

Eat Smart New York!



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Celebrate Autumn Fruits and Vegetables

October is still a great time to visit the farmers' market or farm stand for fresh fruits and vegetables. **This month you will find apples, pears, Concord grapes, cabbage, cauliflower, winter squash, Brussels sprouts, potatoes, onions and carrots.** Before frost hits, you will also still find green beans, tomatoes and summer squash.

Cabbage is best known as the main ingredient in coleslaw. Savoy cabbage has the most delicate leaves while green, red and purple cabbage is not as tender. Look for cabbage that is heavy for its size with no evidence of insect damage on the leaves. Store cabbage in a plastic bag for up to 1 week in the refrigerator. Remember, as cabbage ages, the taste and odor grow stronger. Once cabbage is cut or chopped, it will stay fresh only for a few days. Try using celery seed, caraway seed, dill weed, garlic, thyme and black pepper to season cabbage. Cabbage also tastes good when cooked with potatoes, onions and carrots.

Cauliflower is high in vitamin C and fiber. It is in the same family of vegetables as broccoli. **It contains phytochemicals called indoles that may help to fight cancer.** When buying cauliflower, look for heads that are creamy white with tight florets. Brown patches and open florets may be a sign of older cauliflower. Store whole, unwashed cauliflower in a plastic bag in your refrigerator for up to 5 days. Overcooking cauliflower gives it a strong taste, so steam it just until a fork can barely pierce a floret.

Brussels sprouts are in the cabbage family and look like baby cabbages. **The key to great tasting Brussels sprouts is to not over cook them. Cut an "X" in the bottom of each Brussels sprouts to help them cook more evenly.** Cook for 7 to 10 minutes to make sure they are not overcooked. They should be bright green when you remove them from the pan. Store unwashed Brussels sprouts in a plastic bag in the refrigerator for only a few days. Storing them longer will make them taste stronger.



Autumn Recipes

Look for fresh vegetables and fruits at your local farmers' market.

SPANISH CAULIFLOWER

- 1 teaspoon vegetable-oil
- 1 medium onion
- $\frac{1}{4}$ teaspoon garlic powder
- 1 large head of cauliflower
- 2 large tomatoes
- $\frac{1}{2}$ teaspoon black pepper
- 1 Tablespoon dried parsley
- 2 tablespoons grated Parmesan cheese

Instructions:

Chop the cauliflower into 2 inch pieces. Peel the onion. Chop it into small pieces. Chop the tomatoes into small pieces.

Put the cauliflower in a pan. Add 1 inch of water. Cook over medium heat, and let it boil for 3 minutes.

In a large pan, heat the oil, and add the onion. Cook over medium heat for 3 to 5 minutes. Add the garlic and cauliflower. Cook while stirring for 3 minutes, until lightly browned.

Add the tomatoes and pepper. Cook for 5 more minutes. Serve with a sprinkle of parsley and cheese.

Nutrition Facts: **Makes 6 servings. Serving size: 1/2 cup; Calories: 70; Calories from Fat: 15 (26%); Total Fat: 2g; Saturated Fat: 0.5g; Trans Fat: 0g; Cholesterol: 5mg; Sodium: 90mg; Total Carbohydrate: 12g; Dietary Fiber: 5g; Sugars: 6g; Protein: 5g; Vitamin A: 10%, Vitamin C: 120%; Calcium: 8%, Iron: 6%



CURTIDO SALVADORENO (CABBAGE SALAD)

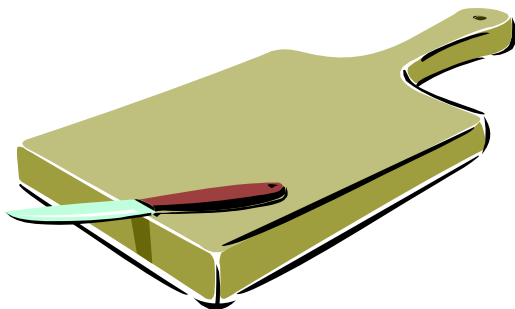
- 1 medium head cabbage, chopped
- 2 small carrots, grated
- 1 small onion, sliced
- $\frac{1}{2}$ teaspoon dried red pepper (optional)
- $\frac{1}{2}$ teaspoon dried oregano
- 1 teaspoon olive oil
- 1 teaspoon salt
- 1 teaspoon brown sugar
- $\frac{1}{4}$ cup vinegar
- $\frac{1}{2}$ cup water

Instructions:

1. Cook the cabbage in boiling water for 1 minute. Throw out the water.
2. Place the cabbage in a large bowl and add grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water. Stir until well mixed.
3. Cover and place in the refrigerator for at least 2 hours before serving.

