picada
3 cucharadas de **hojas de menta** o **perejil**, fresca picadas
1 **naranja** pequeña, pelada y picada o ¾ de taza (una lata de 11 onzas) de **mandarinas enlatadas**, escurridas
Aderezo:
2 cucharadas de **aceite**
2 cucharadas de **jugo de limón** o **vinagre**
2 cucharaditas de **azúcar**
¼ de cucharadita de **sal**
½ cucharadita de **jengibre molido**
½ cucharadita de **comino molido**
¼ de cucharadita de **pimienta negra**
Preparación:
1. Caliente el caldo hasta que hierva. Incorpore el trigo quebrado y apague la llama. Cubra y deje a un lado por 25 minutos.
2. Quite la tapa y separe el trigo quebrado con un tenedor. Deje que se enfríe al menos 5 minutos.
3. Mezcle las uvas, la cebolla, las hojas de menta o perejil y la naranja.
4. En un tazón pequeño o un frasco con una tapadera hermética, mezcle o agite los ingredientes del aderezo. Vierta sobre el bulgur y revuelva bien. Enfríe hasta que esté listo para servir.
5. Refrigere lo que sobre dentro de las siguientes 2 horas.
Rinde: 6 tazas
Tiempo de preparación: 15 minutos

Visite **FoodHero.org/es** para buscar más formas deliciosas de utilizar las uvas.

¡Los Niños Pueden!

Cuando los niños ayudan a preparar los bocadillos, son más propensos a probarlos. Anímelos a los niños a:
- **enjuagar las uvas bajo agua fría corriente.**
- **cortar las uvas a la mitad o más pequeñas para reducir la posibilidad de atragantarse.**



Grape Basics

Shop and Save

- For eating fresh, choose table grapes. They have thinner skins and are sweet and juicy. Grapes grown for juice or wine have thicker skins and much more sugar.
- Look for firm, plump grapes that are firmly attached to green, flexible stems.
- Avoid grapes that are shriveled, sticky, have brown spots, or with dry, brittle stems.
- Grapes are commonly purple, red or pale green. They may be seedless or have seeds. Try different colors, sizes and textures by choosing the variety that is lowest in price.

Raisins

- Depending on the variety of grape, raisins (dried grapes) become dark brown or golden.
- Look for tightly-sealed containers or covered bulk bins. Raisins should feel soft and pliable.
- Store raisins in an airtight container in a cool, dry, dark place.
- Once opened, reseal the package tightly to help prevent hardening. For best quality use within 6 months.
- If raisins become hard, soak in hot liquid for 5 to 15 minutes. Drain and use.
- It takes 1 cup of grapes to make ¼ cup of raisins. They both have about 100 calories.

Store Well Waste Less

- **Leave grapes on the stem but remove any grapes that are shriveled, brown, or moldy.**
- **Grapes can be kept on the countertop for a day or two, but last longer when refrigerated. Place them in an open container or perforated plastic bag. For best quality, use within 7 to 10 days.**
- **Rinse under cool water just before eating. Extra moisture during storage speeds spoilage.**

▶ Whole grapes are a serious choking hazard for children younger than four years old. Cut grapes in half lengthwise or even into quarters.

Oregon State University

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Share on:

Enjoy Grapes

Visit **FoodHero.org** for more tasty ways to use grapes.

Fruited Tabbouleh

Ingredients:
1½ cups **broth**, chicken or vegetable
1 cup **bulgur wheat**
1 cup **grapes**, cut in half or quarters
½ cup minced **onion**
3 Tablespoons chopped fresh **mint leaves** or parsley
1 small **orange**, peeled and diced or ¾ cup (one 11-ounce can) **mandarin oranges**, drained
Dressing:
2 Tablespoons **oil**
2 Tablespoons **lemon juice** or **vinegar**
2 teaspoons **sugar**
¾ teaspoon **salt**
½ teaspoon **ground ginger**
½ teaspoon **ground cumin**
½ teaspoon **black pepper**
Directions:
1. Heat broth to boiling, stir in bulgur and turn off heat. Cover and set aside for 25 minutes.
2. Remove the cover and fluff the bulgur with a fork. Let cool at least 5 minutes.
3. Stir in grapes, onion, mint or parsley, and orange.
4. In a small bowl or jar with a tight lid, mix and shake together the dressing ingredients. Pour over bulgur and toss well. Chill until ready to serve.
5. Refrigerate leftovers within 2 hours.
Makes 4 cups
Prep time: 25 minutes + cooling time

Grape Salsa

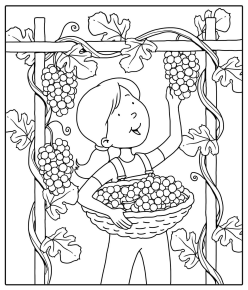
Ingredients:
2 cups **grapes**, cut in pieces
½ cup sliced **green onion**
½ cup diced **Anaheim chilies**, fresh or canned
2 Tablespoons chopped **cilantro**
2 Tablespoons **vinegar**
¼ teaspoon **garlic powder** or 1 clove **garlic**, minced
½ teaspoon **salt**
⅛ teaspoon **hot sauce**
Directions:
1. Combine all ingredients in medium bowl; mix well. Let stand at least 1 hour. Drain off excess liquid before serving.
2. Refrigerate leftovers within 2 hours.
Makes 2 cups
Prep time: 20 minutes + 1 hour standing time

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:
- **rinse grapes under cool running water.**
- **cut grapes in half or smaller to reduce the chance of choking.**

Nombre_____

Uvas



Me gustan las uvas porque _____.

HARVEST SCHOOLS

UVAS
DE OREGÓN CULTIVADOS PARA ESCUELAS

Hay diferentes variedades de uvas (llamadas cultivares) y son adecuadas para diferentes climas y regiones.

La uva es una de las frutas más viejas que se cultiva en el mundo. ¿Zeroglíficos revelan que los egipcios estaban involucrados en la producción de uvas?

Nutrientes que se encuentran en las Uvas
- Las uvas son una gran fuente de vitamina C, que apoya el sistema inmunológico.
- Las uvas también ofrecen una buena fuente de vitamina K, que ayuda a proteger en contra de enfermedades del corazón.
- Las uvas contienen cobre, que es muy importante en construir tejidos fuertes en el cuerpo.

La palabra uva viene del latín uva, que significa fruta de la vida. En inglés, la palabra grape proviene de la palabra del francés antiguo grape, que significaba manojo. Grap también es la palabra en inglés usada para el gancho que se usa a veces para cosechar las uvas.

Las uvas pueden crecer en todo Oregon, pero requieren un invierno frío y una temporada cálida para crecer. Por eso regularmente son sembradas en hileras orientada hacia el sur.

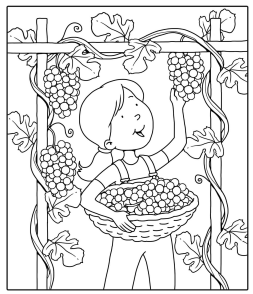
El tipo de uva Concord es la variedad que comúnmente se usa para hacer jugo de uva.

¿Hay un promedio de 100 uvas en cada manojo de uvas?

HARVEST SCHOOLS

Name_____

Grapes



I like grapes because _____.

HARVEST SCHOOLS

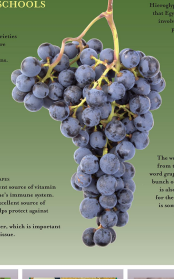
OREGON GRAPES
GROWN FOR SCHOOLS

Different grape varieties (called cultivars) are suited to different climates and regions.

Grapes are one of the oldest cultivated fruits in the world. Hieroglyphics reveal that Egyptians were involved in grape production!

Nutrients found in Grapes
- Grapes are an excellent source of vitamin C, which supports one's immune system.
- Grapes are also an excellent source of vitamin K, which helps protect against heart disease.
- Grapes contain copper, which is important for building strong tissue.

The word grape came from the Old French word grap, which means bunch or cluster. Grap is also the word used for the hook that is sometimes used to harvest grapes.



Grapes can be grown all throughout Oregon, but require a cool winter and an active growing season, so they are often planted on slopes facing south.

The Concord is a grape variety that is often used to make grape juice.

On average, there are over 100 grapes in each bunch!

HARVEST SCHOOLS

Green Beans

Green Bean Basics

Shop and Save

- Choose fresh green beans with a bright green color and firm texture; they should snap easily when bent. Avoid beans with brown spots or bruises.
- Beans should be mostly smooth on the surface. Large bumps may mean that the bean is more mature and less tender to eat.
- You can use fresh, frozen or canned green beans in most recipes. Choose what is cheapest.
- If larger bags of frozen green beans are cheaper per ounce, use what you need then press out the air and reseal the bag carefully. Return to the freezer immediately.

Green beans are a good source of vitamin K and vitamin C.

1 pound Fresh green beans = about 3 cups when cut or 2 cups cooked

Store Well Waste Less

- Refrigerate fresh green beans in an open plastic bag; use within 1 week.
- Store canned green beans in a cool, dry place at room temperature and use within 8 to 12 months for best quality.
- Frozen green beans should be used within 8 to 12 months. Freeze your own green beans. Blanch the beans in boiling water for 3 minutes. Cool quickly in ice water. Drain. Freeze separated beans on a cookie sheet before packaging and package in labeled containers or freezer bags and freeze right away.

Types of Canned and Frozen Green Beans

Whole –

Cut – Beans sliced

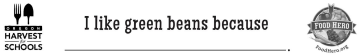
Julienned or French – Beans sliced lengthwise

For color variety, use **wax beans**. Use green beans.

Name_____

Green Beans

I like green beans because _____.



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Información Básica de los Chícharos

Compras y Ahorros

- Los chícharos frescos pueden costar menos y pueden tener un sabor más fresco cuando están en temporada desde mayo hasta mediados de julio.
  - Para no desperdiciar solo compre lo que usted necesite, ya que los chícharos frescos solo duran unos pocos días en el refrigerador.
- Los chícharos congelados y los enlatados están disponibles todo el año.
  - Para pagar el mejor precio, compre chícharos congelados empacados en una bolsa grande que puede volver a sellar, o divididos en porciones y congelados en bolsas o recipientes más pequeños.
  - Escoja chícharos enlatados bajos en sodio. Lea la etiqueta de la lata para buscar los que tengan menos sodio. Enjuáguelos y escúrralos para disminuir el sodio aun más.
- Los chícharos tipo sugar snap y tipo snow pueden ser menos costosos en el mercado de los agricultores.

Los chícharos son una buena fuente de vitaminas A y C.

Los chícharos se pueden disfrutar todo el año frescos, congelados o enlatados

Almacenar Bien Desperdiciar Menos

- Refrigere los chícharos frescos tan pronto como los reciba o los compre. Almacénelos en una bolsa abierta o un recipiente sin sellar. Deben durar por más o menos 3 días.
- Los chícharos congelados duran en el congelador hasta por 8 meses. Manténgalos en una bolsa para congelar que se pueda volver a cerrar, o en un recipiente para que así usted pueda usar la cantidad que necesite y mantener el resto congelado.
- Los chícharos enlatados duran 2 años o más.

Tipos de Chícharos

Chícharos verdes (chícharos de jardín) – Estos chícharos crecen en una vaina, pero para comerlos se les quita la vaina. Los chícharos verdes frescos deben verse rellenos y ser firmes y no deben sonar cuando estuvieran sueltos dentro de la vaina. Los chícharos verdes también pueden encontrar frescos, congelados o enlatados.

Chícharos tipo snow (chícharos en vaina) – Estos chícharos se comen enteros, ya que tienen vainas y los chícharos son muy pequeños dentro de la vaina. Las vainas y los chícharos se comen juntos. Generalmente se consiguen frescos o congelados.

Chícharos tipo sugar snap – Estos chícharos se comen enteros, ya que tienen una vaina que es lo suficientemente gruesa como para rellenar y gruesa como para comer. Las vainas y los chícharos se comen juntos. Generalmente se consiguen frescos o congelados.

Nombre_____

Ejotes

Me gustan los ejotes porque _____.

Este material es financiado en parte con fondos proporcionados por el Suplemental Nutrition Assistance Program (SNAP por inglés) del Departamento de Agricultura de EE.UU. (USDA siglas en inglés). SNAP ofrece asistencia relacionada con la nutrición para gente con escasos ingresos. Para beneficios de SNAP, contacte a Oregon SafeNet al 211. USDA es un proveedor y empleador que ofrece oportunidad igual para todos.
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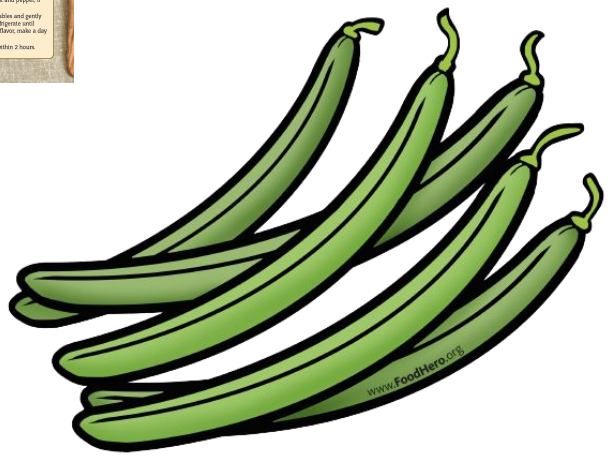
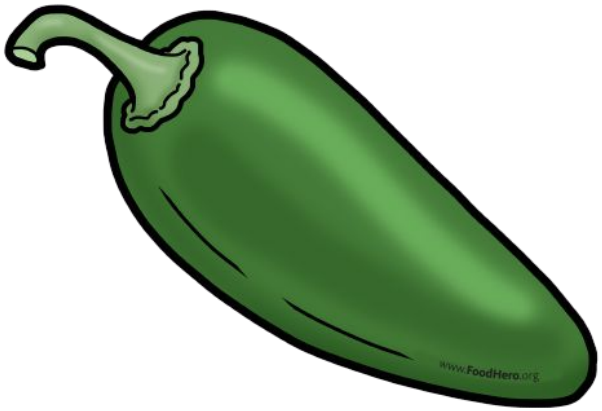
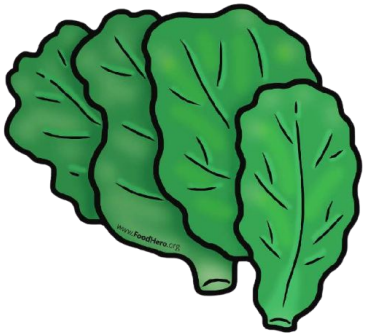


Hot Peppers



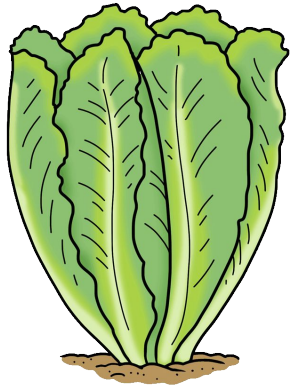
Jalapeno

Leafy Greens



Spinach

Collards



Lettuce

Kale

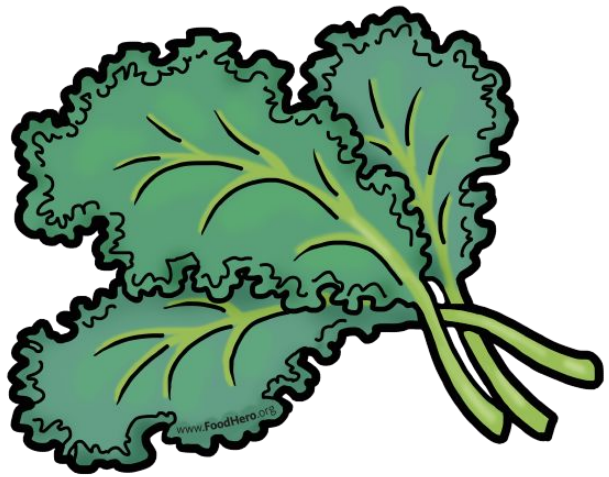
Leafy Greens: Collards

Leafy Greens: Kale

Name_____

Kale

I like kale because _____

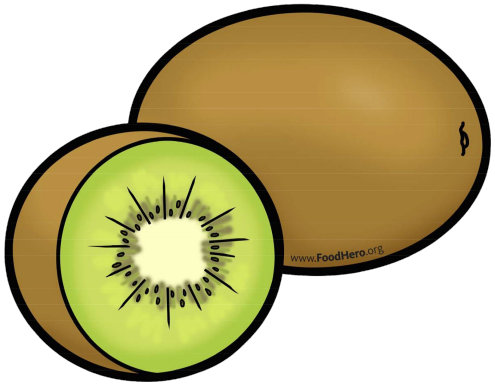


Nombre_____

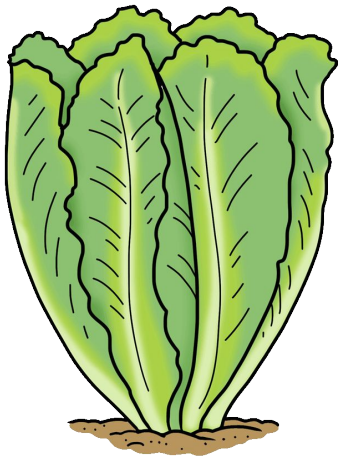
Col Rizada

Me gusta la col rizada porque _____

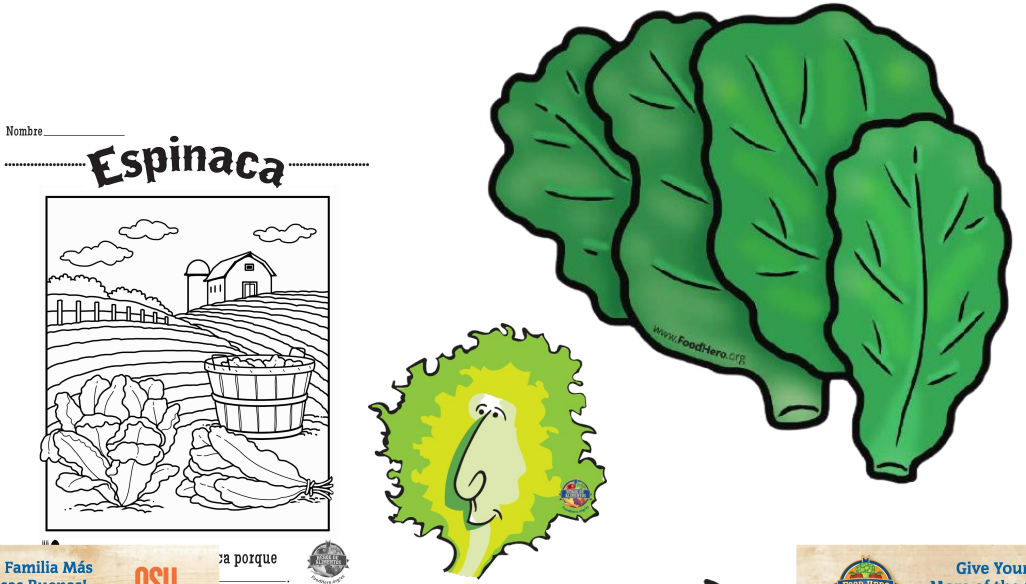
Kiwi

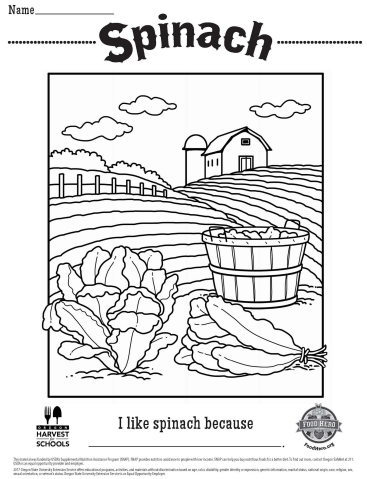


Leafy Greens: Lettuce

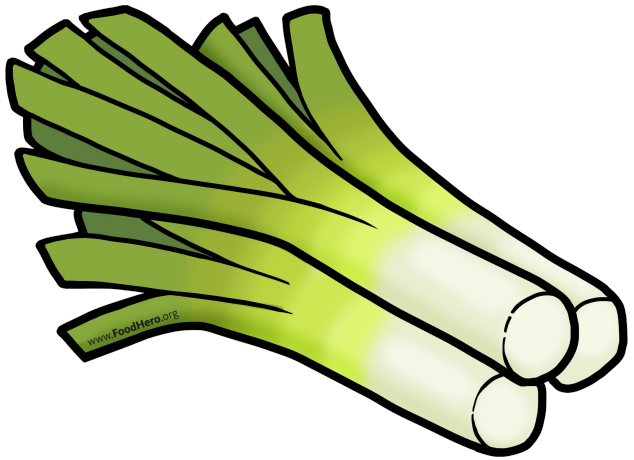


Leafy Greens: Spinach





Leeks



Name_____

Leeks

I like leeks because _____.

Nombre_____

Puerros

Me gusta los puerros porque _____.

Lentils

Lentil Basics

Shop and Save

- Uncooked (dried) lentils are inexpensive. Purchase them pre-packaged or from bulk bins.
- Cooked lentils are available canned or frozen but may cost more. Rinse canned lentils under fresh water to lower the sodium content.
- Bulk bins are a great low-cost place to find different kinds of dried lentils. Remember to note the recommended cooking time for different types.
- International food markets may have many varieties of dried lentils.

Lentils are an excellent source of protein and dietary fiber.

Tasting for tenderness is the best guide to doneness.

Lentil Math

1 pound = 2 ½ cups dry
1 cup dry =
2 to 2 ½ cups cooked

Types of L

- Lentils do not ne… soaked, and cook m… than beans.
- Check the packag… bin for cooking time…

Brown lentils—fl… tan color; most com… labeled as "Lentils"… least; mild flavor; k… shape unless cooke… time or at a rapid b…

Green lentils—fla… pale green color; so… available; mild flavo… their shape.

French green len… (de Puy)—small; da… peppery taste; keeps… but have a slightly l… cooking time.

Red lentils—red, … yellow; turn golden … cooked; mild, slight… flavor. Red lentils a… they cook quickly b… become mushy.

Black lentils (Bel… and round; black, s… earthy flavor; often … expensive; longer c… time.

Store Well Waste Less

- Store dried lentils in an air-tight container in a cool, dark, dry place. Use within 1 year for best flavor and less cooking time.
- Cooked lentils can be refrigerated for up to 1 week or frozen for up to 3 months. Divide into recipe-sized portions for quick use.

Oregon State University

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Cooking with Lentils

How to Cook Lentils

Cooked lentils add low-cost protein to meals. Use them in soups, stews, salads, tacos, wraps, lasagna, and rice bowls or mix with ground beef in hamburgers and meatballs. They also taste great on their own with some seasoning. Lentils are quick and easy to cook:

1. Sort the lentils to remove any shriveled lentils, stones or other seeds/plant parts. Just before using, rinse in a colander under cold running water.
2. Measure lentils and water or broth into a saucepan. Use 2 ½ to 3 cups liquid for each 1 cup of lentils. Add any desired seasoning except salt.
3. Bring the water just to a boil.
4. Reduce the heat so the water barely simmers (a few small bubbles) and cover with a lid.
5. Simmer until tender, about 20-30 minutes for brown lentils. Add water as needed to make sure the lentils are barely covered. When lentils are tender, add salt (¼ teaspoon/dry cup) if desired and adjust other seasonings.

Visit FoodHero.org for more recipes using lentils.

Lentil Taco Filling

Ingredients:
½ cup chopped **onion**
½ cup chopped **bell pepper** (any color)
¼ teaspoon **garlic powder** or 1 clove **garlic**, minced
1 teaspoon **oil**
½ cup dried **lentils**, rinsed
4 ½ teaspoons **chili powder**
1 teaspoon ground **cumin**
½ teaspoon dried **cilantro** or **oregano** (optional)
1 ¼ cups **broth**, any flavor

Directions:
1. In a large skillet, sauté the onion, bell pepper and garlic in oil until tender, about 3 minutes.
2. Add the lentils, chili powder, cumin and cilantro/oregano (if using). Cook and stir for 1 minute.
3. Add broth. Bring to a boil. Reduce heat, cover and simmer until the lentils are tender, 20 to 30 minutes for brown lentils, adding water if necessary to keep lentils covered.
4. Uncover; cook until mixture thickens, 5 to 10 minutes.
5. Use for tacos, wraps or salads.
6. Refrigerate leftovers within 2 hours.

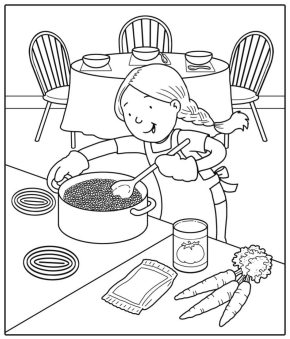
Makes 2 cups
Prep time: 10 to 15 minutes
Cook time: 30-45 minutes

Lentils may look more attractive with a dash of paprika or a sprinkle of green parsley or cilantro.

Kids Can! When kids help make healthy food, they are more likely to try it. Show kids how to:
- find and remove small rocks or other seeds and plant parts from dried lentils.
- use a colander to rinse lentils under cool running water.
- wash or chop vegetables.

Name_____

Lentils



I like lentils because _____.

HARVEST SCHOOLS

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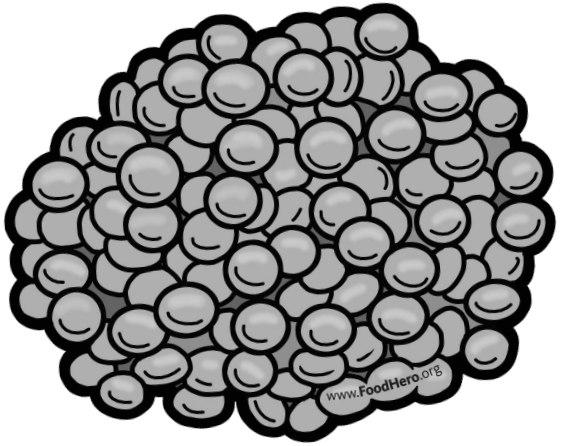

Fundamentos de las Lentejas

Compras y Ahorros

- Las lentejas crudas (secas) no son caras. Cómprelos pre-envasados o en contenedores a granel.
- Lentejas cocidas están disponibles enlatadas y congeladas pero pueden costear más. Enjuague las lentejas enlatadas bajo agua fresca para bajar el contenido de sodio.
- Los contenedores a granel son un gran lugar para encontrar diferentes variedades de lentejas secas de bajo costo. Recuerde anotar el tiempo de cocción recomendado para las distintas variedades.
- Los mercados internacionales de alimentos pueden tener muchas variedades de lentejas secas.

Lentejas son una fuente excelente de proteína y fibra dietética.

Enjuague para probar lo terminó es la mejor guía para el estatus de cocción.

Matemáticas de las Lentejas:
1 libra = 2 ¼ tazas secas
1 taza seca =
2 to 2 ½ tazas cocidas

Variedades de Lentejas

- No es necesario remojar las lentejas, y se cocinan más rápido que las frijoles.
- Revise el envase o contenedor a granel para saber el tiempo de cocción.

Lentejas marrones—aplanadas de color tostado; la variedad más común; etiquetadas como "Lentejas"; cuentan menos; sabor suave; mantienen su forma a menos que se cocinen durante un tiempo prolongado o en ebullición rápida.

Lentejas verdes—aplanadas; de color verde pálido; ampliamente disponibles; sabor suave; mantienen su forma.

Lentejas verdes francesas (de Puy)—pequeñas; de color verde-oscuro; sabor a pimiento; mantienen su forma pero tienen un tiempo de cocción un poco más largo.

Lentejas rojas—de color rojo, anaranjado o amarillo; se vuelven doradas cuando se cocinan; sabor suave y ligeramente dulces. Las lentejas rojas se parten, por lo que se cocinan rápidamente y pueden volverse blandas.

Lentejas negras (Beluga)—pequeñas y redondas; negras, brillantes; fuerte sabor terroso; menudo son más caras; tiempo de cocción es más largo.

Almacenar Bien Desperdiciar Menos

- Almacene las lentejas secas en un recipiente hermético en un lugar fresco, oscuro y seco. Use dentro de 1 año para el mejor sabor y menos tiempo de cocción.
- Las lentejas cocidas se pueden refrigerar durante hasta 1 semana o congelar por hasta 3 meses. Divida en porciones del tamaño de una receta para una utilización rápida.

Oregon State University

Este material es financiado por el programa suplementario de asistencia nutricional (SNAP) de USDA. SNAP ofrece asistencia nutricional a personas con bajos ingresos. Para beneficios y nutrición saludable, llame a Oregon Connect 2-1-1. 211info es un proveedor y empleador que ofrece oportunidad igual para todos.

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Compartir en

Cómo Cocinar las Lentejas

Cómo Cocinar las Lentejas

Las lentejas cocidas aportan una proteína de bajo costo a las comidas. Use en sopas, estofados, ensaladas, tacos, wraps, lasaña y tazones de arroz o mezcle con carne molida en hamburguesas y albóndigas. También saben muy bien por sí mismos con algo de condimento. Las lentejas son rápidas y fáciles de cocinar:

1. Revise las lentejas para eliminar cualquier lenteja arrugada, piedras u otras semillas/partes de plantas. Justo antes de usar, enjuague en un colador con agua corriente fría.
2. Mida las lentejas y agua o caldo en una cacerola. Use 2 ½ a 3 tazas de líquido para cada 1 taza de lentejas. Añada cualquier condimento deseado excepto la sal.
3. Caliente el agua hasta que apenas hierva.
4. Reduzca el calor para que el agua apenas hierva a fuego lento (algunas burbujas pequeñas) y cubra con una tapadera.
5. Cocine a fuego lento hasta que estén tiernas, aproximadamente 20-30 minutos para lentejas marrones. Agregue agua según sea necesario para asegurarse de que las lentejas apenas estén cubiertas. Cuando las lentejas estén tiernas, agregue sal (¼ cucharadita / taza seca) si lo desea, y ajuste otros condimentos.

Visite FoodHero.org/es para más recetas que usan las lentejas

Relleno de Lentejas para Tacos

Ingredientes:
½ taza de **cebolla** picada
½ taza de **chile campana** picado (de cualquier color)
¼ de cucharadita de **ajo en polvo** o 1 diente de ajo, finamente picado
1 cucharadita de **aceite**
½ taza de **lentejas** secas, enjuagadas
4 ½ cucharaditas de **chile en polvo**
1 cucharadita de **comino** molido
½ cucharadita de **cilantro** u **orégano** seco (opcional)
1 ¼ tazas de **caldo**, de cualquier sabor

Preparación:
1. En un sartén grande, saltee la cebolla, el chile campana y el ajo en aceite hasta que queden tiernos, aproximadamente 3 minutos.
2. Añada las lentejas, el chile en polvo, el comino y el cilantro/orégano (si lo está usando). Cocine y revuelva por 1 minuto.
3. Añada el caldo. Cocine hasta que hierva. Reduzca el fuego, cubra y cocine a fuego lento hasta que las lentejas estén tiernas, 20 a 30 minutos para lentejas marrones, agregando agua si es necesario para mantener las lentejas cubiertas.
4. Destape; cocine hasta que la mezcla se espese, 5 a 10 minutos.
5. Use para tacos, wraps o ensalada.
6. Refrigere lo que sobre dentro de las siguientes 2 horas.

Rinde 2 tazas
Tiempo de preparación: 10 a 15 minutos
Tiempo para cocinar: 30 a 45 minutos

¡Los Niños Pueden! Cuando los niños ayudan a preparar alimentos saludables, son más propensos a probarlos. Enséñeles a los niños a:
- encontrar y quitar piedras pequeñas u otras semillas y partes de la planta de las lentejas secas.
- usar un colador para enjuagar lentejas bajo agua corriente fría.
- lavar o cortar verduras.

Las lentejas pueden verse más atractivas con una pizca de pimentón o una pizca de perejil verde o cilantro.

Nombre_____

Lentejas

Me gustan las lentejas porque _____.

HARVEST SCHOOLS

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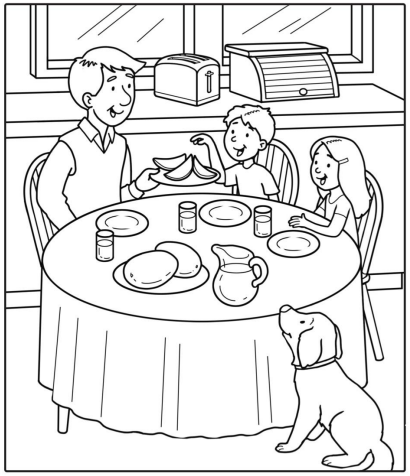
Mangos

Name _____

Mangos

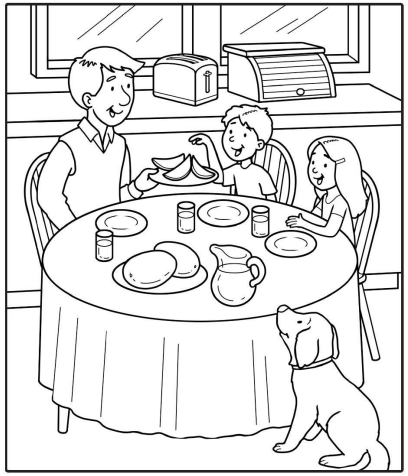


I like mangos because _____.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.
2020 Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Nombre _____

Mangos



Me gustan los mangos porque _____.

Este material se desarrolló con fondos proporcionados por el Supplemental Nutrition Assistance Program (SNAP en inglés) del Departamento de Agricultura de los EE.UU. (USDA siglas en inglés). Para información sobre ayuda con la nutrición a través del Oregon SNAP, llame al Oregon SafeNet al 211.
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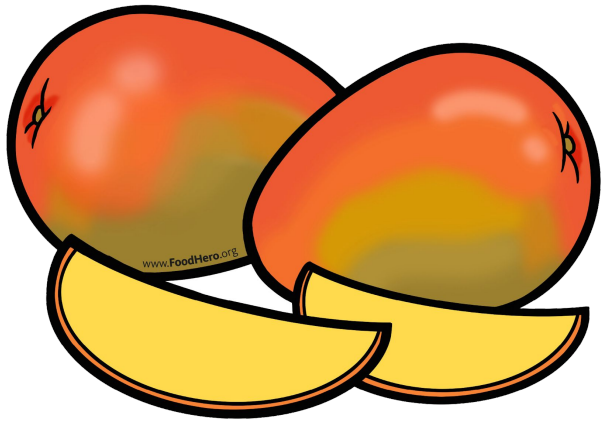
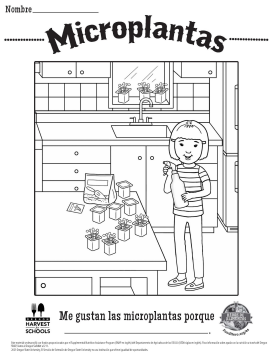
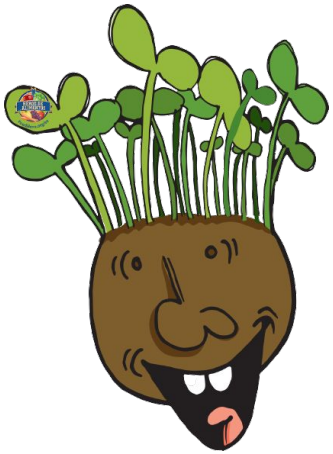
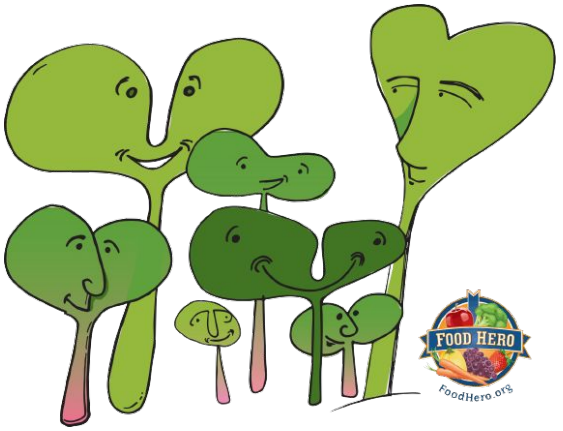
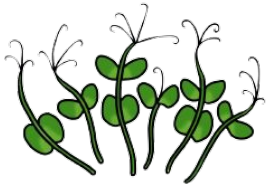


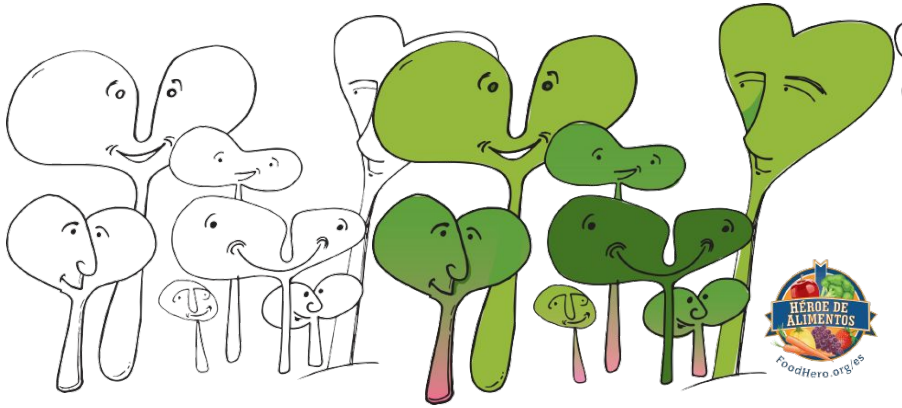
Microgreens







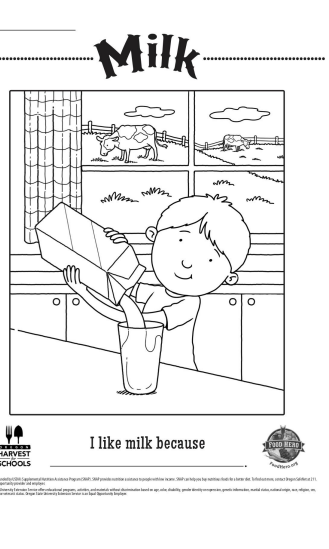


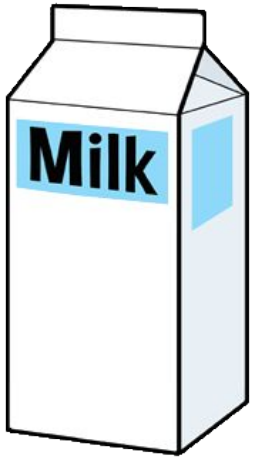


Milk

Nombre_____

Name_____

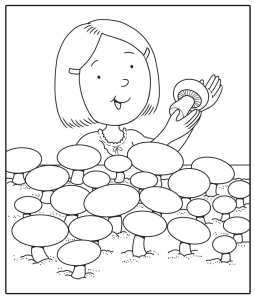


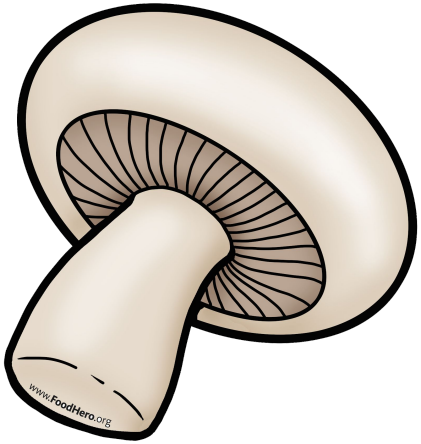


Mushrooms

Nombre_____

Hongos





Me gustan los champiñones porque _____.

Mushroom Basics

Shop and Save

- Fresh mushrooms may be available in bulk or pre-packaged for about the same price per pound. Bulk lets you select the amount and size you need.
- Fresh mushrooms should feel relatively dry and firm. Avoid dark spots.
- The stronger the sweet, earthy scent, the more flavorful the mushrooms. Closed caps have a more delicate flavor while open caps with gills showing are more robust.
- Buy an amount of fresh mushrooms that you can use within a few days.
- Canned and dried mushrooms are good options to store for longer times.

Mushrooms are a good source of B vitamins, which help the body produce energy from food.

Types of Mushrooms

Different varieties of … may be substituted … cooked recipes.

White or … excellen… and cook…

Widely avai… Varies in color from w… light brown and in si… small to jumbo. Mild… intensifies when cook… the mushroom becon… mature. Also available … and dried.

Cremini, crimin… bella - fi… Ranges … from lig… rich brown. Rich, eart… is more intense than … white mushrooms.

Port… … mushrooms. De… flavor and firm textur… stems are removed.

Shitake … broad… shap… Varie… from l… brown. Rich, full-bodi… flavor and meaty text… when cooked. Use tot… to flavor stock. Availa…

Store Well Waste Less

- Store mushrooms in a paper bag in the refrigerator. Avoid airtight containers that can collect moisture and cause the mushrooms to spoil faster.
- For best quality use fresh mushrooms within a week. Canned mushrooms usually have a 'best by' date on the can. Dried mushrooms keep their quality for up to a year in an airtight container in a cool, dry place.
- Dirt on mushrooms is normal. Clean mushrooms just before using. Use a soft brush or slightly dampened paper towel to brush off the surface or rinse very briefly under cold, running water and pat dry.
- Cooked mushrooms can be frozen. For best quality, use within 1 month.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact DHS…

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Cooking with Mushrooms

Using Mushrooms

- Some wild mushrooms are very toxic. Be sure you eat mushrooms from a reliable source.
- Mushrooms can be eaten raw or cooked by many methods: sauté, roast, grill, broil, or microwave.
- Soak dried mushrooms before using.

Mushroom Math

1 pound fresh button mushrooms =
- 20 to 24 medium mushrooms
- 5 cups sliced
- 6 cups chopped
- 2 cups sliced and cooked

8 ounces sliced fresh mushrooms = 4 ounces canned sliced mushrooms, drained (¾ cup) = 1½ ounces dried mushrooms plus ¾ cup boiling water

Simple Sautéed Mushrooms

Go to FoodHero.org for easy, tasty mushroom recipes

Ingredients:
1 Tablespoon **vegetable oil**
2 cloves **garlic**, minced
1½ cups **onion**, chopped
3 cups sliced **mushrooms**
½ teaspoon **salt**
¼ teaspoon **pepper**

Directions:
1. Heat oil in a large skillet over medium high heat. Add garlic and onion; cook until onion begins to soften, about 3 to 4 minutes.
2. Add mushrooms, salt and pepper. Cook with occasional stirring until liquid evaporates and mushrooms begin to brown.
3. Refrigerate leftovers within 2 hours.

Makes: 1½ cups **Prep time:** 7 minutes
Cook time: 10 to 15 minutes

Mushroom Bulgur Pilaf

Ingredients:
1 cup **onion**, chopped
1½ teaspoons **vegetable oil**
3 cups **mushrooms**, sliced or chopped
¾ cup **bulgur**
1½ cups **water**
2 teaspoons **dry bouillon** (chicken or vegetable)
½ teaspoon **garlic powder**
¼ teaspoon **pepper**
2 cups packed fresh **spinach**, roughly chopped

Directions:
1. Use a medium saucepan or skillet with a tightly fitting lid. Over medium heat, sauté onions in oil in the open pan until they are softened.
2. Add mushrooms and sauté until beginning to brown, stirring frequently.
3. Stir in bulgur and continue to stir until lightly browned.
4. Add water, bouillon, garlic powder, and pepper. Cover pan with lid.
5. Reduce heat to low. Cook for 15 to 20 minutes or until bulgur is tender and liquids are absorbed.
6. Remove from heat. Mix in the spinach and serve.
7. Refrigerate leftovers within 2 hours.

Makes: 4 cups **Prep time:** 10 minutes
Cook time: 30 to 40 minutes

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:
- gently wipe or rinse mushrooms.
- use a cutting board to slice or chop vegetables.
- measure dry or liquid ingredients.
- use a long handled spoon or spatula to sauté safely.

Fundamentos de los Champiñones

Compra$ y Ahorro$

- Los champiñones pueden estar disponibles a granel o empaquetados para casi el mismo precio por libra. Comprar a granel le permite seleccionar la cantidad y tamaño que necesita.
- Los champiñones frescos deben sentirse relativamente seco y firme. Evite las manchas oscuras.
- Cuanto más fuerte es el olor dulce a tierra, más sabrosos son los champiñones. Los sombreros cerrados tienen un sabor más delicado mientras que los sombreros con las laminillas a la vista son más robustos.
- Compre una cantidad de champiñones frescos que se pueden usar en unos pocos días.
- Los champiñones enlatados y secos son buenas opciones para almacenar durante tiempos más prolongados.

Los champiñones son una buena fuente de las vitaminas del complejo B que ayudan al cuerpo a producir energía de los alimentos.

Almacenar Bien Desperdiciar Menos

- Guarde los champiñones en una bolsa de papel en el refrigerador. Evite recipientes herméticamente sellados que pueden recolectar humedad y ocasionar que los champiñones se echen a perder.
- Para la mejor calidad utilice los champiñones frescos dentro de una semana. Los champiñones enlatados suelen tener una fecha 'usar antes de' en la lata. Los champiñones secos mantienen su calidad hasta por un año en un recipiente herméticamente sellado en un lugar fresco y seco.
- La tierra en los champiñones es normal. Limpie los champiñones antes de utilizarlos. Utilice un cepillo suave o una toalla de papel ligeramente humedecida para cepillar la superficie o enjuague muy brevemente con agua fría corriente y seque a palmaditas.
- Los champiñones cocidos se pueden congelar. Para la mejor calidad, utilice dentro de un mes.

Variedades de Champiñon…

Las diferentes varied… champiñones se pue… la mayoría de las rec…

Blanco - excel… crudo… cocidos. … ampliamente dispon… color de blanco a m… en tamaño de cisco… sabor suave y se int… se cocina y a medid… vuelve más maduro, … disponibles enlatado…

Cremini, crimi… textura … color … claro a … El sabor … es más intenso que … champiñones blanc…

Po… … **pi…** … **cr…** … **y ma…** sabor rico y carnoso … firme. Se quitan los t…

Shi… … **so…** … **en …** canela claro a marrón … sabor rico, con cuer… y textura carnosa. M… cocinan. Utilice tallo… darle sabor al caldo… secos.

Cómo Cocinar con los Champiñones

Cómo Utilizar los Champiñones

- Algunos champiñones silvestres son muy tóxicos. Asegúrese comer champiñones de una fuente confiable.
- Los champiñones se pueden comer crudos o cocidos por muchos métodos: saltear, asar, a la parrilla o en el horno de microondas.
- Se deben remojar los champiñones antes de utilizarlos.

Matemáticas con los Champiñones

1 libra de champiñones frescos =
- 20 a 24 champiñones medianos
- 5 tazas en rebanadas
- 6 tazas de champiñones picados
- 2 tazas en rodajas y cocidos

8 onzas de champiñones frescos en rebanadas = 4 onzas de champiñones en rebanadas enlatados, escurridos (¾ de taza) = 1½ onzas de champiñones secos más ¾ de taza de agua hirviendo

Champiñones Salteados Sencillos

Visite FoodHero.org/es para recetas de champiñones fáciles y deliciosas

Ingredientes:
1 cucharada de **aceite vegetal**
2 dientes de **ajo**, finamente picado
1½ tazas de **cebolla**, picada
3 tazas de **champiñones** en rebanadas
¼ de cucharadita de **sal**
¼ de cucharadita de **pimienta**

Preparación:
1. Caliente el aceite en una sartén grande sobre fuego medio-alto. Añada el ajo y la cebolla; cocine hasta que la cebolla empiece a suavizar, aproximadamente 3 a 4 minutos.
2. Añada los champiñones, la sal y la pimienta. Cocine, revolviendo ocasionalmente, hasta que el líquido se evapore y los champiñones empiecen a dorarse.
3. Refrigere lo que sobre dentro de las siguientes 2 horas.

Rinde: 1½ tazas
Tiempo de preparación: 7 minutos
Tiempo para cocinar: 10 to 15 minutos

Trigo con Verduras y Champiñones

Ingredientes:
1 taza de **cebolla**, picada
1½ cucharaditas de **aceite vegetal**
3 tazas de **champiñones**, en rodajas o picados
½ de taza de **trigo (bulgur)**
1½ tazas de **agua**
2 cucharaditas de **cubitos de caldo** (pollo o vegetal)
½ cucharadita de **ajo en polvo**
¼ de cucharadita de **pimienta**
2 tazas de **espinaca fresca**, picada en trozos

Preparación:
1. Utilice una cacerola mediana o sartén con una tapadera ajustada. Sobre fuego medio, saltee las cebollas en aceite en la cacerola/sartén abierta hasta que queden suaves.
2. Añada los champiñones y saltee hasta que empiecen a dorarse, revolviendo frecuentemente.
3. Mezcle el trigo (bulgur) y siga revolviendo hasta que quede ligeramente dorado.
4. Añada el agua, los cubitos de caldo, el ajo en polvo y la pimienta. Tape.
5. Baje el fuego a lento. Cocine durante 15 a 20 minutos o hasta que el trigo (bulgur) esté suave y se hayan absorbido los líquidos.
6. Quite del fuego. Mezcle la espinaca y sirva.
7. Refrigere lo que sobre dentro de las siguientes 2 horas.

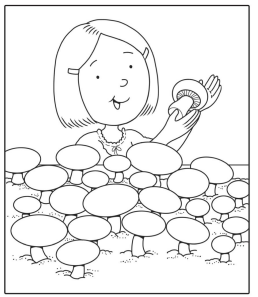
Rinde: 4 tazas
Tiempo de preparación: 10 minutos
Tiempo para cocinar: 30 to 40 minutos

¡Los Niños Pueden!

Cuando los niños ayudan a preparar alimentos saludables, son más propensos a probarlos. Enséñeles a los niños a:
- limpiar suavemente o enjuagar los champiñones.
- utilizar una tabla para cortar para rebanar o picar las verduras.
- medir los ingredientes secos o líquidos.
- utilizar una cuchara o espátula de mango largo para saltear seguramente.

Name_____

Mushrooms



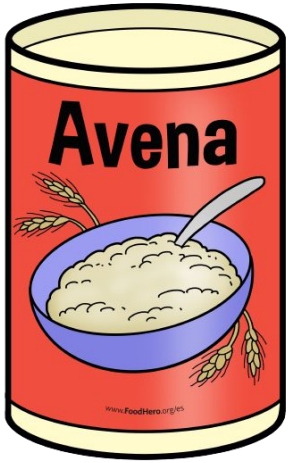
I like mushrooms because _____.