Nutrition Facts: **Makes 8 servings. Serving size: 1 cup; Calories: 45; Calories from Fat: 5 (0%); Total Fat: 0.5g; Saturated Fat: 0g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 320mg; Total Carbohydrate: 9g; Dietary Fiber: 3g; Sugars: 5g; Protein: 2g; Vitamin A: 45%, Vitamin C: 60%; Calcium: 6%, Iron: 4%

Adapted from: Pennsylvania Nutrition Education Network Website Resources, www.recipefinder.nal.usda.gov



Adapted from: Delicious Heart Healthy Latino Recipes, National Heart, Lung and Blood Institute (NHLBI), www.recipefinder.nal.usda.gov

ORANGE BRUSSELS SPROUTS

1 (11 ounce) can mandarin oranges in light syrup, undrained
2 pounds fresh Brussels sprouts
1 ¹/₂ cup water
¹/₄ teaspoon salt
¹/₄ teaspoon ground pepper
2 tablespoons lemon juice
2 teaspoons cornstarch
¹/₂ teaspoon dried basil
1 (8 ounce) can sliced water chestnuts, drained

Instructions:

Drain oranges and save liquid; set both aside.

Wash Brussels sprouts, and remove discolored leaves. Cut off stem ends and slash bottom of each sprout with a shallow X.

Add Brussels sprouts, water, salt, and pepper to a saucepan and bring to a boil. Cover, reduce heat, and simmer 10 minutes or until tender; drain well.

Combine saved liquid from oranges, lemon juice, cornstarch, and basil in a small saucepan, stirring until cornstarch dissolves. Bring mixture to a boil; boil 1 minute, stirring constantly. Pour orange sauce over Brussels sprouts. Add reserved oranges and water chestnuts; toss to mix.

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Why use cornstarch?

Cornstarch thickens sauces and must be mixed with cold liquids, then the cornstarch liquid must be brought to a boil. The finished sauce will be glossy and satiny smooth.

Save Energy, Save Money

Some simple tips to save money this fall:

- ◇ Wash clothes in cold water.
- ◇ Try hanging clothes on a clothesline to dry - dryer lint is just your clothes breaking down in the drying process.
- ◇ Change your most used lights to compact florescent bulbs.
- ◇ Let your dishwasher do the work - don't pre-rinse dishes.
- ◇ Turn down your heat 5 to 10 degrees when you are away from the house or sleeping. You could save up to 20% on your heating bill.
- ◇ Set your hot water tank at 120 degrees or "low". Try insulating the pipes that run from the tank.
- ◇ Pull out your crock pot - it saves a lot of energy compared to cooking on the stove top or in the oven.



Distributed by:

Eat Smart New York

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KORNER IDS APPLE

Read These Fun

Themed Books

with your children



Apples and Pumpkins

by Anne F. Rockwell, illustrated by Lizzy Rockwell

Autumn Is for Apples

(Pictureback Shape)

by Michelle Knudsen, illustrated by Denise, and Fernando

How Do Apples Grow?

by Betsy Maestro, illustrated by Giulio Maestro

Then head to the farmers' market, farm stand or U-pick tree farm for some juicy, fresh, crunchy apples! As a family make applesauce together to have with dinner that night.

Applesauce

Makes 10 - $\frac{1}{2}$ cup servings

4 pounds of apples - about 8 large or 12 medium apples

1 to 1 $\frac{1}{2}$ cups water

$\frac{1}{4}$ teaspoon cinnamon

$\frac{1}{3}$ cup sugar

1. Peel and cut out the apple cores. Cut the apples into quarters.
2. Add water and apples to a large saucepan.
3. Bring to a boil. Reduce heat; cover and simmer for 10 minutes or until apples are soft.
4. Remove cover and remove pan from heat.
5. Using a potato masher, mash the apples until smooth.
6. Stir in the cinnamon and sugar.

Serve warm or refrigerate and serve cold.

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