Oats

Name_____

Oats

I like oats because _____

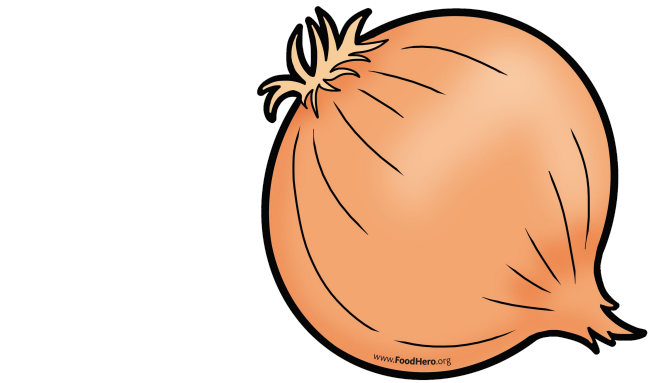


Nombre_____

Avena

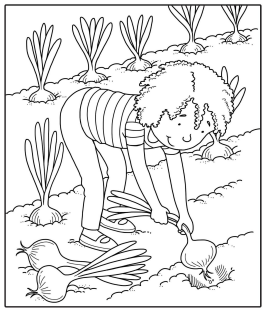
Me gusta la avena porque _____

Onions

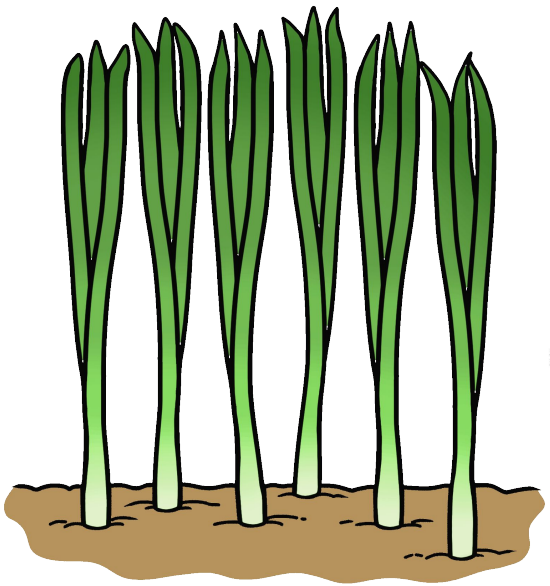


El nombre_____

Cebollas

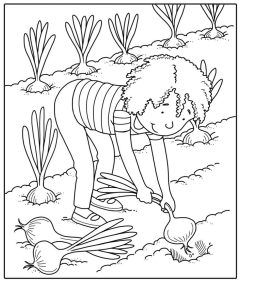


Me gustan las cebollas porque

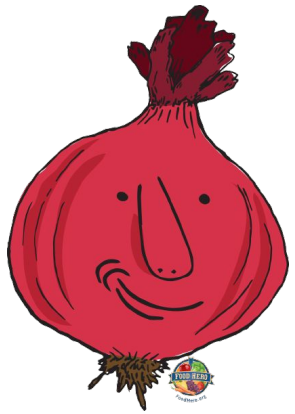


Name_____

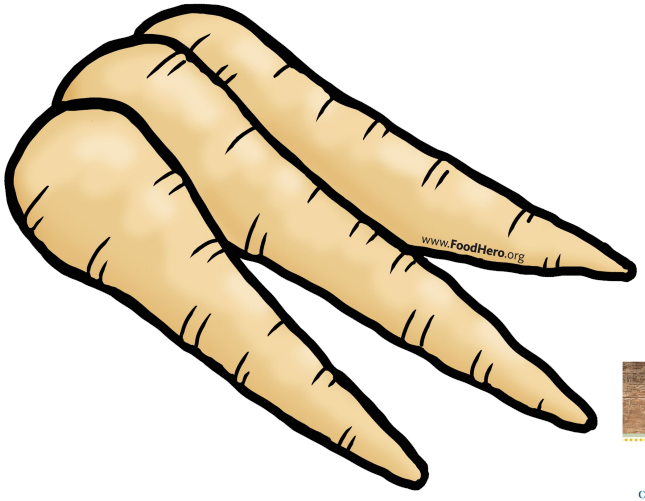
Onions



I like onions because



Parsnips



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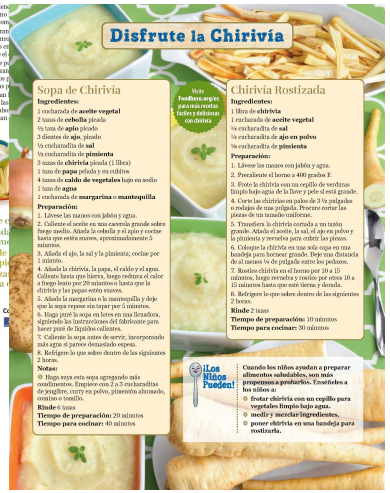

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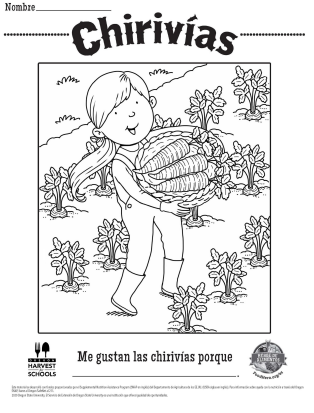
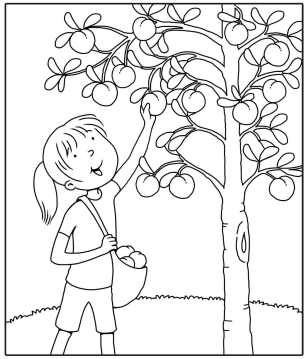


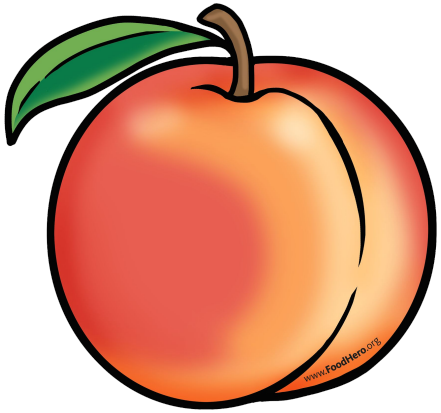
Peaches

Nombre_____

Duraznos

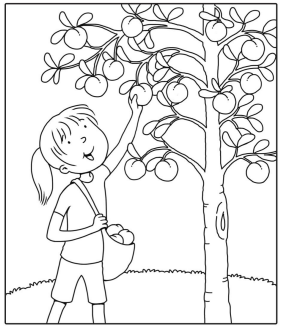


Me gustan los duraznos porque _____.



Name_____

Peaches

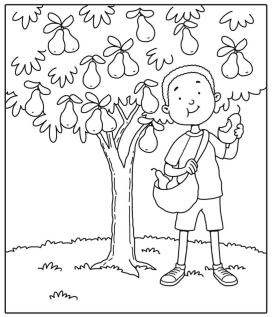


I like peaches because _____.

Pears

Name_____

Pears



I like pears because

_____.

Pear Basics

Shop and Save

- Choose firm pears without cuts or bruises. Pears nick and bruise very easily, so handle with care.
- Pears are picked when mature but ripen at room temperature for best texture and taste.
- Pears may be best quality and lowest cost when they are in season, September through May depending on the variety.
- Select Asian pears that are fragrant and unbruised. Ripe Asian pears are firm and do not soften. They are ready to eat when purchased.

Fiber in pears promotes good digestion and helps maintain a healthy heart.

Types of Pears

Bartlett - classic pear shape. Soft, juicy and very sweet. Red or green

Bosc - slen… Crisp and… firm whe… skin with… undertone

Comice … body with a … short neck. S… juicy, and ver… sweet.

Ar… … eg…

Red or green

Asian pear … usually roun… Crisp texture … like apples; … taste and col… Skin can be g… yellow or rus… sometimes s… brown spots.

Store Well Waste Less

- Ripen pears at room temperature. Press gently near the stem. If the neck feels soft, the pear is ready to eat.
- Once pears are ripe, use within 3 to 5 days or refrigerate to keep them longer.
- Wash pears under cool running water just before eating, even if you plan to peel them.
- Peel or cut pears just before using to avoid browned flesh.
- Asian pears: store up to 1 week at room temperature or up to 3 months in the refrigerator.

Check the Facts FOR EDUCATORS

Oregon State University

This material was funded by USDA Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon ABAWD at 211 info or visit supersnapbenefits.com and employer.

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Enjoy Pears

Chicken and Pear Salad

Ingredients:
2 cups **pears**, diced (fresh or canned)
½ cup **celery**, chopped
½ cup **onion**, chopped (sweet onion will be most mild)
½ cup **raisins**
1 cup cooked **chicken**, diced
2 Tablespoons low-fat plain **yogurt**
2 Tablespoons **mayonnaise**
⅛ teaspoon **salt**
Dash of **pepper** to taste
1 Tablespoon **lemon juice**

Directions:
1. In a large bowl, combine all ingredients. Mix well. Serve now or chill.
2. Refrigerate leftovers within 2 hours.

Makes 2½ cups
Prep time: 15 minutes

Pear and Cranberry Crisp

Ingredients:
½ cup old fashioned **rolled oats**
1 Tablespoon **brown sugar**
2 Tablespoons **flour**
¼ teaspoon **cinnamon**
2 Tablespoons **applesauce**
4 cups **pears**, cubed (about 3 pears)
1 cup **cranberries**, fresh or frozen
1 Tablespoon **cornstarch**

Directions:
1. In a medium bowl, combine oats, brown sugar, flour, cinnamon and applesauce.
2. Combine pears, cranberries and cornstarch in an 8x8 inch baking dish. Sprinkle with oat mixture.
3. Bake uncovered at 400 degrees until juices are bubbling and topping is browned, about 20 minutes.
4. Refrigerate leftovers within 2 hours.

Makes 4 cups
Prep time: 10 minutes
Cook time: 20 minutes

Pear Quesadillas

Ingredients:
4 medium **whole wheat tortillas**
1 cup grated **cheese** (try cheddar, jack or pepper jack)
1 cup **pear** slices (fresh or canned/drained)
½ cup finely chopped **green** or **red peppers**
2 Tablespoons minced **onion** (any type)

Directions:
1. Sprinkle ¼ cup cheese on half of each tortilla.
2. Equally divide pears, peppers and onion and scatter over the cheese. Fold each tortilla in half over the filling.
3. Heat a skillet or griddle over medium heat. Add as many quesadillas as will fit in a single layer. Cook for 2-4 minutes, or until bottom of quesadilla begins to brown.
4. With large spatula, gently turn quesadilla over and cook the other side until lightly brown, 2-4 minutes.
5. Gently slide quesadillas onto plate. Cook any remaining quesadillas.
6. Cut each cooked quesadilla into wedges and serve.
7. Refrigerate leftovers within 2 hours.

Makes 4 folded tortillas
Prep time: 10 minutes
Cook time: 5 to 10 minutes per batch

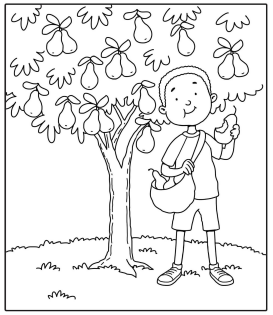
Go to FoodHero.org for easy, tasty pear recipes

Kids Can!

When kids help make healthy food, they are more likely try it. Show kids how to:
- wash pears under cool running water.
- safely use a can opener.
- use a spoon to remove the seed core and cut a long 'x' to remove the fibers from the core to the stem.
- measure and mix ingredients.

Nombre_____

Peras



Me gustan las peras porque

_____.

Fundamentos de las Peras

Compras y Ahorros

- Seleccione peras firmes sin cortes o magulladuras. Las peras se magullan fácilmente, así que manéjelas con cuidado.
- Las peras se recolectan cuando son maduras pero maduran a la temperatura ambiente para la mejor textura y sabor.
- Las peras pueden tener la mejor calidad y el precio más bajo cuando están de temporada, septiembre hasta mayo dependiendo de la variedad.
- Seleccione peras asiáticas que son perfumadas y sin magulladuras. Peras asiáticas maduras son firmes y no ablandan. Están listas para comer cuando se compran.

La fibra en las peras promueve la buena digestión y ayuda a mantener un corazón saludable.

Variedades de Peras

Bartlett - en… forma clásica de pera. Suave, jugosa y muy dulce. D… piel roja o verd…

Bosc - en fo… pera. Crujie… siente más … presiona. … tonos ver…

Comice - … redondo con… cuello muy cort… Suave, jugosa y muy dulce.

Asiática … equilibrada. De…

Pera asiática … usualmente de… forma redonda… Textura crujie… como las man… zanate; el sabor … varían. La piel … verde, amarill… veces es manch… manchas marr…

Almacenar Bien Desperdiciar Menos

- Deje que las peras maduren a la temperatura ambiente. Presione suavemente cerca del tallo. Si el cuello se siente suave, la pera está lista para comer.
- Una vez que estén maduras las peras, use dentro de 3 a 5 días o refrigere para guardarlas más tiempo.
- Lave las peras con agua fría corriente justo antes de comer, incluso si planea pelarlas.
- Pele o corte las peras justo antes de usarlas para evitar la pulpa oxidada.
- Peras asiáticas: guardelo hasta 1 semana a la temperatura ambiente o hasta 3 meses en el refrigerador.

Rocíe la base del tallo PARA SABER SI LA FRUTA ESTÁ MADURA

Oregon State University

Este material se financió con fondos propios basados en el Suplemento Nutrición Asistencia Programa (SNAP-en inglés) de Departamento de Agricultura de EE.UU. (USDA-siglas en inglés). SNAP ofrece asistencia nutrición para ayudar familias con ingresos limitados. Sitio la web dice la cuales ayudar a alimentos nutritivos para una dieta mejor. Para obtener más información, llame a Oregon ABAWD al 211 info o visite supersnapbenefits.com y empleador.

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Disfrute las Peras

Ensalada de Pollo y Pera

Ingredientes:
2 tazas de **peras**, en cubitos (frescas o enlatadas)
¼ de taza de **apio**, picado
½ taza de **cebolla**, picada (la cebolla dulce será más suave)
¼ de taza de **uvas pasas**
1 taza de **pollo cocido**, en cubitos
2 cucharadas de **yogur** natural bajo en grasa
2 cucharadas de **mayonesa**
⅛ cucharadita de **sal**
Pizca de **pimienta** al gusto
1 cucharada de **jugo de limón**

Preparación:
1. En un tazón grande, combine todos los ingredientes. Mezcle bien. Sirva inmediatamente o enfríe.
2. Refrigere lo que sobre dentro de las siguientes 2 horas.

Rinde 2½ tazas
Tiempo de preparación: 15 minutos

Vaya a FoodHero.org/es para recetas de peras fáciles y deliciosas.

Postre Crujiente de Peras y Arándanos Rojos

Ingredientes:
½ taza de **hojuelas de avena** de la tradicional
1 cucharada de **azúcar morena**
2 cucharadas de **harina**
¼ de cucharadita de **canela**
2 cucharadas de **puré de manzana**
4 tazas de **peras**, en cubitos (aproximadamente 3 peras)
1 taza de **arándanos rojos**, frescos o congelados
1 cucharada de **maicena**

Preparación:
1. En un tazón mediano, combine la avena, la azúcar morena, la harina, la canela y el puré de manzana.
2. Combine las peras, los arándanos rojos y la maicena en un recipiente para hornear de 8x8 pulgadas. Esparcir con la mezcla de avena.
3. Hornee sin tapar a 400 grados hasta que los jugos estén burbujeando la cubierta esté dorada, aproximadamente 20 minutos.
4. Refrigere lo que sobre dentro de las siguientes 2 horas.

Rinde 4 tazas
Tiempo de preparación: 10 minutos
Tiempo para cocinar: 20 minutos

Quesadillas de Pera

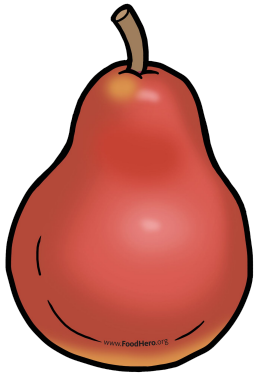
Ingredientes:
4 **tortillas** medianas de trigo integral
1 taza de **queso** rallado (pruebe cheddar, jack o pepper jack)
1 taza de rebanadas de **pera** (frescas o enlatadas/escurridas)
½ taza de **chiles campana verdes** o rojos, finamente picados
2 cucharadas de **cebolla** finamente picada (cualquier tipo)

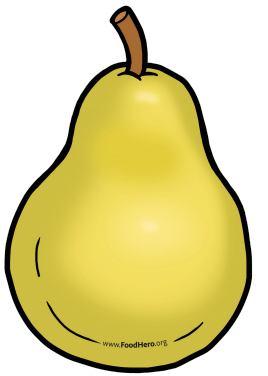
Preparación:
1. Esparcir ¼ de taza de queso en la mitad de cada tortilla.
2. Divida las peras, los chiles y la cebolla en partes iguales y esparza sobre el queso. Doble cada tortilla a la mitad sobre el relleno.
3. Caliente una sartén o plancha sobre fuego medio. Añada tantas quesadillas caben en una sola capa. Cocine por 2-4 minutos, o hasta que la parte inferior de la quesadilla empiece a dorarse.
4. Con una espátula grande, voltee suavemente la quesadilla y cocine el otro lado hasta que esté ligeramente dorada, 2-4 minutos.
5. Deslice suavemente las quesadillas sobre un plato. Cocine cualesquier quesadillas restantes.
6. Corte quesadilla cocida en gajos y sirva.
7. Refrigere lo que sobre dentro de las siguientes 2 horas.

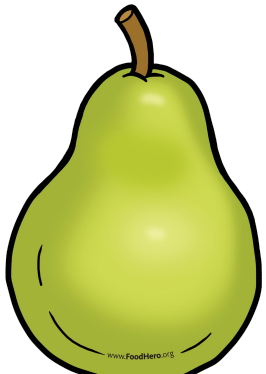
Rinde 4 tortillas dobladas
Tiempo de preparación: 10 minutos
Tiempo para cocinar: 5 a 10 minutos por lote

¡Los Niños Pueden

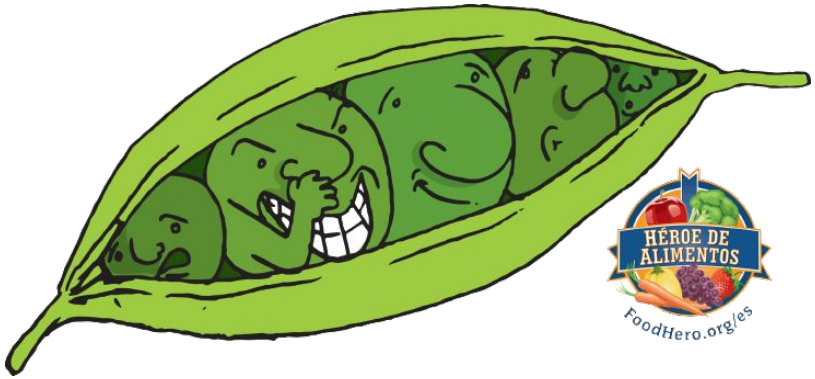
Cuando los niños ayudan a preparar los alimentos saludables, son más propensos a probarlos. Enseñales a los niños a:
- lavar las peras bajo agua corriente fría.
- utilizar un abrelatas de manera segura.
- utilizar una cuchara para sacar las semillas corte una 'x' larga y quitar las fibras desde el núcleo hasta el tallo.
- medir y mezclar ingredientes.





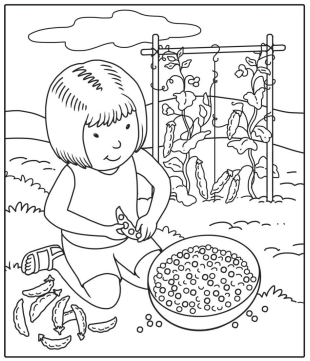


Peas



Name_____

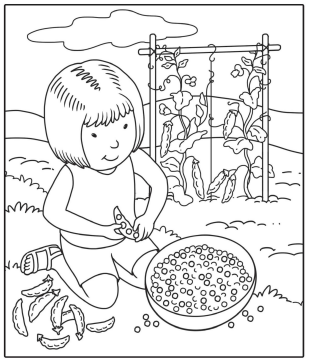
Peas



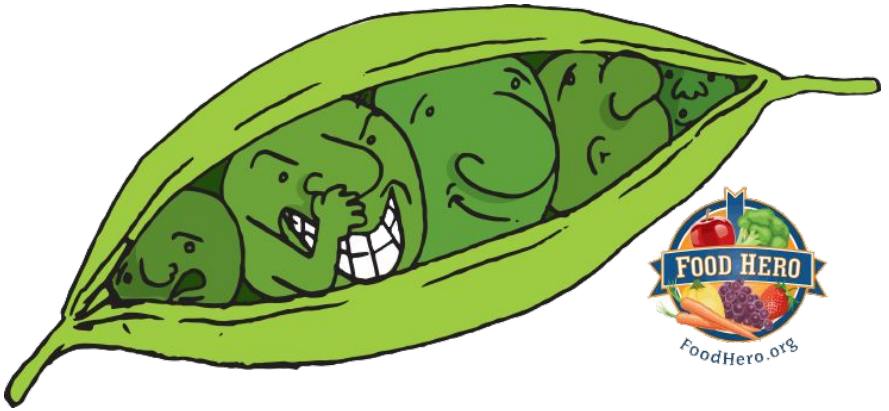
I like peas because _____.

Nombre_____

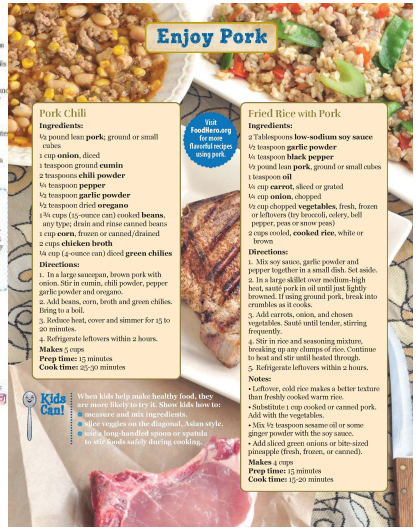
Chícharos

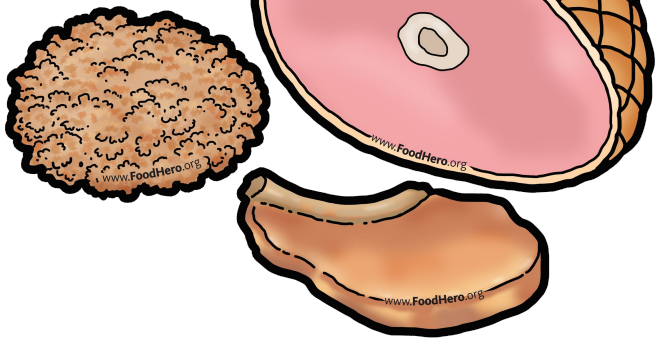


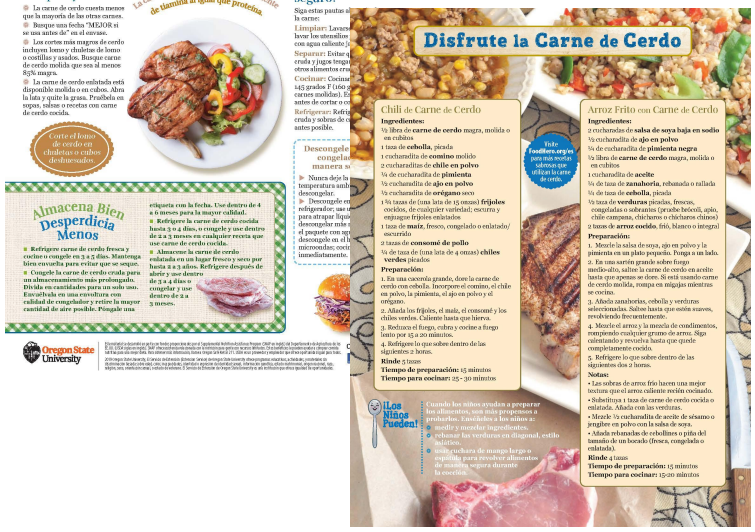
Me gustan los chícharos porque _____.



Pork

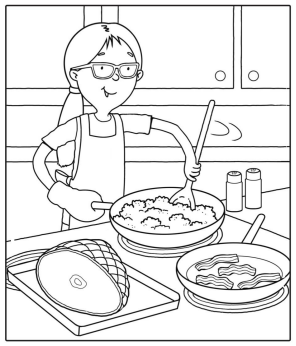






Name_____

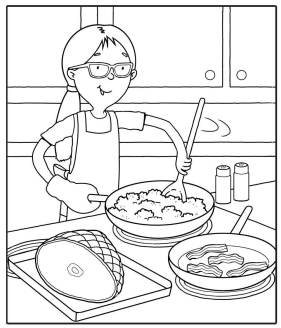
Pork



I like pork because _____.

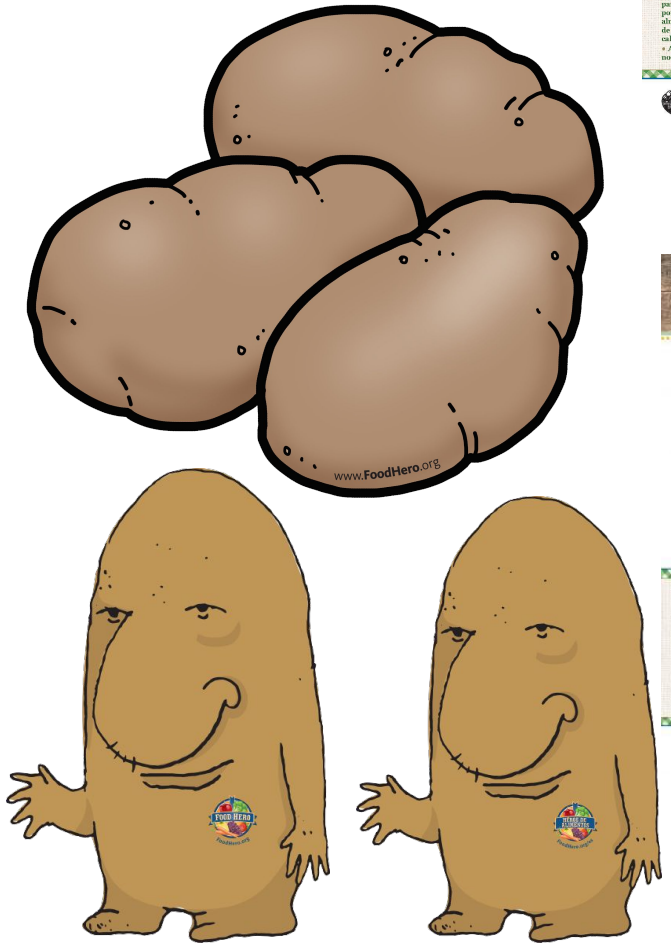
Nombre_____

Carne de Cerdo



Me gusta la carne de cerdo porque _____.

Potatoes



Fundamentos de las Papas

Las papas están cargadas de vitamina C y potasio.

Para el mejor resultado, combine el tipo de papa con las maneras de cocción sugeridas.

Russet hornear, machacar, rostizar

Blancas todas las maneras

Amarillas todas las maneras

Moradas hervir, al vapor, rostizar, ensaladas, sopas, guisos

Rojas hervir, a vapor, rostizar, ensaladas, sopas, guisos

Nuevas, Petites (cualquier papa cosechada joven) hervir, al vapor, rostizar

Fingerling (Papa dedo) hornear, al vapor, rostizar

Almacene Bien Desperdicie Menos

- Las papas se almacenan mejor en un lugar oscuro, fresco y bien ventilado.
- Guarde en un gabinete o cajón para que la luz no haga que la piel se ponga verde y amarga. Evite almacenar debajo del lavabo o cerca de electrodomésticos que se calientan.
- Almacene en un lugar fresco pero no en el refrigerador. Temperaturas de menos de 45 grados F pueden alterar el sabor y la textura.
- Almacene en una bolsa de papel o una bolsa de plástica con agujeros que permitan el flujo de aire.
- Lava las papas con agua corriente justo antes de cocinarlas.
- Si las papas se ponen verdes o brotan pero están firmes, es seguro comerlas si corta esas partes antes de cocinarlas.
- Ponga las papas cortadas en un recipiente con agua fría con un chorrito de vinagre o jugo de limón para evitar que se pongan cafés.

Comprar y Ahorrar

- Escoja papas limpias, lisas y firmes sin grietas, magulladuras, brotes o piel verde.
- Las papas están disponibles todo el año. Para la mejor calidad, compre la cantidad que puede usar dentro de unas semanas.
- Las papas también están disponibles congeladas, enlatadas y deshidratadas.

Oregon State University

Compartir en:

Nombre_____

Papas

Me gustan las papas porque _____.

Potato Basics

Potatoes are loaded with vitamin C and potassium.

For best results, match the type of potato with the suggested ways of cooking them.

Russet bake, mash, roast

White all ways

Yellow all ways

New, Petite (any potato harvested young) boil, steam, roast

Purple boil, steam, roast, salads, soups, stews

Red boil, steam, salads, soups

Fingerling bake, roast

Store Well Waste Less

- Potatoes keep best where it is dark, cool and well ventilated.
- Store in a cabinet or drawer so light will not cause the skin to turn green and bitter. Avoid storing under the sink or near appliances that get hot.
- Store in a cool place but not in the refrigerator. Temperatures below 45 degrees F can change flavor and texture.
- Store in a paper bag or a plastic bag with holes that allow air flow.
- Scrub potatoes under running water just before cooking.
- If potatoes turn green or sprout but are firm, they are safe to eat. Cut those parts away before cooking.
- Put raw cut potatoes in a bowl of cold water with a splash of vinegar or lemon juice to keep them from turning brown.

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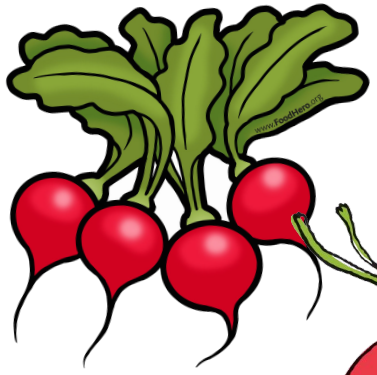
Name_____

Potatoes

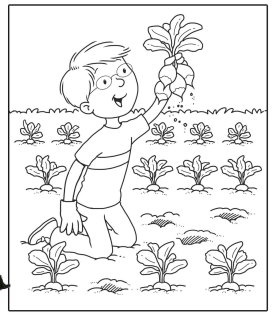
I like potatoes because _____.

Radishes



Name_____

Radishes



I like radishes because

Información Básica de los Rábanos

Compra y Ahorra

- Escoja rábanos que estén lisos, firmes y de un color brillante. Las hojas verdes, si todavía están intactas, deben ser de un color verde intenso.
- Evite los rábanos que estén rajados o cortados.
- Los rábanos de color rojo y blanco se venden en las tiendas todo el año, pero por lo general cuestan menos en la primavera.

Los Niños y los Rábanos

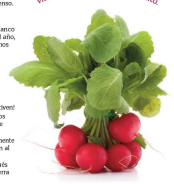
¡Los rábanos son excelentes verduras para que los niños cultiven! He aquí algunos consejos básicos de cómo sembrar las semillas de rábano:

- Espolvoree las semillas ligeramente sobre tierra húmeda y cubra con al menos ½ pulgada de tierra.
- Riegue bien las semillas después de sembradas y mantenga la tierra húmeda hasta que las semillas broten.
- Las semillas de rábano prefieren un lugar ligeramente soleado y medio sombreado.
- Las semillas brotarán de 4 a 8 días después y estarán listas para recoger en un mes.

Variedades de Rábanos

¡No todos los rábanos son rojos, se encuentran en diferentes colores desde blancos hasta

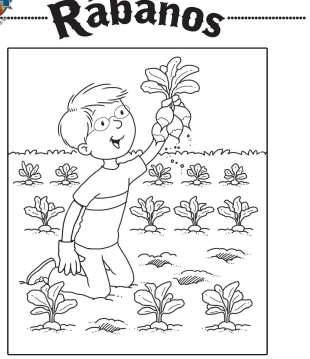
Los rábanos son una buena fuente de vitamina C, de potasio y de folato.



Almacenar Bien Desperdiciar Menos

Los rábanos sin cocinar tienen un sabor picante, pero tienen un sabor dulce y suave cuando se cocinan

- Los rábanos n... se les dejan las ... de almacenarlos
- Guarde los rá... hasta por 2 sema... envolver en el co... verduras del refri... de plástico o en ... para dejar entra...
- Los rábanos n...



Me gustan los rábanos porque

Radish Basics

Shop and Save

- Choose radishes that are smooth, firm and brightly colored. The green leafy tops, if still attached, should be a deep green color.
- Avoid radishes that have cracks or cuts.
- Red and white radishes are sold in stores year-round, but generally cost less in the spring.

Kids and Radishes

Radishes are great vegetables for kids to grow!

Here are some basic tips on planting radish seeds:

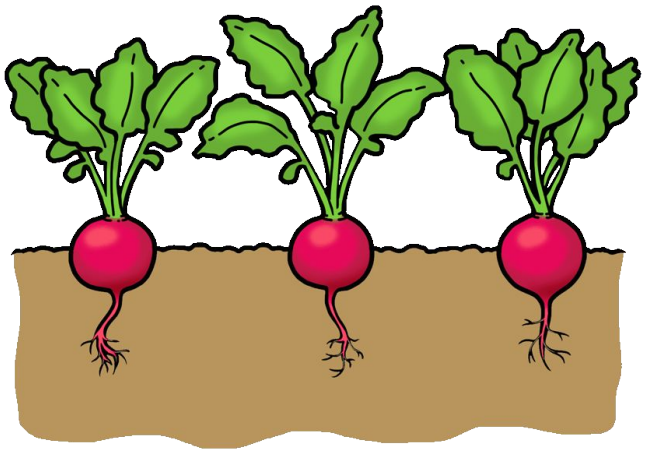
- Sprinkle seeds thinly over damp soil and cover with at least ½ inch of soil.
- Water seeds well after planting, and keep them moist until they sprout.
- Radish seeds prefer a slightly sunny semi-shaded spot.
- The seeds will sprout in 4 to 8 days and be ready to pick in a month.

Radishes are a good source of vitamin C, potassium and folate.

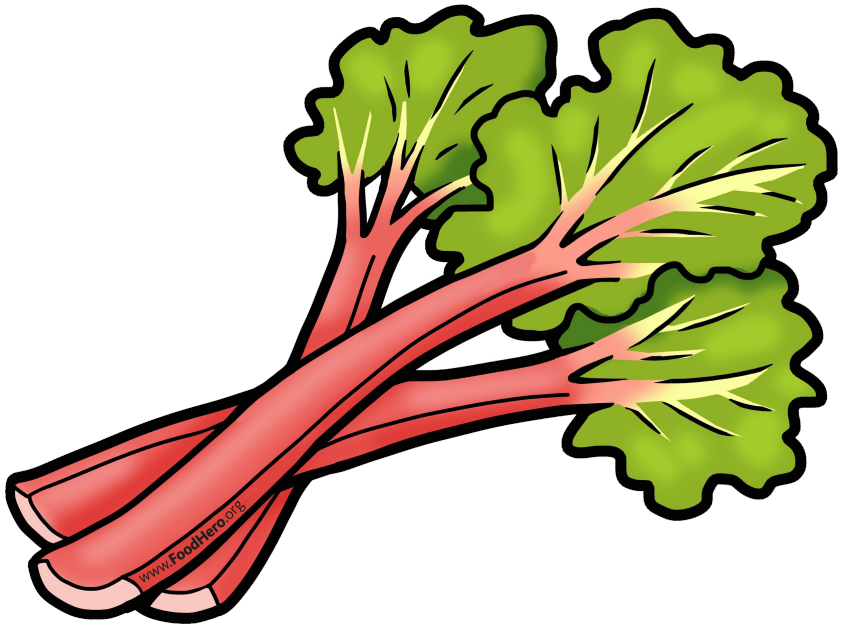
Raw radishes have a peppery taste but cooked have a mellow, sweeter taste.

Store Well Waste Less

- Radishes do not a... leafy tops left on. Cu... storing.
- Store radishes in ... up to 2 weeks. Put t... the produce drawer ... or in an open plasti... air in.
- Radishes do not f...



Rhubarb



Name_____

Rhubarb

I like rhubarb because _____.

Nombre_____

Ruibarbo

Me gusta el ruibarbo porque _____.

This institution is funded by ODE's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon's SafeNet at 211. USDA is an equal opportunity provider and employer.
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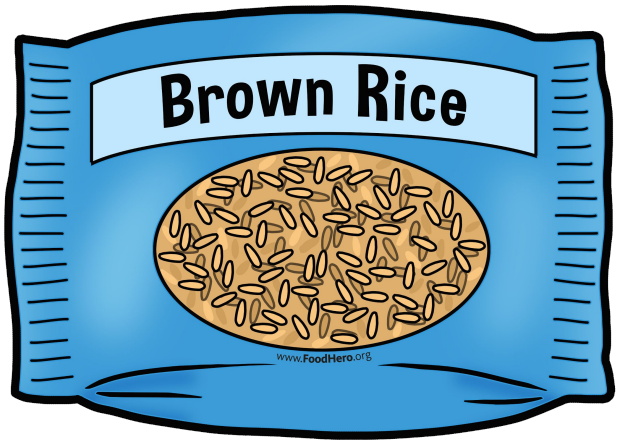
Rice

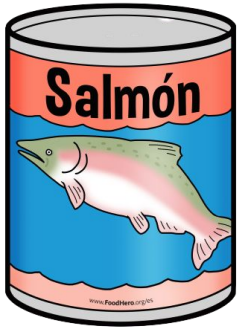
FOOD HERO
FoodHero.org
Give Them More of the Good Stuff!
Rice Basics
Shop and Save
When brown rice is processed to make white rice, the bran layer and the germ - and their nutrients - are removed. White rice labeled enriched has some nutrients added back. Enriched rice should not be rinsed before cooking.
Store-brand or bulk rice often costs less than name-brand, pre-cooked, or seasoned rice mixes. Use the cost per ounce on the shelf sticker to compare.
Choose brown rice more often to get fiber and more vitamins and minerals.
Store Well Waste Less
Dry rice:
Store dry rice in a tightly sealed container or bag to keep out dust, moisture and pests.
White rice can be stored in the cupboard for several years.
Brown rice stored in the cupboard is best if used within 6 months. To store longer, refrigerate up to 12 months or freeze for up to 2 years.
Cooked rice:
Store cooked rice in a tightly sealed container in the refrigerator for 3 to 5 days or freeze for up to 6 months. To freeze, divide into single-use portions. Label container with amount and date.
Cook Rice Ahead!
Cook enough rice for several uses at one time. Store in the refrigerator or freezer depending on how soon you plan to use it. Use in recipes or add 1 to 2 Tablespoons of water and quickly re-heat in a saucepan or microwave.
Type of Rice
Texture and Cooking Proportions
Long-grain rice including basmati and jasmine rice
Light and fluffy; pieces do not stick together. 1 cup rice + 2 cups liquid = 3 cups cooked rice
Medium-grain rice including arborio rice
More moist and sticky than long-grain rice. 1 cup rice + 1½ cups liquid = 2½ cups cooked rice
Short-grain rice including sushi rice
Chewy; sometimes called "sticky rice." 1 cup rice + 1¼ cups liquid = 2¼ cups cooked rice
Brown rice
Keeps the bran and germ of the kernel; long and medium grain are the most common. 1 cup rice + 2 ¼ cups liquid = 3 ¼ cups cooked rice
Rice Math
1 pound uncooked rice = 2 ¼ cups to 2 ½ cups
Oregon State University
Share on:

HEROE DE ALIMENTOS
FoodHero.org/es
¡Deles Más de las Cosas Buenas!
Fundamentos del Arroz
Comprar y Ahorrar
Cuando el arroz integral se procesa para hacer arroz blanco, la capa de salvado y el germen - y sus nutrientes - se quitan. El arroz blanco con la etiqueta enriquecido tiene algunos de los nutrientes agregados de nuevo. El arroz enriquecido no debe enjuagarse antes de cocinar.
El arroz de marca de la tienda o el arroz por mayoría frecuentemente cuestan menos que el arroz de marca, el instantáneo o el pre-sazonado. Use el costo por onza en la etiqueta de estante para comparar.
Elija el arroz integral con más frecuencia para obtener fibra y más vitaminas y minerales.
Almacena Bien Desperdicia Menos
Arroz seco:
Almacene arroz seco en un recipiente para congelar o bolsa herméticamente sellados para evitar el polvo, la humedad y las plagas.
El arroz blanco se puede almacenar en la alacena durante varios años.
Es recomendable utilizar el arroz integral almacenado en la alacena dentro de 6 meses. Para almacenar más tiempo, refrigere hasta 12 meses o congele hasta 2 años.
Arroz cocido:
Almacene el arroz cocido en un recipiente herméticamente sellado en el refrigerador por 3 a 5 días o congele por hasta 6 meses. Para congelar, divida en porciones individuales. Etiquete con la cantidad de arroz y la fecha.
¡Cocine Arroz con Anticipación!
Cocine suficiente arroz para varios usos al mismo tiempo. Guarde en el refrigerador o congelador dependiendo de qué tan pronto planea usarlo. Use en recetas o agregue 1 a 2 cucharadas de agua y rápidamente vuelva a calentar en una cacerola o horno de microondas.
Tipo de arroz
Textura y proporciones para cocinar
Grano-largo, incluyendo el arroz basmati y el arroz jazmín
Ligero y esponjoso; los granos no se pegan. 1 taza de arroz + 2 tazas de líquido = 3 tazas de arroz cocido
Grano-mediano, incluyendo arroz arborio
En comparación con el grano largo, es más húmedo y pegajoso. 1 taza de arroz + 1½ tazas de líquido = 2½ tazas de arroz cocido
Grano-corto, incluyendo arroz de sushi
Textura masticable; a veces es llamado "arroz pegajoso." 1 taza de arroz + 1¼ cups líquido = 2¼ tazas de arroz cocido
Arroz integral
Mantiene el salvado y el germen del grano; El grano largo y mediano son los más comunes. 1 taza de arroz + 2¼ tazas de líquido = 3¼ tazas de arroz cocido
Matemáticas del Arroz
1 libra de arroz sin cocerse = 2 ¼ a 2 ½ tazas
Oregon State University
Compartir en:


Brown Rice
www.FoodHero.org

ARROZ INTEGRAL
www.FoodHero.org

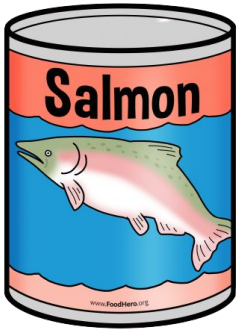
Salmon



Nombre_____

Salmón

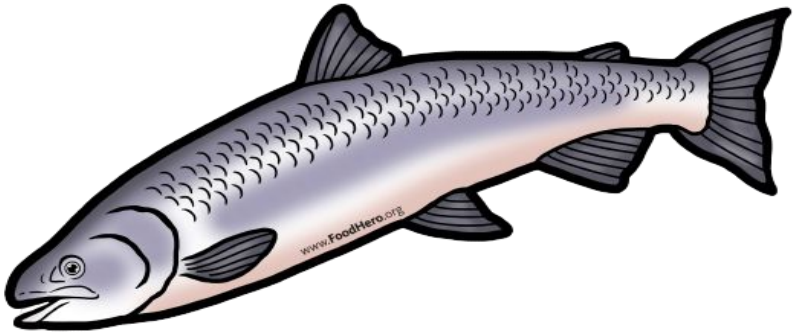
Me gusta el salmón porque _____.

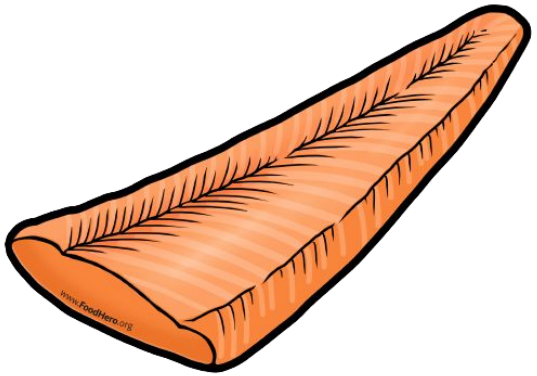


Name_____

Salmon

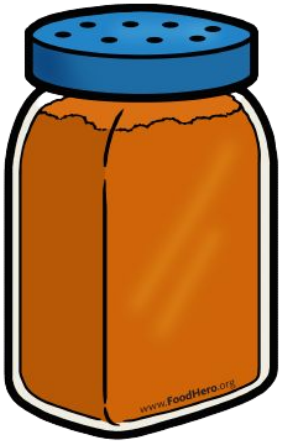
I like salmon because _____.



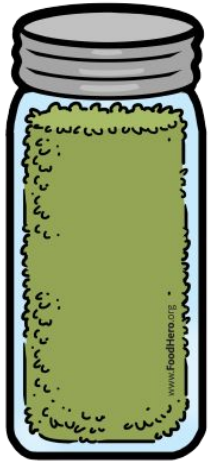


Spices and Herbs

Chili Powder

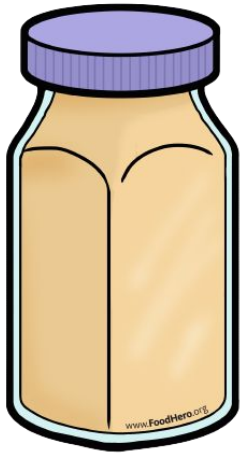


Cinnamon



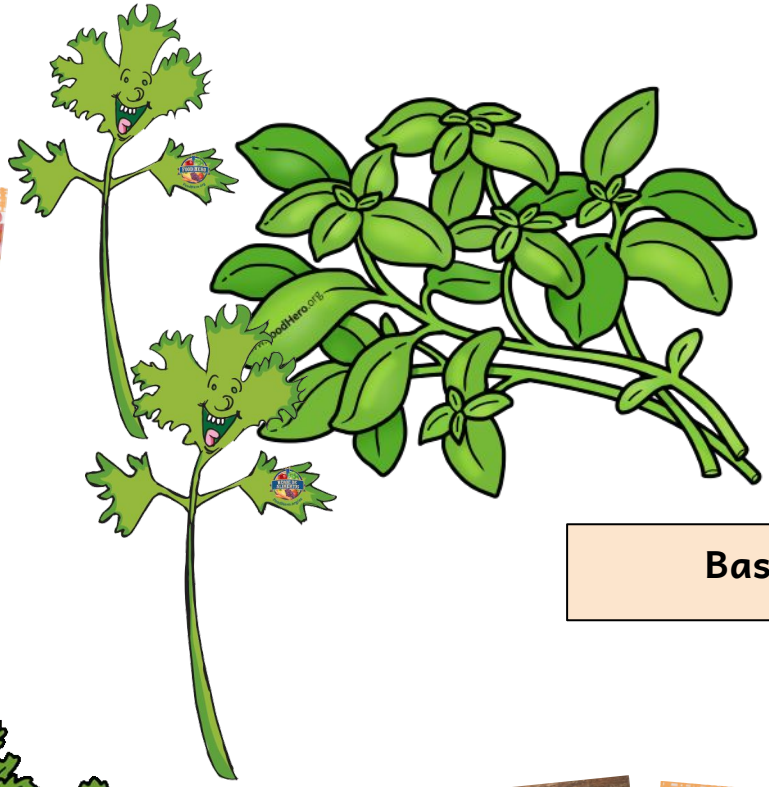
Dried basil

Dried Parsley

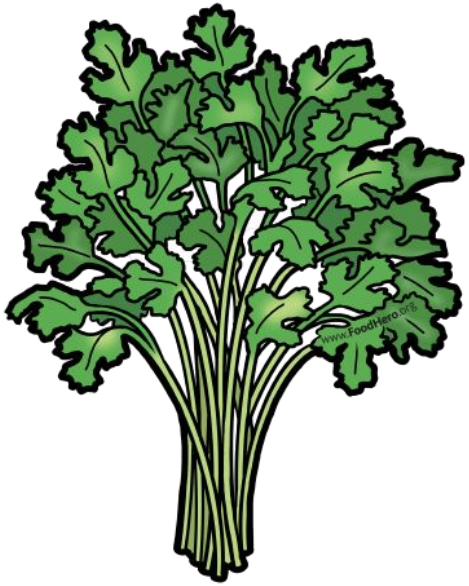


Garlic Powder

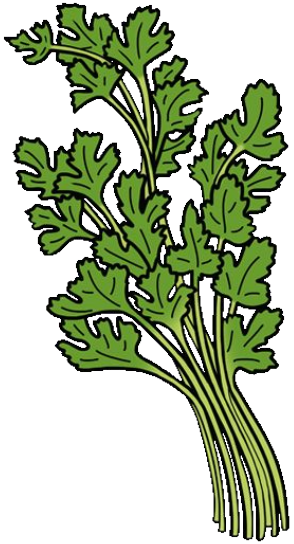
Spices and Herbs



Basil

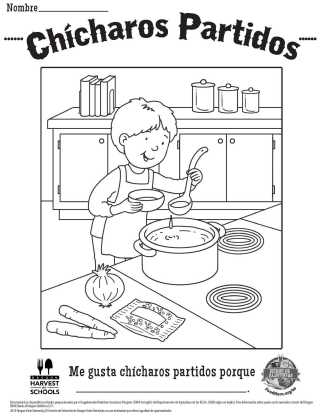


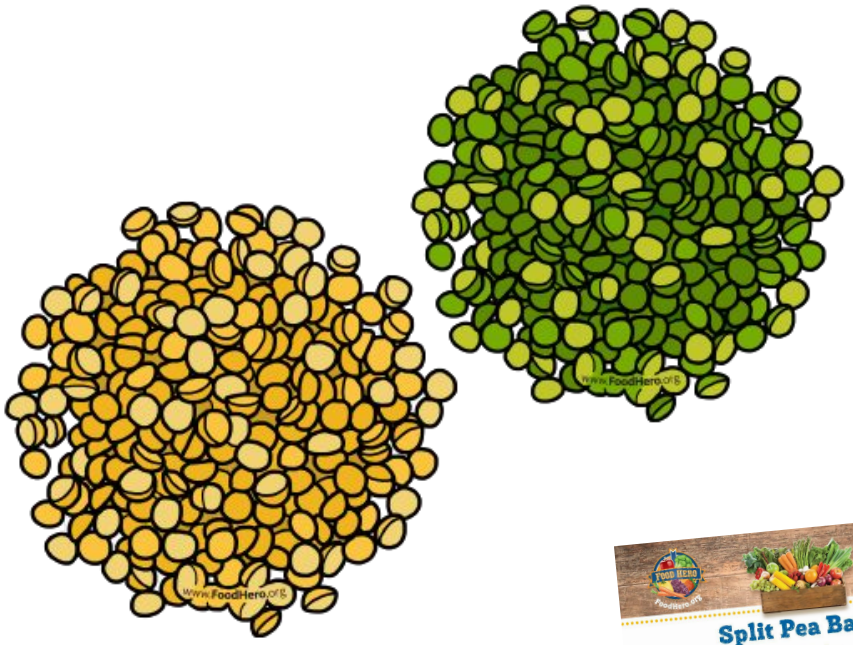
Cilantro



Parsley

Split Peas


Nombre
Chícharos Partidos
Me gusta chícharos partidos porque


www.FoodHero.org
www.FoodHero.org

Name
Split Peas
I like split peas because

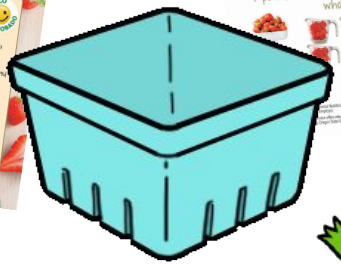
¡Deles Más de los Cosas Buenas!
Fundamentos de los Chícharos Partidos
Compras y Ahorros
Los chícharos partidos son una fuente excelente de proteína y fibra.
Matemáticas de los chícharos partidos
Más Sobre los Chícharos Partidos
Almacenar Bien Desperdiciar Menos
Oregon State University

Disfrute los Chícharos Partidos
Sopa de Chícharos Partidos
Ensalada de Chícharos Partidos
¡Los Niños Pueden!

Give Them More of the Good Stuff!
Split Pea Basics
Split peas are an excellent source of protein and fiber.
Shop and Save
Split Pea Math
More About Split Peas
Store Well Waste Less
Oregon State University

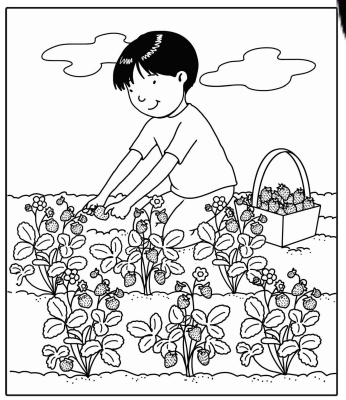
Enjoy Split Peas
Split Pea Soup
Split Pea Salad
Kids Can!

Strawberries

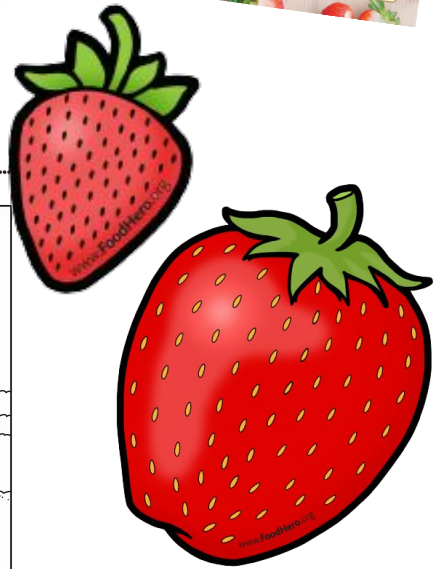


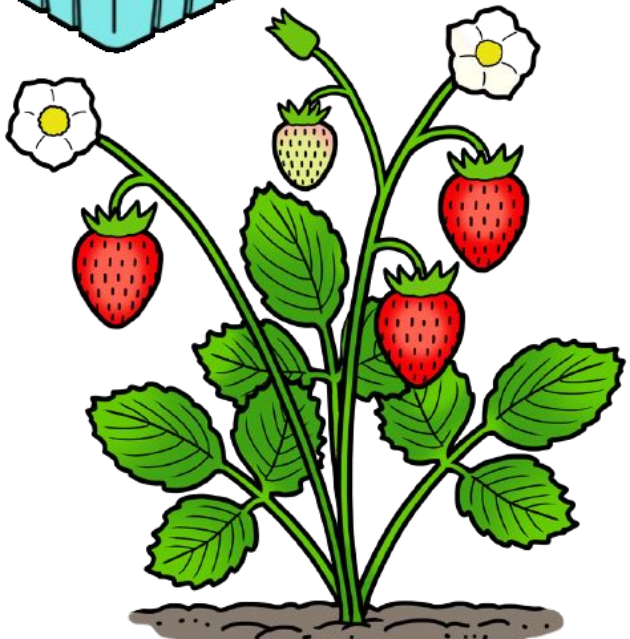
Nombre_____

Fresas



Me gustan las fresas porque _____.





Name_____

Strawberries

I like strawberries because _____.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) with food provided to low-income households. SNAP can help you buy nutritious food for a better diet. To find out more, contact Oregon SafeNet at 211-2020 or visit our agency's website at www.dhs.oregon.gov.

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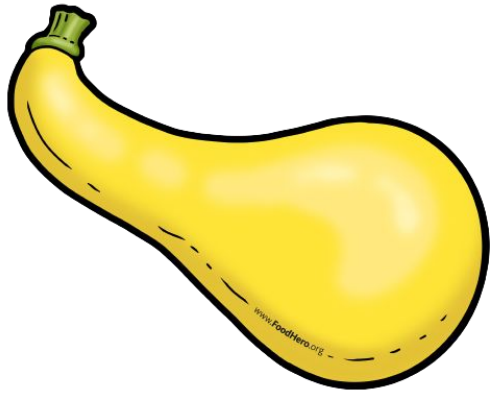
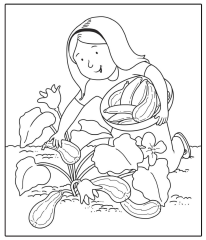
Summer Squash

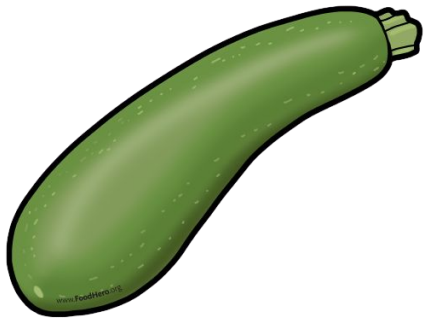


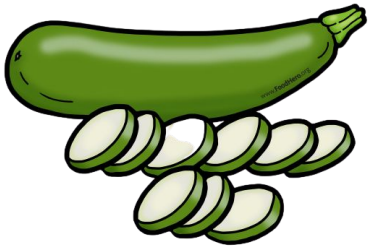
Name_____

Summer Squash



I like summer squash because _____



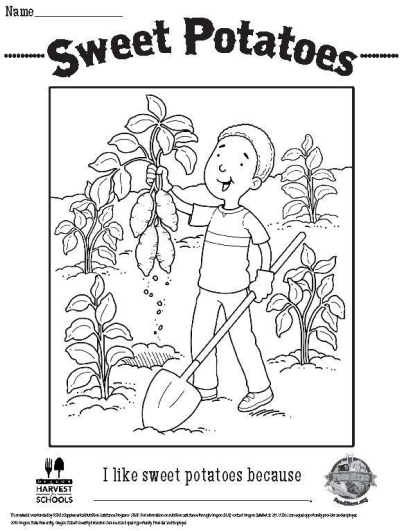


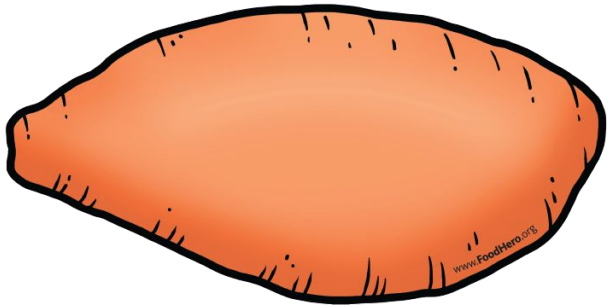
Nombre_____

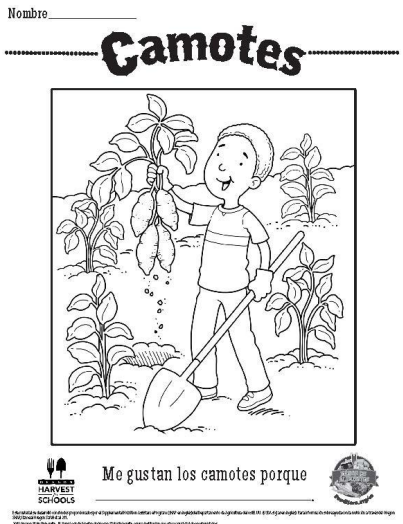
Calabacita de Árbol

Me gusta la calabaza de árbol proque _____

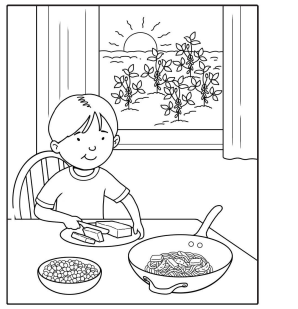
Sweet Potato





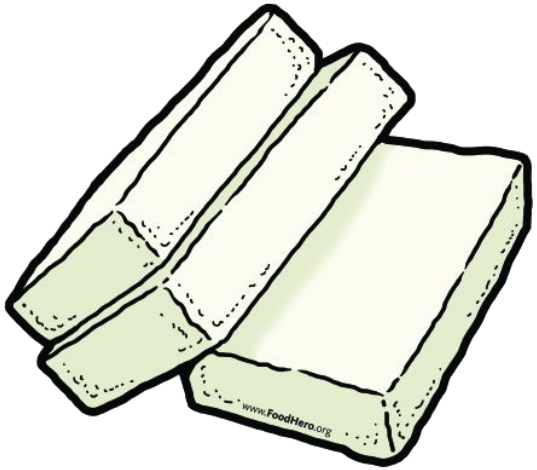


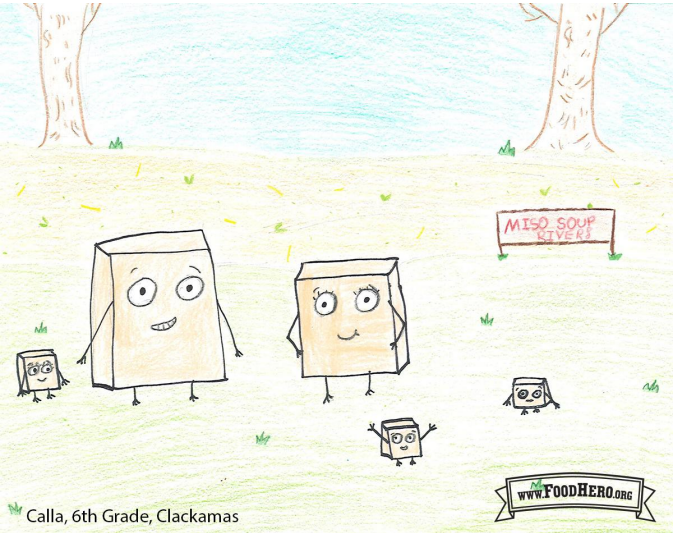
Tofu


Name_____
Tofu
I like tofu because
_____.

Give Them More of the Good Stuff!
Tofu Basics
Shop and Save
Tofu is high in protein, low in fat, and a good source of calcium, iron and B vitamins.
Pressing Tofu
Store Well Waste Less
Oregon State University

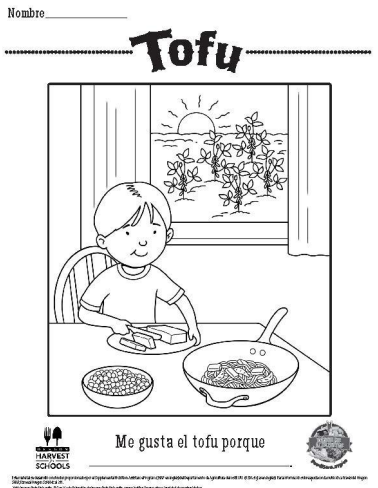
Tofu
Cooking with Tofu
Tofu Banana Pudding
Baked Tofu
Tofu "Egg" Salad


www.FoodHero.org

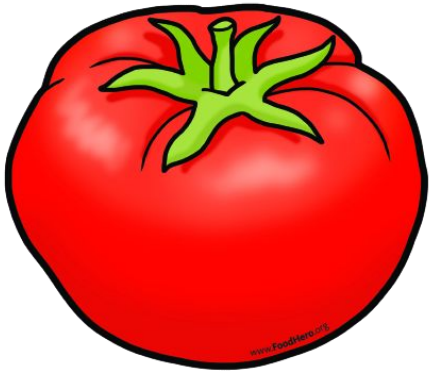

MISO SOUP
RIVER!
WWW.FOODHERO.ORG
Calla, 6th Grade, Clackamas

¡Deles Más Cosas Buenas!
Fundamentos del Tofu
Compras y Ahorros
Prensar el Tofu
Almacenar Bien Desperdiciar Menos
Oregon State University

Tofu
Cómo Cocinar con el Tofu
Pudín de Plátano con Tofu
Tofu Horneado
Ensalada de "huevo" con Tofu

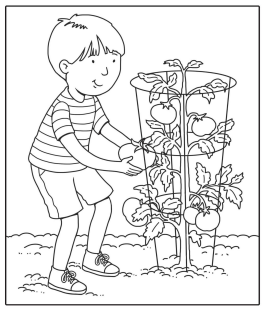

Nombre_____
Tofu
Me gusta el tofu porque
_____.

Tomatoes

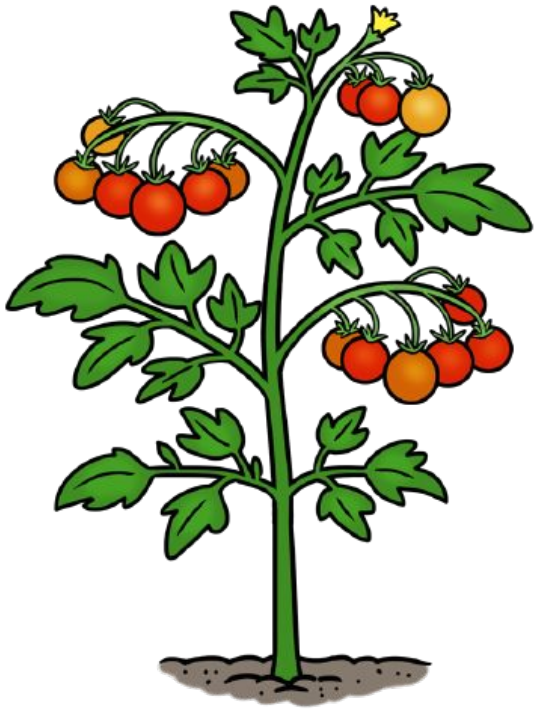


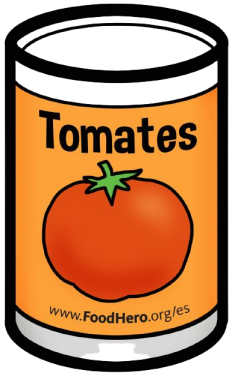
Nombre_____

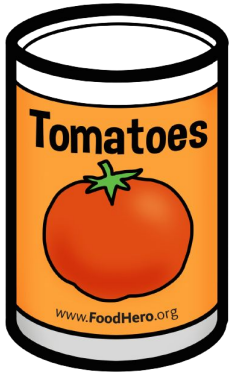
Tomates



Me gustan los tomates porque _____

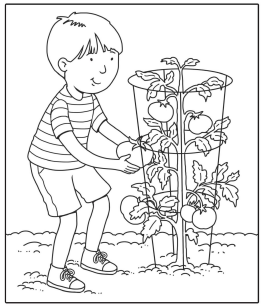




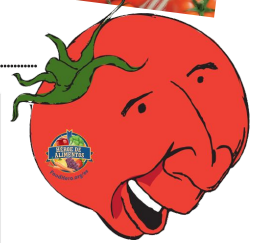


Name_____

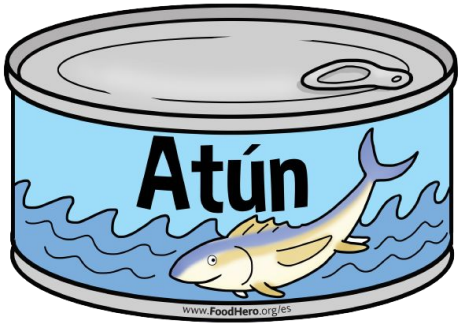
Tomatoes



I like tomatoes because _____

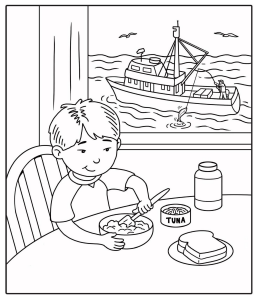


Tuna



Nombre_____

Atún



Me gusta el atún porque _____.

ATÚN DE OREGÓN

El atún es el segundo tipo de pescado más popular en los Estados Unidos.

La carne blanca de atún es del atún albacora. Tiene una carne de color más claro, una textura más firme y un sabor más suave que el atún de carne de color claro, que viene de las especies de atunes skipjack, aleta amarilla, tongol o big-eye.

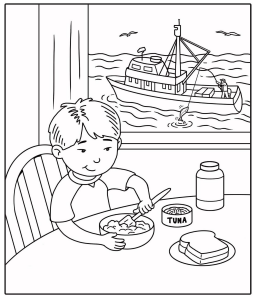
Los atunes se limpian o se congelan, o se ponen en hielo justo minutos después de ser capturados.

Nutrientes que se Encuentran en el Atún:
- El atún es una fuente excelente de proteína.
- El atún contiene selenio, un mineral que desempeña un papel clave en el metabolismo.
- El atún es uno de los pocos alimentos que naturalmente contiene vitamina D. La vitamina D es necesaria para absorber calcio y construir huesos fuertes.

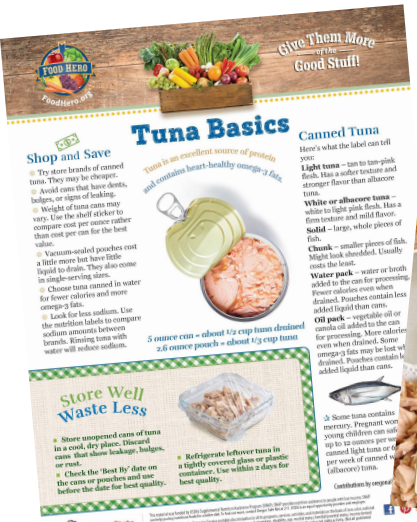
El atún albacora de Oregón es relativamente pequeño, pesando 10–30 libras.

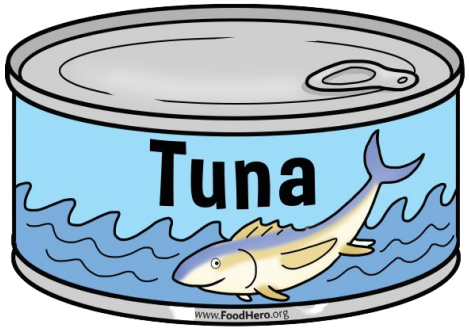
Name_____

Tuna



I like tuna because _____.





OREGON TUNA

Tuna is the second most popular type of seafood in the United States.

White meat tuna is from the albacore tuna. It has a lighter colored flesh, a firmer texture, and a milder flavor than light meat tuna, which comes from the skipjack, yellowfin, tongol, or big-eye tuna species.

Nutrients found in Tuna
- Tuna is an excellent source of Omega 3 fatty acids which help blood clot and boost brain function.
- Tuna is an excellent source of protein.
- Tuna contains selenium, a mineral that plays a key role in metabolism.
- Tuna is one of the few foods that naturally contain vitamin D. Vitamin D is needed for absorbing calcium and building strong bones.

Tuna are cleaned and frozen or put on ice just minutes after they are caught.

Oregon albacore tuna are relatively small, weighing 10–30 pounds.

Turkey

Name_____

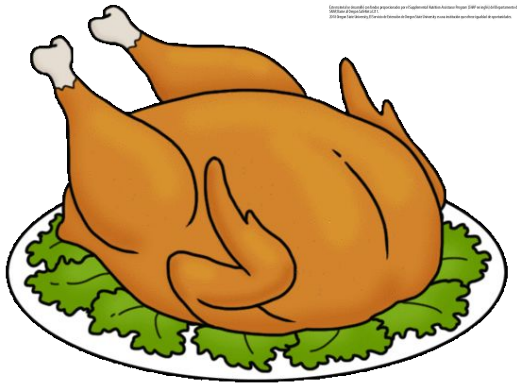
Turkey

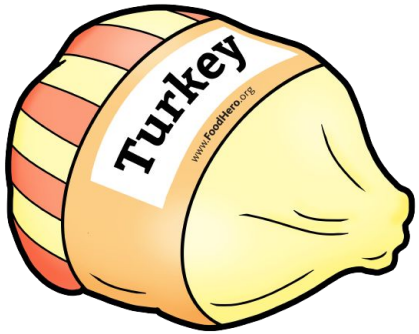
I like turkey because _____.

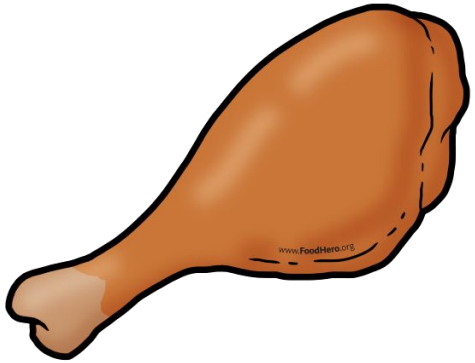
Nombre_____

Pavo

Me gusta el pavo porque _____.

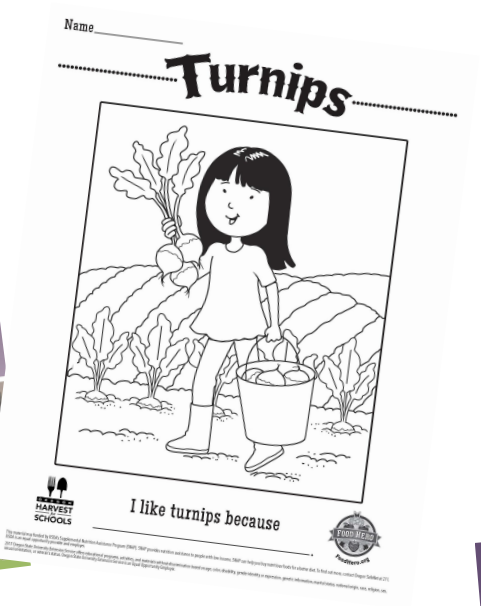


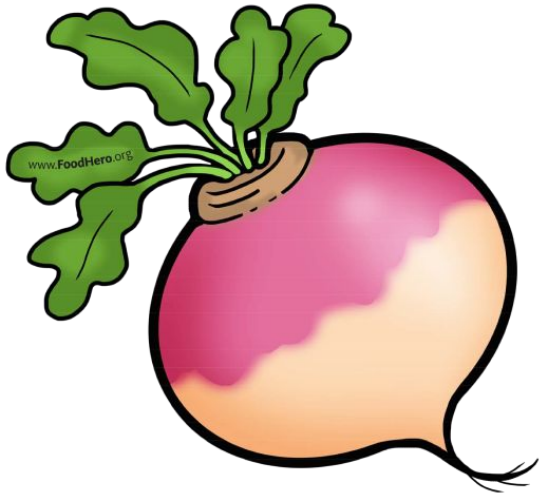




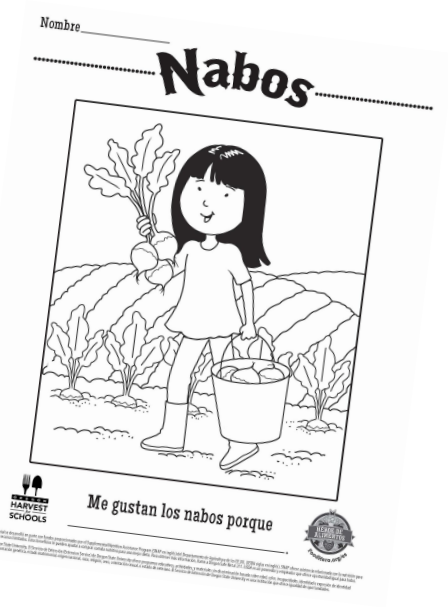
Turnips

OREGON
TURNIPS
Turnips come in a variety of shapes from round to cylindrical. The outside color of the turnip can vary from rose to black.
Turnips are a root vegetable in season from October to March. The leafy greens are also edible.
Turnips are part of the mustard family, they're related to Brussels sprouts, cabbage, kale, and broccoli.
Nutrients found in Turnips
Turnip varieties that do well in Oregon are Purple Top, White Globe and Tokyo Cross.
Turnips are a biennial plant, taking two years to germinate and reproduce. In the first year the root grows and stores nutrients, and the next year the turnip flowers, produces seeds, and dies.
Turnips have a crisp white inner flesh and a mild, sweet flavor. For the best taste, harvest turnips while young and small. As turnips age the flavor gets spicier and the texture becomes rough and woody.

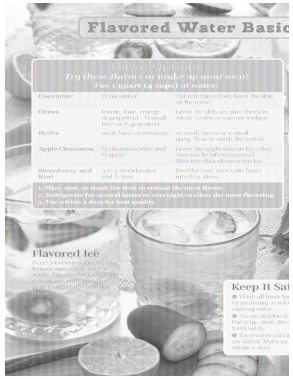

Name
Turnips
I like turnips because
HARVEST SCHOOLS
FOOD HERO

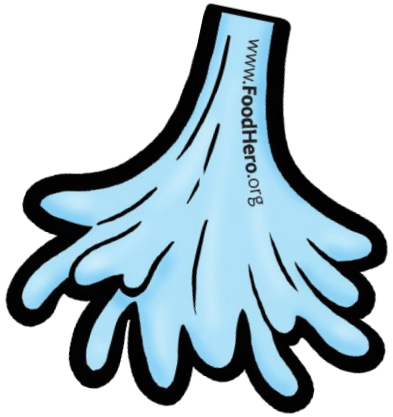

www.FoodHero.org

NABOS
DE OREGON
Los nabos son verduras de raíz que existen en temporada de octubre a marzo. Las hojas verdes frondosas también son comestibles.
Los nabos vienen en una variedad de formas de redondo a cilíndrico. El color exterior del nabo puede variar de rosa a negro.
Los nabos forman parte de la familia de la mostaza, son parientes de las coles de Bruselas, el repollo, la col rizada y el brócoli.
Nutrientes que se Encuentran en los Nabos:
Las variedades de nabo que funcionan bien en Oregón son Purple Top, White Globe y Tokyo Cross.


Nombre
Nabos
Me gustan los nabos porque
HARVEST SCHOOLS

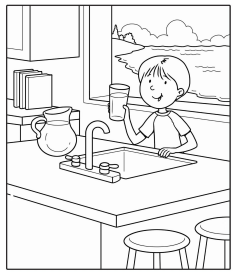
Water





Name_____

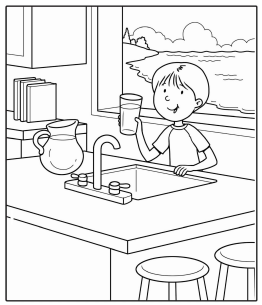
Water



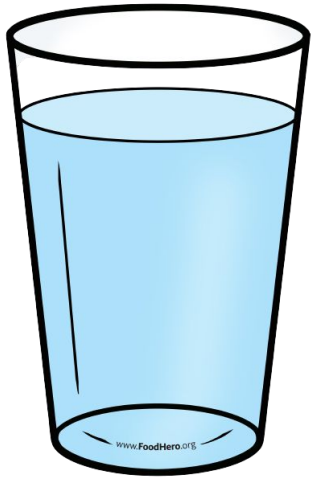
I like water because _____.

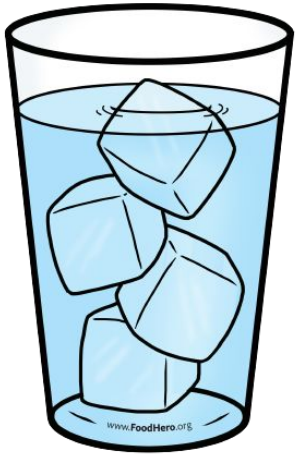
Nombre_____

Agua



Me gusta el agua porque _____.





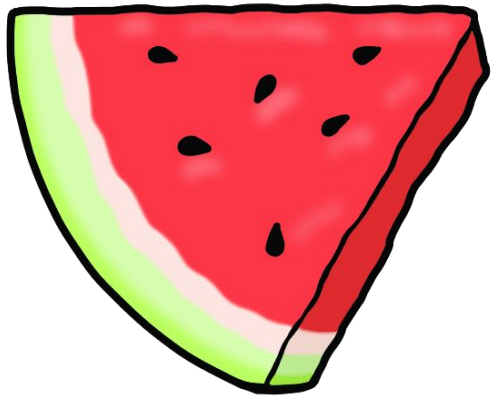
Watermelon

Name_____

Watermelon

I like watermelon because _____.

HARVEST SCHOOLS



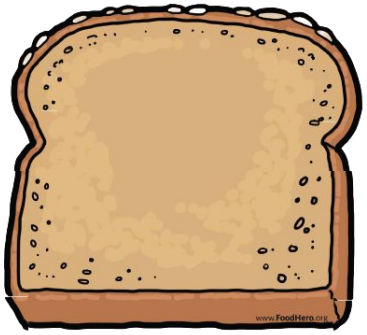
Nombre_____

Sandía

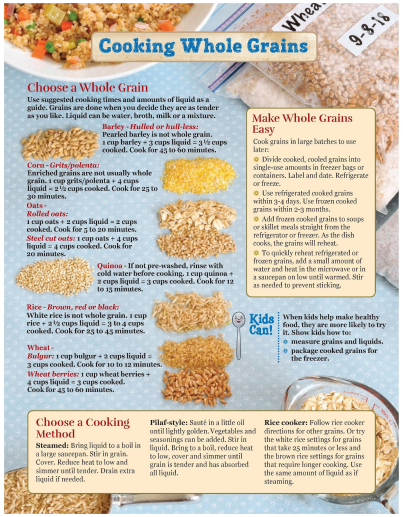
Me gusta la sandía porque _____

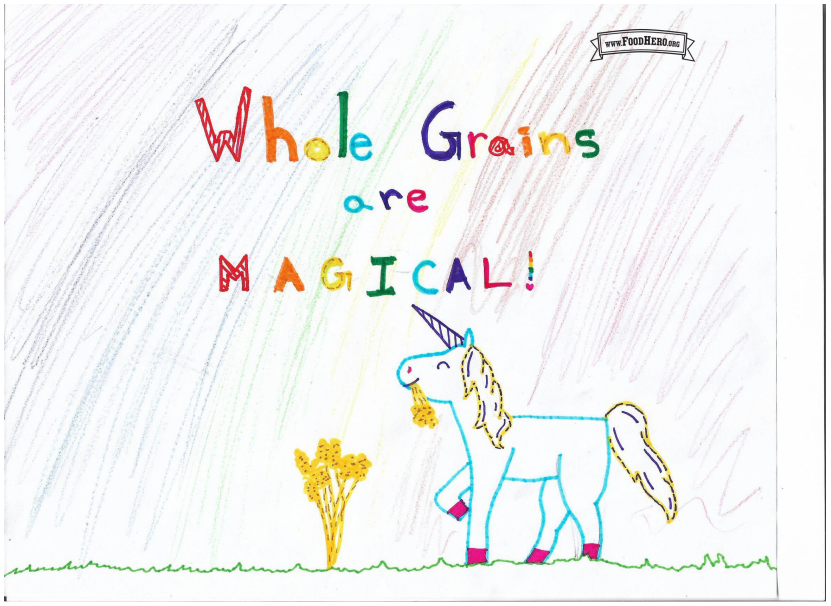
HARVEST SCHOOLS

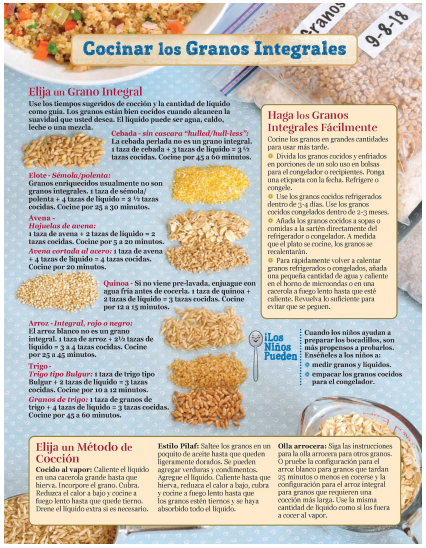
Whole Wheat Flour

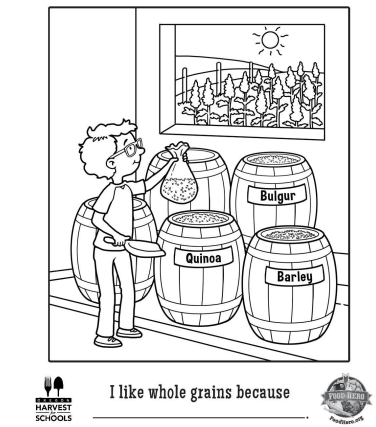


Whole Grains

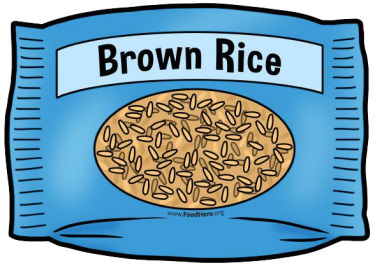


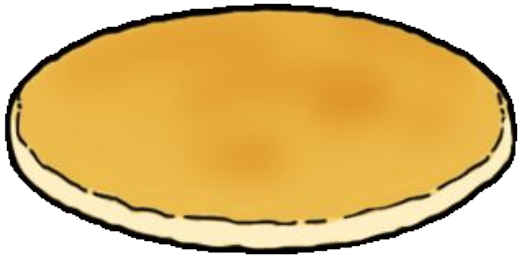


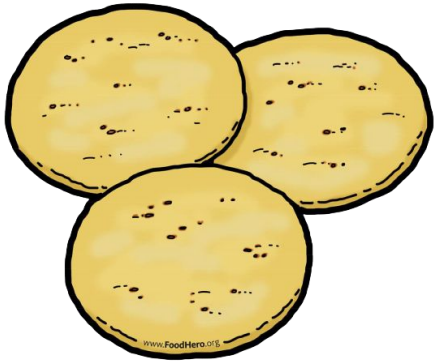


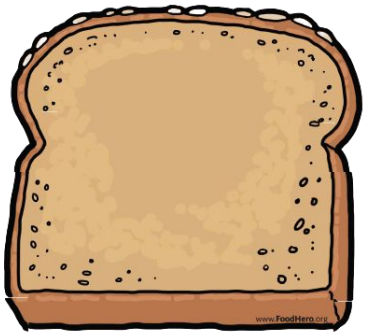


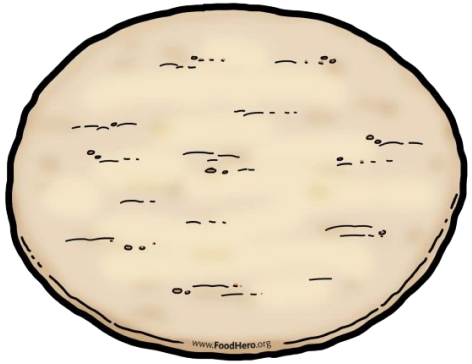
Whole Grains

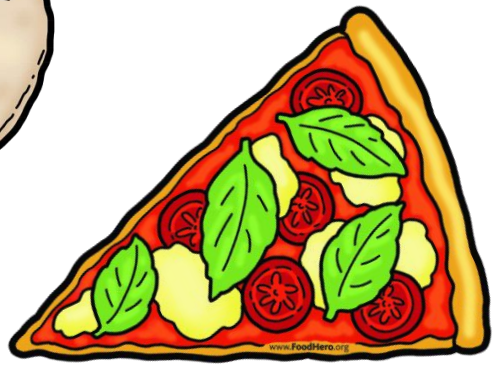


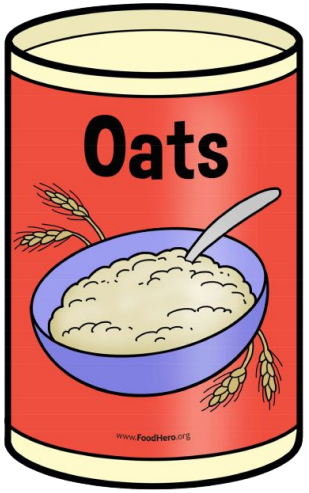


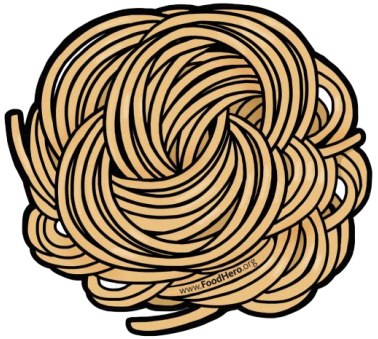






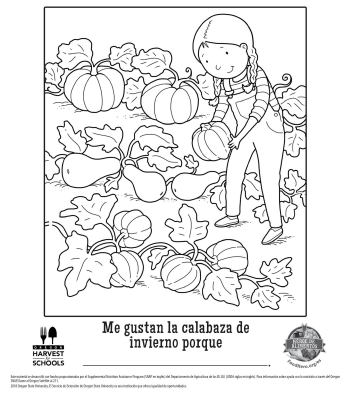




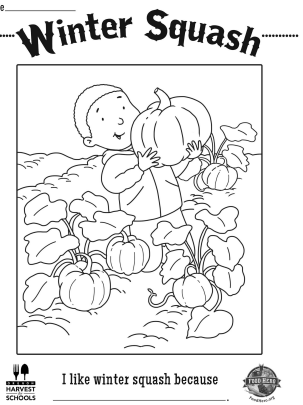


Winter Squash

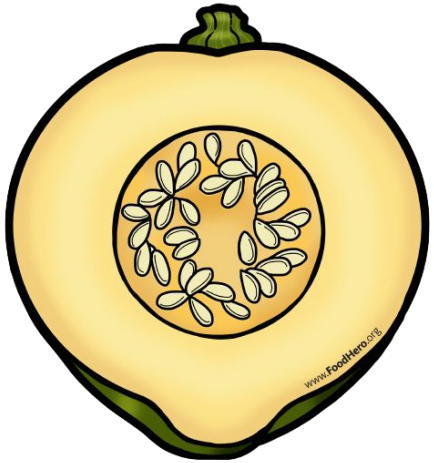
Nombre_____

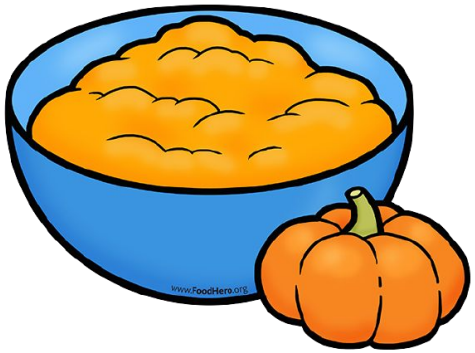


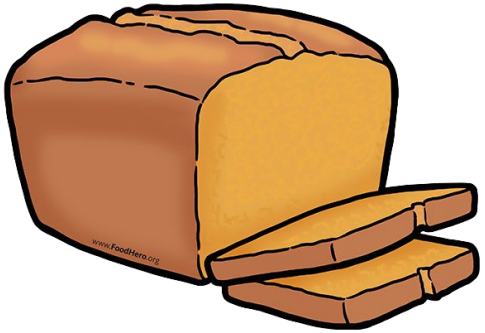
Name_____

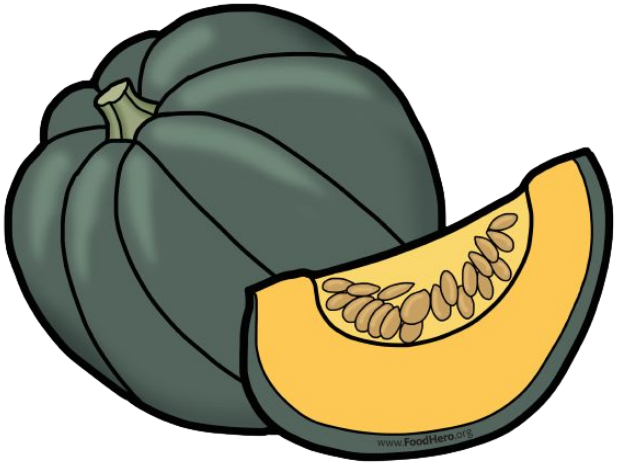


Winter Squash

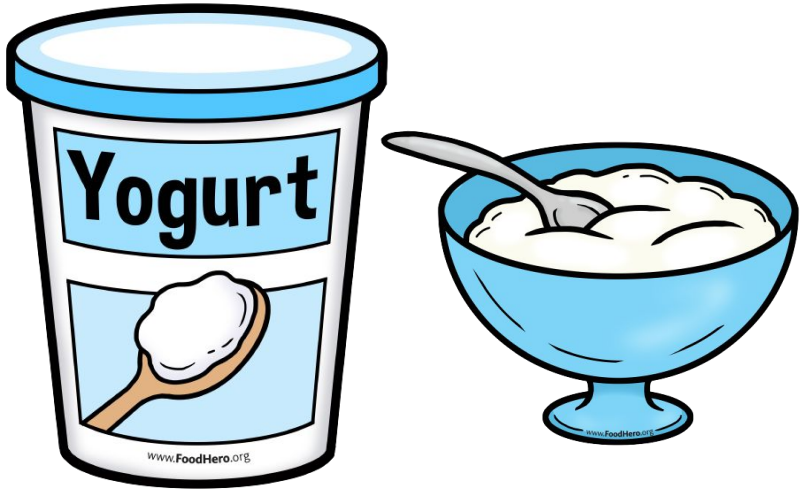






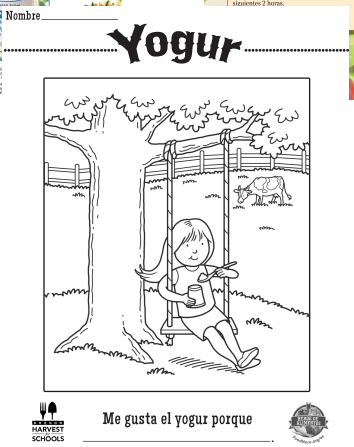


Yogurt

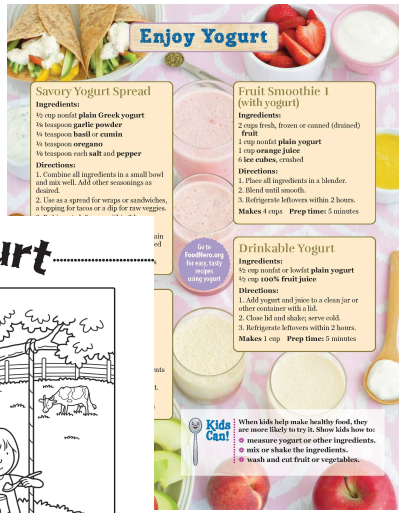

Yogurt
www.FoodHero.org
www.FoodHero.org

¡Deles Más de las Cosas Buenas!
Fundamentos del Yogur
Comprar y Ahorrar
El yogur provee calcio, proteína, probióticos y otros nutrientes saludables.
Los Tipos de Yogur
Héroe de Alimentos Yogur a la "Parfait"
Almacena Bien Desperdicia Menos
El yogur con sabor se endulza con azúcares añadidos o sustitutos del azúcar, fruta y otros sabores. El yogur natural no tiene azúcares añadidos y puede ser aromatizado de muchas maneras, desde dulce hasta salado.
Oregon State University

Disfrute el Yogur
Crema Sabrosa de Yogur
Licuado de Fruta 1 (con yogur)
Salsa de Yogur con Frutas
Yogur Bebible
¡Los Niños Pueden!


Nombre
Yogur
Me gusta el yogur porque

Give Them More of the Good Stuff!
Yogurt Basics
Shop and Save
Types of Yogurt
Store Well Waste Less
Oregon State University


Enjoy Yogurt
Savory Yogurt Spread
Fruit Smoothie 1 (with yogurt)
Drinkable Yogurt
Kids Can!

Name
Yogurt
I like yogurt because

Fruit Shake 2 (with milk and yogurt)
Food Hero Recipes
Fruit Shake
Watch on YouTube

Asparagus

Days to Germination7 to 14 days

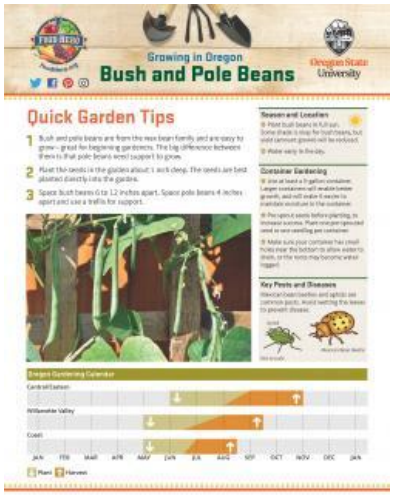
Planting Depth1 inch

Plant Spacing4 inches for bush beans; 6 to 8 inches for pole beans

Days to Harvest50 to 60 days

Directions

Bean seedlings can be sensitive to transplanting, so it's best to sow the seeds directly outside. Wait at least 1 to 2 weeks after your last spring frost, or once the soil is about 65 degrees F. Do not plant in the summer heat; bean plants will stop producing at 90 degrees F. Choose a spot with full sun. Water early in the day. Avoid working around beans when they are wet, as this may spread plant diseases. When weeding, hoe gently because beans are shallow-rooted. For pole beans, plant along a trellis or pole about 6 feet tall to support the plant Pick the bean pods when they are nearly mature, but not fully developed to make sure they are still crisp.



Beans: pole and bush

Days to Germination7 to 14 days

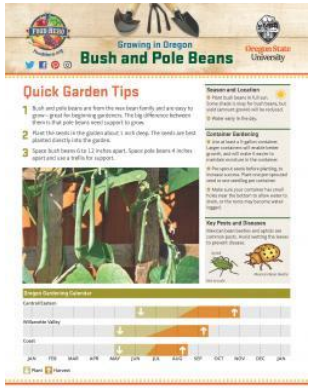
Planting Depth1 inch

Plant Spacing4 inches for bush beans; 6 to 8 inches for pole beans

Days to Harvest50 to 60 days

Directions

Bean seedlings can be sensitive to transplanting, so it's best to sow the seeds directly outside. Wait at least 1 to 2 weeks after your last spring frost, or once the soil is about 65 degrees F. Do not plant in the summer heat; bean plants will stop producing at 90 degrees F. Choose a spot with full sun. Water early in the day. Avoid working around beans when they are wet, as this may spread plant diseases. When weeding, hoe gently because beans are shallow-rooted. For pole beans, plant along a trellis or pole about 6 feet tall to support the plant Pick the bean pods when they are nearly mature, but not fully developed to make sure they are still crisp.



Beets (Spanish)

Days to Germination8 a 10 días*

Planting Depth1 pulgada

Plant Spacing10 pulgadas

Days to Harvest60 días

Best Container Size12 pulgadas o más grande

Directions

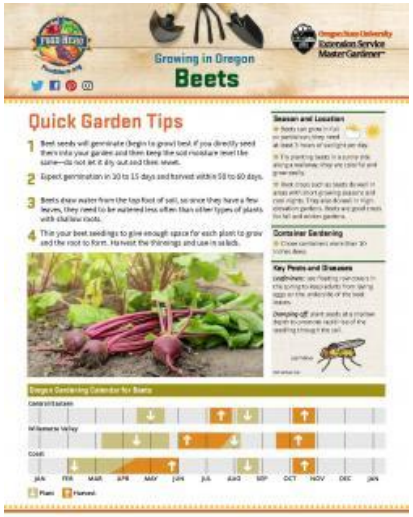
Siembre las semillas directamente en el jardín tan pronto como se pueda trabajar el suelo. Después de plantar, presione hacia abajo, cubriendo con tierra firmemente. Los betabeles crecen mejor con abundante sol y suelo bien drenado. Coseche cuando sus raíces tengan un diámetro de 3 pulgadas.

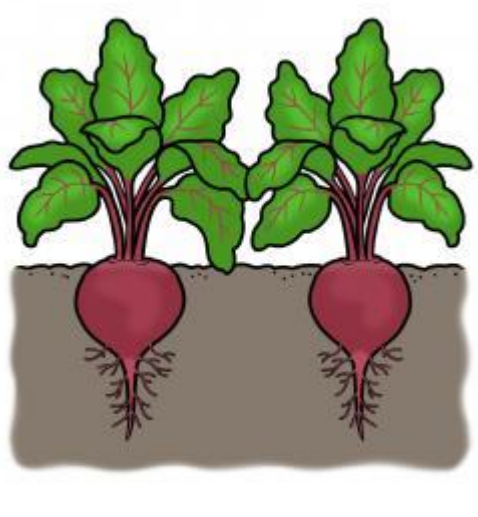
Riegue regularmente para evitar que la tierra se seque. Antes de cosechar, intente remojar el suelo para que los betabeles sean más fáciles de sacar.

Growing Tips

Las hojas verdes pequeñas y delgadas en la parte superior hacen deliciosas verduras. Los betabeles se pueden cultivar repetidamente durante la temporada.

*Estas semillas son fáciles de sembrar, con un divertido revestimiento de color que las ayuda a germinar. Sin embargo, el revestimiento agrega algunos días al tiempo de germinación en comparación con las semillas no recubiertas.





Bell Pepper Seed Packet

Days to Germination10-12 days

Planting Depth1/2 inch

Plant Spacing18-20 inches

Days to Harvest70-80 days

Best Container Size12 inches or larger

Directions

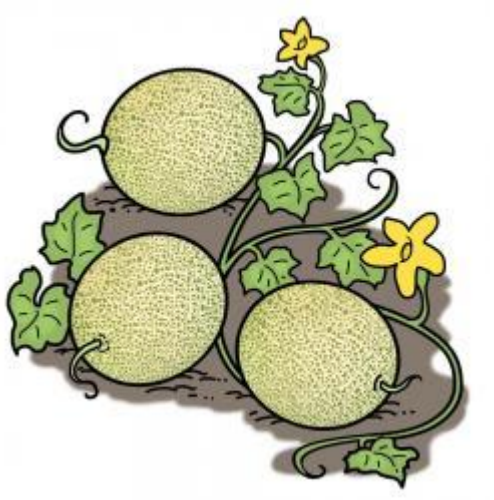
Start the seeds indoors in full sunlight 8 weeks before planting outdoors. Keep the seeds moist. Transplant the seedlings to the garden when they are 3 inches tall. Or sow the seeds directly in the garden in a sunny location after all danger of frost is past. Begin using a balanced fertilizer when the plants are 6 inches tall to increase production.

Growing Tips

Plant hot and sweet peppers in separate areas to avoid cross-pollination. Pick peppers regularly for increased yields.

*These seeds are easy to sow, with a fun color coating that helps them germinate. However, the coating adds a few days to the germination time as compared to uncoated seeds.

Cantaloupe



Days to Germination7 days*

Planting Depth1/2 inch

Plant Spacing4 feet (*Hale's Best Jumbo* will need 5 to 6 feet)

Days to Harvest80 to 90 days

Directions

Start the seeds indoors near a sunny window 4 weeks before transplanting to the garden. Be sure not to disturb the roots during transplanting. Try making a small hill about 9 to 12 inches tall for the seedlings to start in and the plants to grow down from.

Growing Tips

- The *Sierra Gold* and *Hale's Best Jumbo* varieties are ready to harvest when the fruit is golden beige, has a distinct aroma and slips easily from the vine.
- The *Honey Rock* variety can grow on a trellis.
- Try preserving the fruit by freezing it!

*These seeds are easy to sow, with a fun color coating that helps them germinate. However, the coating adds a few days to the germination time as compared to uncoated seeds.

Carrots

Size at Maturity: 4 to 8 inches

Days to Germination8 to 12 days*; Nantes 14 to 25 days

Planting Depth1/4 to 1/2 inch

Plant Spacing4 inches

Days to Harvest70 to 75 days

Best Container Size At least 12 inches deep for Danver and 14 inches deep for Long Imperator

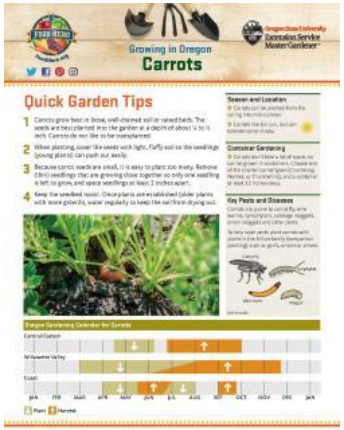
Directions

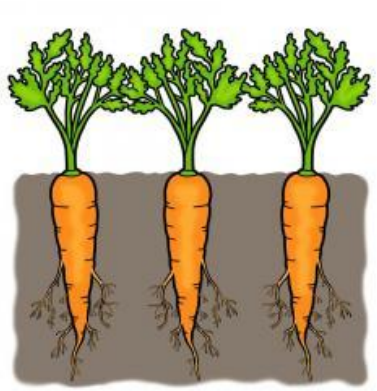
Sow the seeds directly in the garden in loose soil when all danger of frost is past. Continue to sow seeds until 75 to 77 days before the expected fall frost.The *Long Imperator* variety needs deep, loose soil. Don't allow the soil to become muddy or soggy or the carrots may crack. In addition, don't let this variety mature fully or it will become woody and less flavorful.Water regularly to keep the soil from drying out. Prior to harvesting, soak the ground to make the carrots easier to pull up.

Growing Tips

- Use companion plants to help reduce carrot pests such as carrot fly. Plants in the Allium family, such as garlic, onions or chives, will repel these insects.
- Carrots do not like to be transplanted. If you must transplant them, be careful not to disturb the roots!

*These seeds are easy to sow, with a fun color coating that helps them germinate. However, the coating adds a few days to the germination time as compared to uncoated seeds.





Chives

Days to Germination15-21 days

Planting Depth1/2 inch

Plant Spacing6 inches

Days to Harvest80-90 days

Best Container Size12 inches or larger

Directions

Start the seeds indoors near a sunny window 6 weeks before transplanting to the garden. Or sow the seeds directly in the garden in a sunny location in rich, well-drained soil. The leaves can be harvested 4 months after sowing. Cut them often to encourage growth.

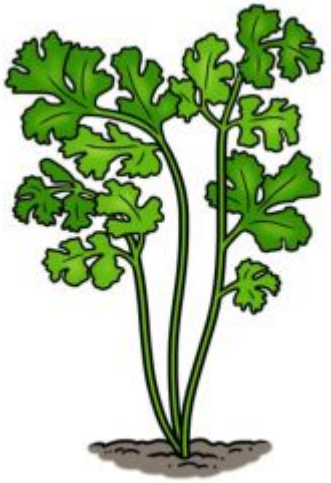
Water regularly to keep the soil from drying out.

Growing Tips

Continual harvesting ensures denser growth. If you prefer a very mild taste, harvest while in bloom. Chives are excellent for indoor windowsill gardens.

*These seeds are easy to sow, with a fun color coating that helps them germinate. However, the coating adds a few days to the germination time as compared to uncoated seeds.

Cilantro



These seeds are for growing the cilantro plant; however, the seeds themselves are coriander!

Days to Germination7-10 days*

Planting Depth1/4 inch

Plant Spacing6 inches

Days to Harvest70 days

Best Container Size12 inches or larger

Directions

Sow the seeds directly in the garden, preferably in full sun, after all danger of frost is past and the soil is warm (preferably 70 degrees F). Water regularly to keep the soil from drying out.

Growing Tips

Once the weather gets hot, make sure to harvest the leaves regularly. Hot weather will make the plant bolt. This means it will make flowers for producing seeds rather than leaves.

In late summer, you can harvest the coriander seeds! Cut the ripe seed heads and spread them on trays to dry in the sun. Remove the seeds by hand and store them in jars.

*These seeds are easy to sow with a fun color coating that helps them germinate. However, the coating adds a few days to the germination time as compared to uncoated seeds.

Cucumbers

Days to Germination8-10 days

Planting Depth1/2 inch

Plant Spacing6 inches

Days to Harvest68 days

Best Container Size12 inches or larger

Directions

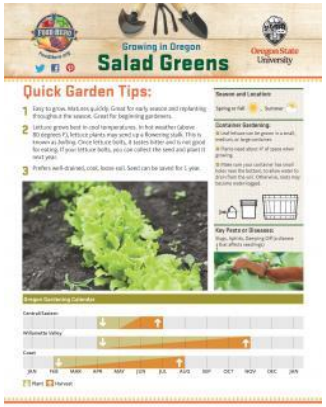
Sow the seeds directly in the garden in a sunny location with well-drained soil after all danger of frost is past and the ground is warm. For smaller gardens, plant the seeds alongside a fence or trellis. Plant at 3-week intervals up to midsummer for fresh cucumbers all season. Pick when 6 to 8 inches long.

Growing Tips

Cucumbers need lots of sunshine and water. Keep weeds to a minimum with a straw or leaf mulch.

*These seeds are easy to sow, with a fun color coating that helps them germinate. However, the coating adds a few days to the germination time as compared to uncoated seeds.

Florida Broad Leaf



Days to Germination10 to 12 days

Planting Depth1/4 to 1/2 inch

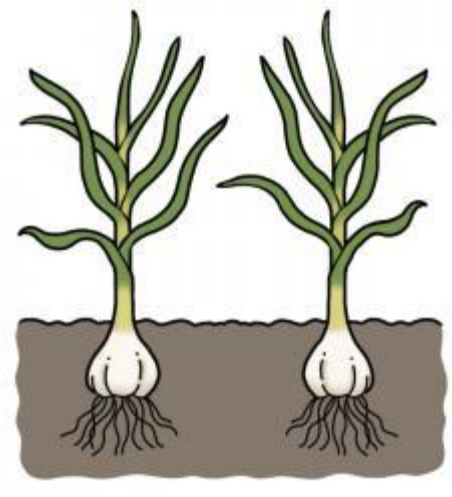
Plant Spacing9 inches

Days to Harvest48 days

Directions

Mustard is a cool-weather crop; therefore, sow the seeds directly outside in the spring as soon as the ground can be worked (the soil is soft enough to dig into without great difficultly). Or wait until the fall to plant your seeds. If starting mustard in the spring or the fall, choose a spot with full sun. If starting in the summer, choose a spot with partial shade. To get your seeds growing quickly, keep the soil around them moist. As the plant gets big enough to harvest, pick the outer leaves regularly. This will keep the harvest going for a longer period of time.

Garlic



Days to Germination7 to 14 days

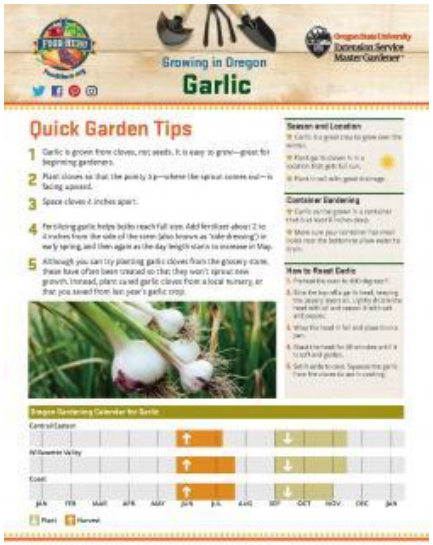
Planting Depth4 inches

Plant Spacing6 inches

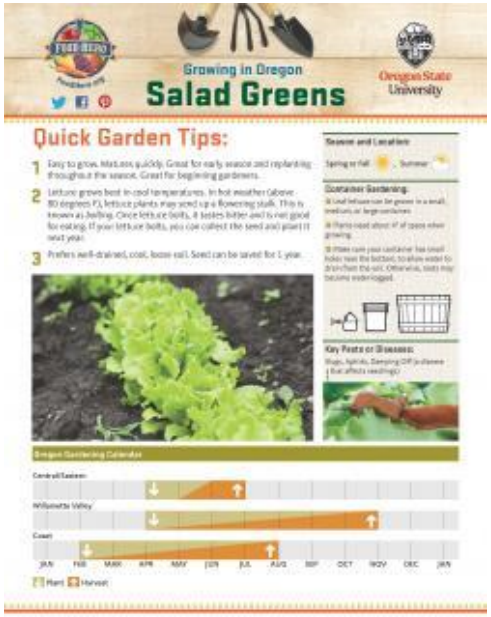
Days to Harvest9 months for fall garlic; 5 months for spring garlic

Directions

Plant garlic in the fall three to eight weeks before the first autumn freeze. This will allow the plant to grow into the location but not allow the green sprout to develop. If garlic is planted too early, frost will damage or kill the green sprouts above the ground. Separate the bulbs into cloves. Pick a location with good drainage that will get at least 6 hours of full sun every day. When planting your garlic cloves, make sure the tip—where the sprout comes out—is facing upward. Cover the cloves with soil so that the tips are about two inches below the soil surface, and water well. Provide a generous layer of mulch for the winter, especially if you live in a cold climate. Your garlic is ready to harvest in the summer when the lower two or three leaves turn yellow or brown. At this point, stop watering the plant. Wait for a week or two before pulling your garlic from the ground.



Iceberg Lettuce



Days to Germination7 to 10 days

Planting Depth1/4 inch

Plant Spacing8 inches

Days to Harvest68 days

Best Container Size12 inches or larger

Directions

Sow the seeds directly in the garden as soon as the soil can be made fine and loose. Plant them every 6 inches, covering them firmly with soil.

Lettuce needs plenty of moisture. Water regularly to keep the soil from drying out; however, overwatering or lack of air circulation will cause the leaves to rot.

As the plants begin to crowd, pick individual leaves regularly to eat. For the best flavor, pick them young. Harvest a few leaves at a time to continue growth, or harvest the entire plant.

Kale

Days to Germination8-12 days

Planting Depth1/4 - 1/2 inch

Plant Spacing12 inches

Days to Harvest50 days

Best Container Size12 inches or larger

Directions

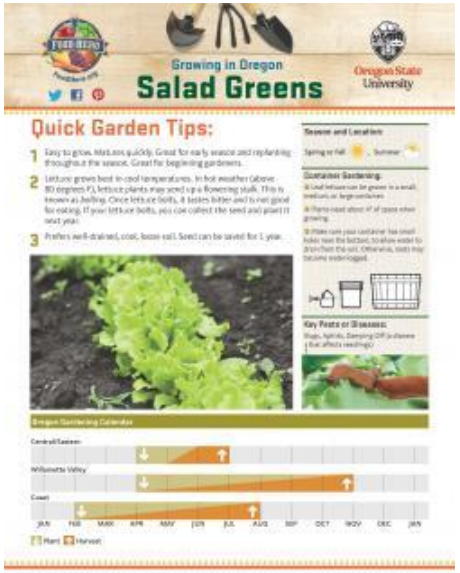
Sow the seeds directly in the garden as soon as the ground can be worked. Place one seed every 12 inches. Cover with soil. Harvest side leaves as needed at 6 to 8 inches in length.

Growing Tips

Make several pickings during the late spring and early summer before hot weather. Sow again in midsummer for a fall crop. A light fall frost makes the pleasant flavor of the leaves even better. Bake them for tasty chips.

*These seeds are easy to sow, with a fun color coating that helps them germinate. However, the coating adds a few days to the germination time as compared to uncoated seeds.

Mesclun Mix



Grow seven different salad greens: arugula, endive, red kale, red and green romaine, *Salad Bowl* lettuce, and *Lolla Rossa* lettuce.

Days to Germination7 to 10 days

Planting Depth1/4 inch

Plant Spacing6 inches

Days to Harvest40 to 80 days

Best Container Size12 inches or larger

Directions

Sow the seeds directly in the garden as soon as the soil can be made fine and loose. Plant them every 2 inches, covering them firmly with soil.

Mesclun needs plenty of moisture. Water regularly to keep the soil from drying out; however, overwatering or lack of air circulation will cause the leaves to rot.

As the plants begin to crowd, pick individual leaves regularly for use.

Growing Tips

Late summer or fall mesclun mix may have to be started indoors, since the seeds may have a difficult time germinating in hot weather.

Microgreens

Days to Harvest10 to 14
Best Container Size Flat, clean, 2 to 3 inches deep with drainage holes
Directions

1 Pre-soak large seeds (e.g., sunflower, peas) overnight for quick, even sprouting.

2 Moisten potting soil and place at least 1.5 inches into a container (recycled berry, milk or mushroom containers work great).

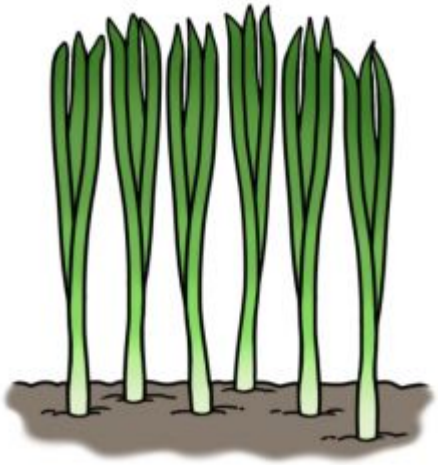
3 Smooth the soil surface flat. Evenly sprinkle seeds closely together onto the soil. Gently press the seeds into the soil surface.

4 Mist the soil so that its damp but no water is seeping out of the drainage holes. Cover the container to block light out and create a humid chamber. Aluminum foil or a dinner plate work well. Check and mist every 12 hours.

5 Once seeds have sprouted (around 3 to 4 days), uncover the container and place in a bright window or under a desk or grow lamp.

6 Check moisture daily and mist if surface is dry. Rotate container to keep greens growing straight.

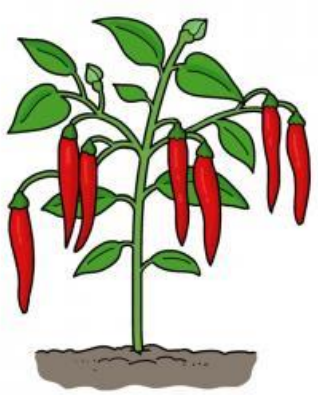
Onions



Days to Germination12-14 days
Planting Depth1/4 - 1/2 inch
Plant Spacing2 inches
Days to Harvest60-110 days
Best Container Size12 inches or larger
Directions
Sow the seeds directly in the garden in a sunny location with well-drained soil.

Water regularly to keep the soil from drying out.

Pasilla Bajo (Hot Pepper)



Days to Germination10 to 12 days
Planting Depth1/4 inch
Plant Spacing18 inches
Days to Harvest80 to 90 days
Directions Start the seeds indoors about 8 weeks before you plan to transfer them outside. While the seeds germinate, keep them moist and in full sun. Make sure to move the seedlings outdoors only after all danger of frost is gone and they are about 3 inches tall. Or sow the seeds directly outside once the soil is 65 degrees F and the nights do not get below 40 degrees F. Choose a location that gets full sun. If you are also growing sweet peppers, plant your hot peppers at least a few feet away. If they are too close together, your sweet peppers will become lightly spicy! Once your peppers mature, pick them regularly to increase your yield.

Potatoes

Days to Germination12 to 16 days

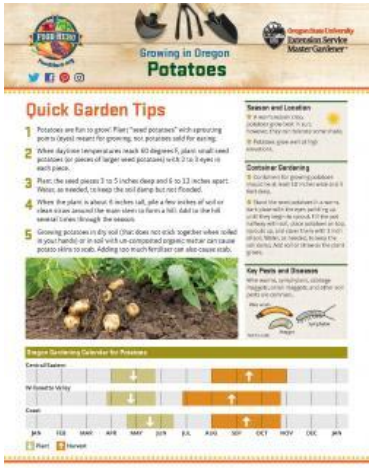
Planting Depth3 to 5 inches

Plant Spacing6 to 12 inches

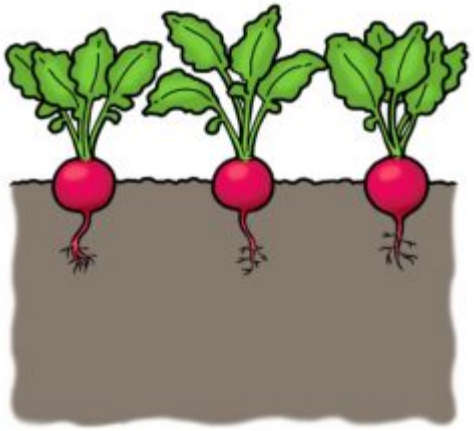
Days to Harvest60 to 90 days

Directions

Sow the seed pieces directly outside or in a pot when the daytime temperatures reach 60 degrees F. Plant small seed potatoes (or pieces of larger seed potatoes) with 2 to 3 eyes in each piece. Plant them 3 to 5 inches deep and 6 to 12 inches apart. Water as needed to keep the soil damp but not flooded. When the plant is about 6 inches tall, pile a few inches of soil or clean straw around the main stem to form a hill. Add to the hill several times throughout the season.



Radishes



Days to Germination4-6 days

Planting Depth1/2 inch

Plant Spacing3 inches

Days to Harvest25 days

Best Container Size12 inches or larger

Directions

Sow the seeds directly in the garden in spring after your last major frost. Cover the seeds firmly with soil. For a steady crop, sow every 10 days until warm weather. Start again in the fall until 30 days before the first frost.

Water regularly to keep the soil from drying out.

Growing Tips

Radishes have the best flavor when grown in cool weather and full sun. For mild radishes and rapid growth, mulch and water well.

*These seeds are easy to sow, with a fun color coating that helps them germinate. However, the coating adds a few days to the germination time as compared to uncoated seeds.

Sage

Days to Germination10 to 20 days

Planting Depth1/4 inch

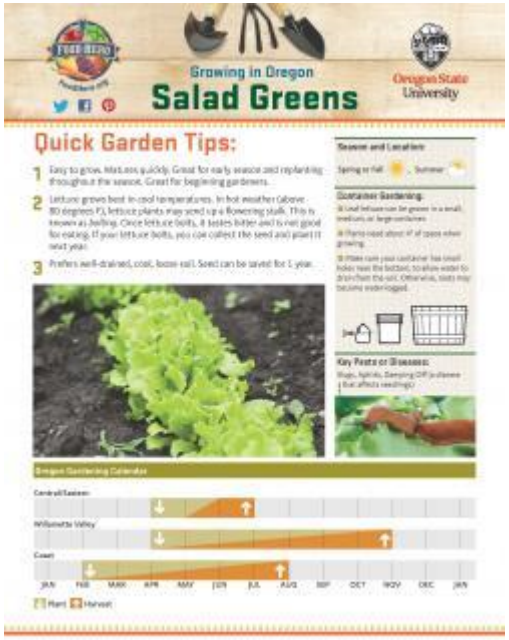
Plant Spacing12 inches

Days to Harvest75 days

Directions

Start the seeds indoors 6 weeks before you plan to transplant them outside. Keep them in a sunny location to help with germination. Or sow the seeds directly outside after all danger of frost is gone. Choose a spot with good drainage in full sun. You can also grow sage in a container, indoors or outdoors. Once the plant matures, pick the leaves as you need them. If you want to dry your sage, cut 5-inch-long clippings before it flowers in early summer. Store the leaves in a shaded, dry area. Sage is a perennial herb and will grow for many years.

Salad Blend



Days to Germination7 to 10 days*

Planting Depth1/4 inch

Plant Spacing8 inches

Days to Harvest45 to 50 days

Best Container Size12 inches or larger

Directions

Sow the seeds directly in the garden as soon as the soil can be made fine and loose. Plant them every 6 inches, covering them firmly with soil.

Lettuce needs plenty of moisture. Water regularly to keep the soil from drying out; however, overwatering or lack of air circulation will cause the leaves to rot.

As the plants begin to crowd, pick individual leaves regularly to eat. For the best flavor, pick them young. Harvest a few leaves at a time to continue growth, or harvest the entire plant.

Growing Tips

- Lettuce is a great cold weather crop. Grow it in the spring and early summer, or save it for the fall. Fall lettuce crops may have to be started indoors, since lettuce has a difficult time germinating in hot weather.
- Hot weather or too much direct summer sunlight will cause lettuce leaves to become bitter. Shade the plants with a cloth on hot summer days.

*These seeds are easy to sow, with a fun color coating that helps them germinate. However, the coating adds a few days to the germination time as compared to uncoated seeds.

Snap Peas

Days to Germination7 to 14 days

Planting Depth1 inch

Plant Spacing2 inches

Days to Harvest70 days

Directions

Soak your seeds in water overnight before planting them. This helps them germinate faster. Sow the seeds in spring or late summer directly outside in a spot that gets full sun. Pea plants will perform best when supported by a trellis or tied to a pole. Support two plants at the same time by placing a trellis or pole between them and letting them grow together. Harvest the pea pods frequently to encourage production. When harvesting, do not jerk the pods from the vines. If the plant is handled roughly, it might stop producing peas. Be gentle when pinching off the pods or cut them from the vines with scissors or pruners

Spinach

Days to Germination8 to 10 days

Planting Depth1/2 inch

Plant Spacing6 inches

Days to Harvest45 days

Best Container Size12 inches or larger

Directions

Sow the seeds directly in the garden as soon as the soil can be worked. Place one seed every 6 inches and cover it with soil. Harvest before a flower stalk forms.

Water regularly to keep the soil from drying out.

Growing Tips

Harvest entire plants at the soil line when the outer leaves are 6 inches long. Or just harvest the outer leaves as needed for a continuous crop until hot weather.

In the late summer, sow the seeds again for a fall crop!

Strawberries

Days to Germination9 to 12 days*

Planting Depth1/8 inch

Plant Spacing8 inches

Days to Harvest90 to 110 days

Best Container Size14 inches or larger

Directions

Start the seeds indoors near a sunny window 5 to 8 weeks before transplanting to the garden when all danger of frost is past. Or sow the seeds directly in the garden in full sun when all danger of frost is past and the soil is warm.

Growing Tips

Seeds will germinate best between 65 and 75 degrees F. For better luck with germination, freeze the seeds for 2-4 weeks in an airtight container or sealed plastic bag. Remove the container or bag from the freezer. Wait until it has reached room temperature before opening it and planting the seeds.

*These seeds are easy to sow, with a fun color coating that helps them germinate. However, the coating adds a few days to the germination time as compared to uncoated seeds.

Thyme

Days to Germination8-20 days

Planting Depth1/2 inch

Days to Harvest80-90 days

Best Container Size12 inches or larger

Directions

Start the seeds indoors near a sunny window 6 weeks before transplanting to the garden. Or sow the seeds directly in ordinary well-drained soil after all danger of frost is past and the soil has warmed. Pick the leaves as needed.

Water when the soil looks dry.

Growing Tips

For dried thyme, cut the entire plant to 2 inches above the ground just before it flowers in the early summer. Dry the leaves in the shade.

*These seeds are easy to sow, with a fun color coating that helps them germinate. However, the coating adds a few days to the germination time as compared to uncoated seeds.

Tomatoes

Days to Germination7 to 10 days*

Planting Depth1/4 inch

Plant Spacing10-12 inches

Days to Harvest80 days (Red Cherry Large Fruited may be ready a week sooner.)

Directions

Start the seeds indoors near a sunny window 6 weeks prior to warm weather. Transplant the seedlings to the garden when they display 4 to 6 leaves and the weather is warm. Or sow the seeds directly in the garden in full sun when the soil is warm and all danger of frost is past. Tomatoes cannot tolerate frost and do not like regular temperatures below 55 degrees F.

Tomatoes require at least an inch of water per week.

Growing Tips

- To keep the tomatoes clean and easy to pick, support the plant with a cage or by tying the stock to a stake.
- Water into the ground. Watering from overhead will cause the tomatoes to crack and get moldy.
- Watch our video on how to train your tomato plant! Training will help it to produce more tomatoes. As you'll see in the video, the *Beefsteak* and the *Red Cherry Large Fruited* varieties like different support systems. **Video coming soon!**

*These seeds are easy to sow, with a fun color coating that helps them germinate. However, the coating adds a few days to the germination time as compared to uncoated seeds.

Watermelon

Days to Germination6 to 8 days

Planting Depth1/2 inch

Plant Spacing5 to 8 feet

Days to Harvest85 days (Jubilee will need 95 days.)

Directions

Start the seeds indoors near a sunny window 4 weeks before transplanting to the garden. Be sure not to disturb the roots during transplanting. Or sow the seeds directly in the garden in full sun when all danger of frost is past and the soil is warm.

Try making a small hill about 6 to 12 inches tall for the seeds or seedlings to start in and the plants to grow down from.

Water regularly to keep the soil from drying out. Watermelons love water.

Growing Tips

- Choose a site with good drainage and air circulation.
- Watermelons are ready to harvest when: the stem begins to turn brown and dry; the skin on the underside turns yellow; and a thump with your knuckles makes a hollow sound.

Zinnia: Giant double Scarlet Flame

Days to Germination5 to 10 days

Planting Depth1/4 inch

Plant Spacing12 inches

Days to Harvest35 to 60 days

Directions

Start the seeds inside about 4 weeks before the last spring frost. Starting them inside will give you an early bloom. Or sow the seeds directly outside after all danger of frost is gone. Choose a spot with full sun or partial shade. Because zinnias grow only about 2 ½ to 3 inches tall, they make a great border. Water well and often. Once zinnias begin to flower, make sure to cut off old, dead, or fading flowers to prolong their bloom. Fertilizing zinnias will also increase their bloom.

Growing Tips

Visit Growing Zinnia: Giant Double Scarlet Flame

Annual Cut Flowers: Mixture

An annual cut flower mixture is a blend of flowers with mixed bloom times—some bloom early and others bloom late. The blend includes calendula, bachelor's buttons 10%, zinnias 10%, delphinium, baby's breath, soapwort, clarkia, love in a mist, catchfly, ma

Days to Germination 5 to 25 days

Days to Bloom 25 to 50 days

Planting Depth Broadcast (toss out onto the ground)

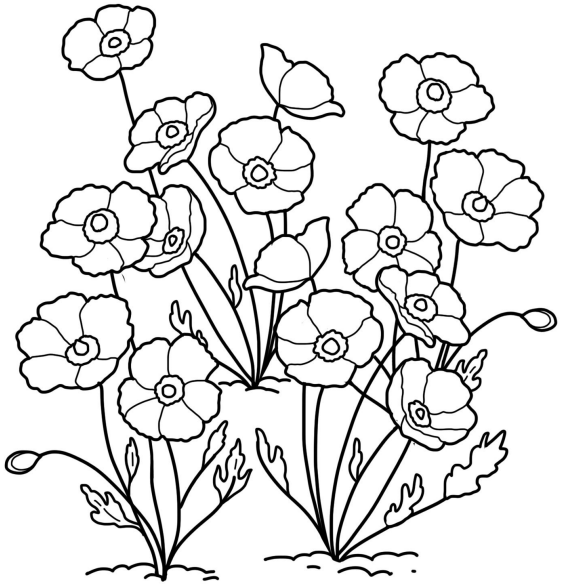
Flower Height 1 to 3 inches

Directions

Lightly rake the soil to loosen it, then broadcast the seed directly into the soil in a sunny location after all chance of frost is past. To broadcast seeds, scatter them ov the area. Next cover them with sand (preferred) or crumbled soil, then press the seeds into the soil by lightly walking over the area. Keep the location you seeded moist for about a week or until you see sprouts.

Garden Benefits These flowers are beautiful to look at and can attract and provide food for various insects and pollinators. Plus, you can make bouquets with them! The more you cut the flowers, the more flowers will grow!

California Poppy: Mission Bells



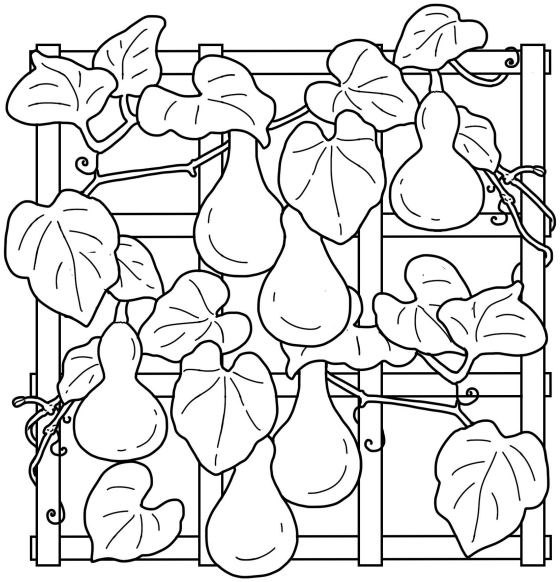
California poppies are sturdy and drought tolerant, they work well in gardens, containers, or even rock gardens. They are toxic if ingested; therefore, make sure to plant them out of reach of children and out of grazing areas for animals.

Days to Germination 10 to 12 days
Days to Bloom 70-90
Planting Depth 1/4 inch
Flower Height 12 inches
Directions

California poppies do not transplant well. Sow the seeds directly outside after all danger of frost is past, ideally between April and July. Choose a location with full sun. California poppies re-seed themselves, so the following year you might discover self-seeded poppies growing!

Garden Benefits California poppies are beautiful to look at and can attract and provide food for various insects and pollinators.

Gourds: Birdhouse



Days to Germination 14 to 21 days

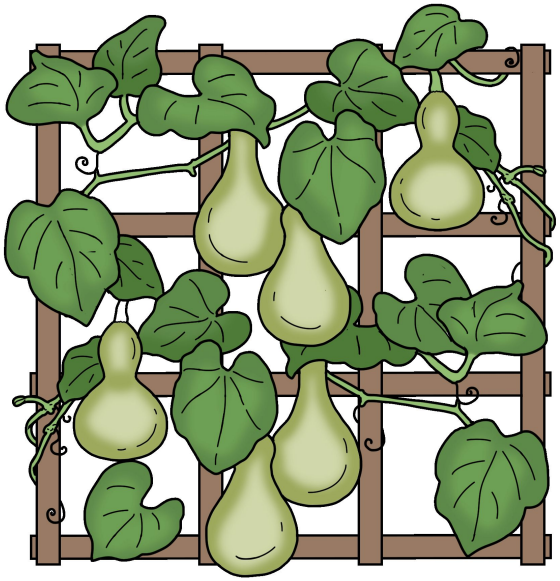
Planting Depth 1/2 inches

Plant Spacing 6 feet

Days to Harvest 120 to 130 days

Directions

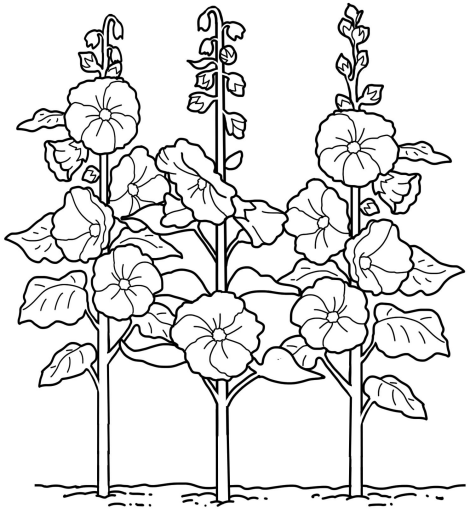
Sow your seeds directly outside, ideally in June on a hill or mound. Gourds do not transplant well; therefore, if using a container, make sure it is large and deep enough to accommodate the plant's growth. Provide the vines with a trellis or cording (thick string tied like a fence) for the vines to climb.



Pick gourds before the first fall frost. Wait until the gourd is fully developed and hard After harvesting, brush and rinse off the dirt, but avoid scrubbing and washing or soaking. Store your gourds in a dry, cool location until they have thoroughly dried out and hardened. Then they can be waxed, painted, or carved.

Garden Benefits Gourds are great for making birdhouses and planters for growing herbs or small flowers. They make fun garden projects for your whole family. You can also plant herbs in them!

Hollyhock



Hollyhock is a perennial, so it will come back every year. Mixed types will have flowers in many colors: deep crimson, light pink, rose, rosy red, yellow, and white. The flowers will bloom the year after you plant your seeds.

Days to Germination 14 to 21 days for Summer Carnival; 10 to 14 days for Dwarf Majorette

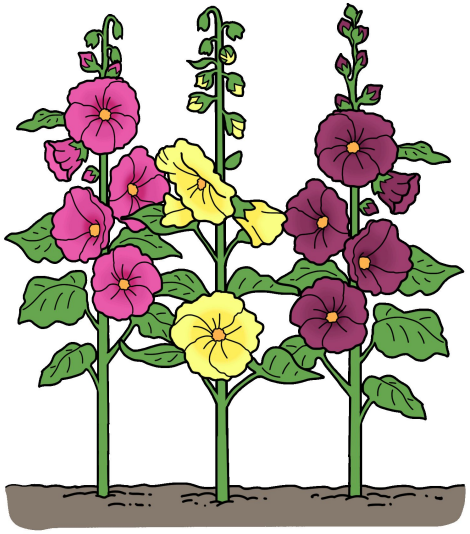
Planting Depth 1/4 inch (barely cover seeds with soil)

Plant Spacing 14 to 24 inches

Days to Harvest more than one year

Flower Height 4 to 5 feet for Summer Carnival; 2 to 3 feet for Dwarf Majorette

Directions



Sow the seeds directly outside in the spring after all danger of frost is past. Or sow the seeds in the fall, well before the first frost, to get a full bloom the following summer. Choose a sunny location—hollyhocks like the sun. Feel free to place your seeds on the ground and then cover them in ¼ inch of soil instead of making a hole.

Since hollyhock grows so tall, it is great for a background screen or as a tall accent to shorter flowers in your garden. Cut the flower stalks after blooming.

Garden Benefits Hollyhock is a great plant to attract important pollinators like bees, hummingbirds, and butterflies.

Marigold: Dwarf Bolero

Marigolds are colorful flowers that attract pollinators and are a great companion plant for many vegetables.

Days to Germination 5 to 8 days

Planting Depth 1/4 inch

Plant Spacing 15 inches; Height: 6 to 10 inches

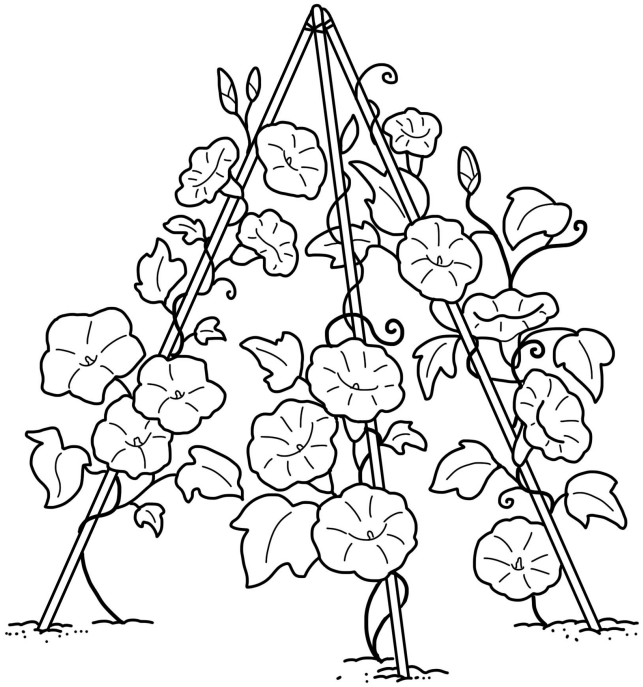
Directions

Sow the seeds directly outside in the spring after all danger of frost is past. Choose a location with full sun or partial shade. If starting indoors to get an earlier bloom, plant the seeds 6 to 8 weeks before the last spring frost. For a quicker germination time, soak the seeds overnight in warm water or scrape their surface before planting them. Water well. Make sure to harden the plants before transplanting them.

Garden Benefits Marigolds attract beneficial insects like ladybugs, hoverflies and parasitic mini-wasps, which all prey on garden pests.

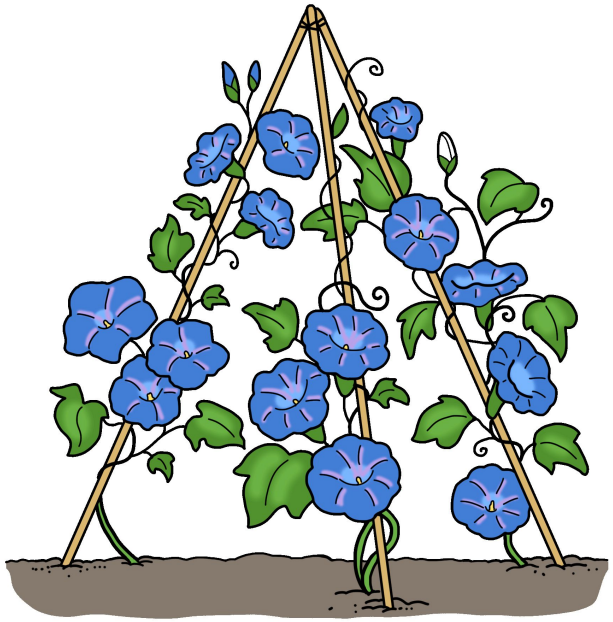
Morning Glory: Clarke's Heavenly Blue

Morning glories are beautiful, sky-blue vining flowers that will bloom from midsummer to the fall frost. They are toxic if ingested; therefore, make sure to plant them out of reach of children and out of grazing areas for animals



Days to Germination 10 to 14 days
Planting Depth 1/4 inch
Plant Spacing 6 inches; Height: 10 to 12 inches
Days to Harvest 50 to 80
Directions

Sow the seeds directly outside, ideally in June, after all, danger of frost is past. Choose a sunny location. You can start your seeds indoors 4 to 6 weeks before the last spring frost; however, morning glories do not transplant well. For a quicker germination time, soak the seeds overnight in warm water or scrape their surface before planting them. Water well. Train the growing plants to climb a trellis or fence.



Garden Benefits Morning glories attract pollinators like bees and hummingbirds to their trumpet-shaped flowers. If grown on a high trellis, they can also produce shade for lower-lying plants on hot summer days.

Nasturtium: Alaska Mixed Colors

Nasturtiums are edible flowers with a peppery taste, like watercress.

Days to Germination 7 to 14 days

Days to Bloom 32 to 40 days

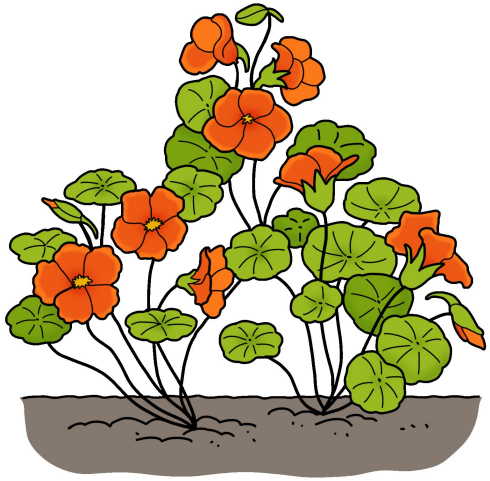
Planting Depth 1/2 inch

Plant Spacing 10 inches

Flower Height 16 to 18 inches

Directions

Sow the seeds directly outside in the spring after all danger of frost is past. Choose a location with full sun or partial shade. Do not add fertilizer to the soil; nasturtiums do not need fertile soil. Water your nasturtiums sparingly.



Nasturtiums do well in a container or in the garden. They attract aphids, so plant them away from your brassica plants (broccoli, cauliflower, etc.) and they will help keep the aphids away from your vegetables.

Old Fashioned Garden Mixture

This mixture is a blend of flowers with different blooming times and a wide variety of shapes and colors! The blend includes calendula, bachelor's button, Chinese forget-me-not, mallow-wort, love-in-a-mist. The following components do not exceed 5% of the

Days to Germination 5 to 20 days
Days to Bloom Varies
Plant Spacing Broadcast (toss out onto the ground)
Flower Height 4 to 6 inches
Directions

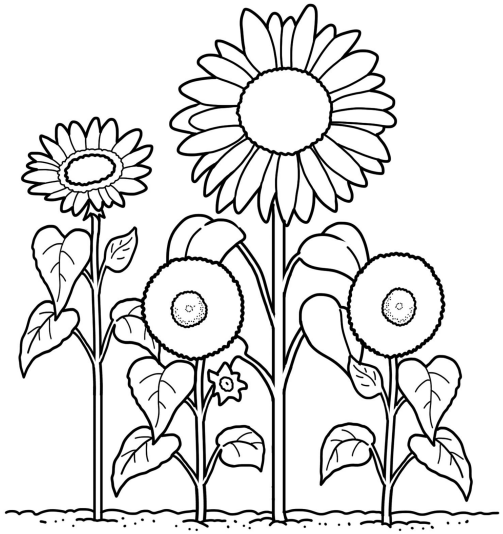
Lightly rake the soil to loosen it, then broadcast the seed directly into the soil in a sunny location after all chance of frost is past. To broadcast seeds, scatter them over the area. Next cover them with sand (preferred) or crumbled soil, then press the seeds into the soil by lightly walking over the area. Keep the location you seeded moist for about a week or until you see sprouts.

*These seeds to vary in size, therefore the larger seeds should be planted deeper than the smaller seeds. When broadcasting (lightly sprinkling the seeds on the soil) these seeds, just push the larger seeds deep into the soil with your finger about 4 times as deep as they are wide.

Garden Benefits These flowers are beautiful to look at and can attract and provide food for various insects and pollinators. Plus, you can make bouquets with them! Remove wilting flowers to encourage more blooms!

Sunflowers: Summertime Mix F1 and Teddy Bear

Summertime Mix F1 is a mixture of different colors and sizes as well as single-stemmed and branching sunflowers. Teddy Bear sunflowers are shorter and great for containers, garden borders and bouquets.



Days to Germination 7 to 14 days

Planting Depth 1/2 inch

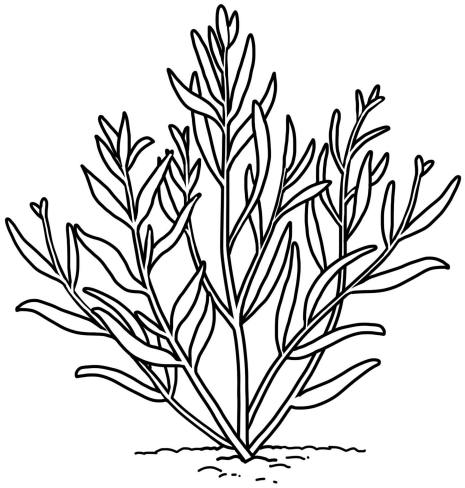
Plant Spacing 2 feet for Summertime Mix and 10 to 12 inches for Teddy Bear

Flower Height 4 to 5 feet for Summertime Mix and 2 to 3 feet for Teddy Bear

Directions

Sow the seeds directly outside in the spring after all danger of frost is past. Choose a sunny location. Or start your seeds indoors 4 to 6 weeks before the last spring frost. These sunflowers like rich, moist, but well-drained soil. They do not like to be over-fertilized. Water well when growing. Once mature, both varieties are drought tolerant.

Tarragon



Days to Germination10 to 14 days

Planting Depth1/8 inch

Plant Spacing18 inches

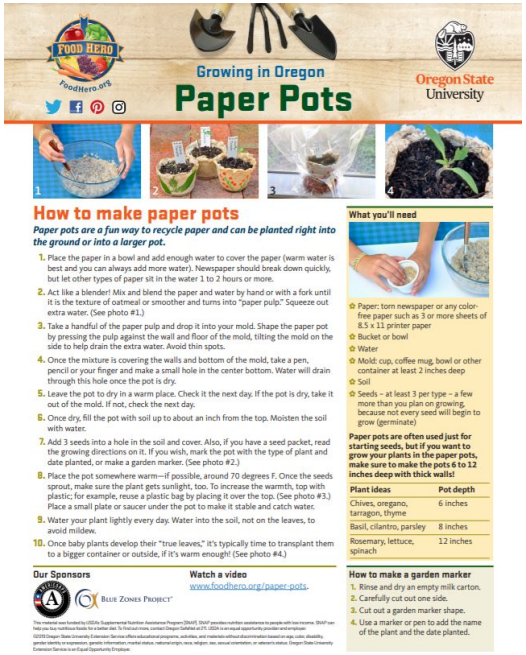
Days to Harvest75-100 Days

Directions

Sow the seeds directly outside in well-drained soil after all danger of frost is past. Choose a spot that will get full sun and where the plants can grow to their full height (20 to 28 inches tall). Or start your seeds indoors in a sunny, warm location about 6 weeks before transplanting outdoors.

As plants mature, allow the soil to dry out thoroughly between waterings.

Pick leaves as needed for cooking. To store leaves, dry or freeze them. Harvest the entire plant when the lower leaves turn yellow.



FOOD HERO
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Growing in Oregon

Paper Pots

Oregon State University

How to make paper pots

Paper pots are a fun way to recycle paper and can be planted right into the ground or into a larger pot.

1. Place the paper in a bowl and add enough water to cover the paper (warm water is best and you can always add more water). Newspaper should break down quickly, but let other types of paper sit in the water 1 to 2 hours or more.
2. Act like a blender! Mix and blend the paper and water by hand or with a fork until it is the texture of oatmeal or smoother and turns into "paper pulp." Squeeze out extra water. (See photo #1.)
3. Take a handful of the paper pulp and drop it into your mold. Shape the paper pot by pressing the pulp against the wall and floor of the mold, tilting the mold on the side to help drain the extra water. Avoid thin spots.
4. Once the mixture is covering the walls and bottom of the mold, take a pen, pencil or your finger and make a small hole in the center bottom. Water will drain through this hole once the pot is dry.
5. Leave the pot to dry in a warm place. Check it the next day. If the pot is dry, take it out of the mold. If not, check the next day.
6. Once dry, fill the pot with soil up to about an inch from the top. Moisten the soil with water.
7. Add 3 seeds into a hole in the soil and cover. Also, if you have a seed packet, read the growing directions on it. If you wish, mark the pot with the type of plant and date planted, or make a garden marker. (See photo #2.)
8. Place the pot somewhere warm—if possible, around 70 degrees F. Once the seeds sprout, make sure the plant gets sunlight, too. To increase the warmth, top with plastic; for example, reuse a plastic bag by placing it over the top. (See photo #3.) Place a small plate or saucer under the pot to make it stable and catch water.
9. Water your plant lightly every day. Water into the soil, not on the leaves, to avoid mildew.
10. Once baby plants develop their "true leaves," it's typically time to transplant them to a bigger container or outside, if it's warm enough! (See photo #4.)

What you'll need

- Paper: torn newspaper or any color-free paper such as 3 or more sheets of 8.5 x 11 printer paper
- Bucket or bowl
- Water
- Mold: cup, coffee mug, bowl or other container at least 2 inches deep
- Soil
- Seeds – at least 3 per type – a few more than you plan on growing, because not every seed will begin to grow (germinate)

Paper pots are often used just for starting seeds, but if you want to grow your plants in the paper pots, make sure to make the pots 6 to 12 inches deep with thick walls!

Plant ideas	Pot depth
Chives, oregano, tarragon, thyme	6 inches
Basil, cilantro, parsley	8 inches
Rosemary, lettuce, spinach	12 inches

How to make a garden marker

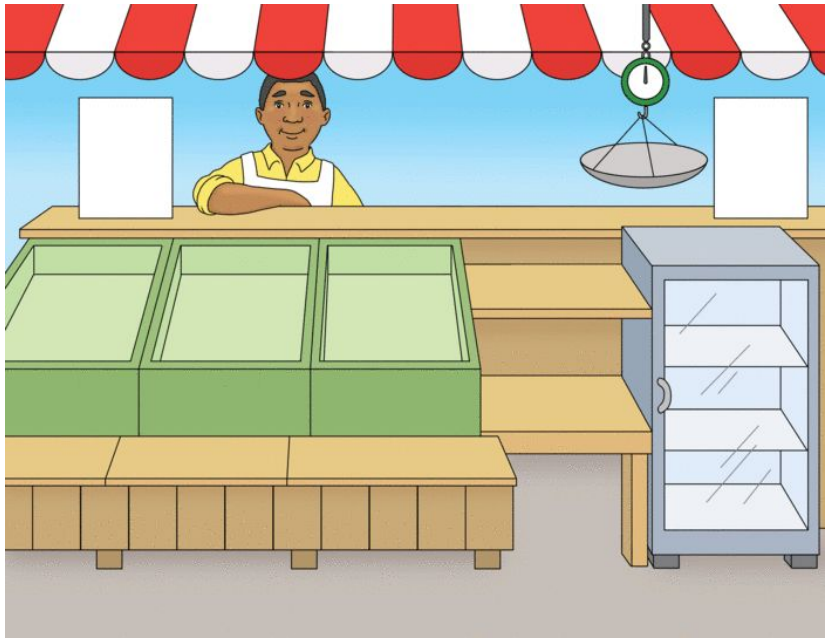
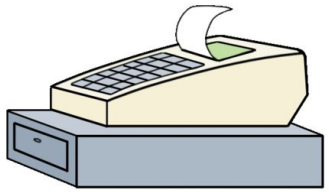
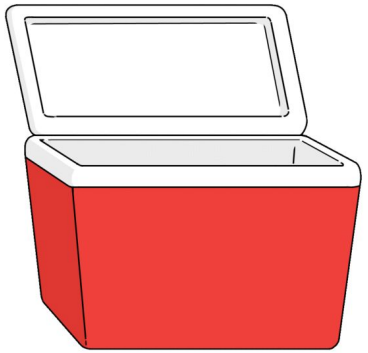
1. Rinse and dry an empty milk carton.
2. Carefully cut out one side.
3. Cut out a garden marker shape.
4. Use a marker or pen to add the name of the plant and the date planted.

Our Sponsors

Blue Zones Project

Watch a video

www.foodhero.org/paper-pots

Characters - June

June Illustrations