

HARVEST OF THE MONTH



THIS MONTH...

We are learning all about peaches! There are all sorts of different varieties of peaches. Peaches are wonderful raw, but can also be baked into pie, cut up into a salad or made into jam. It's best to eat peaches when fresh, within a few days of purchase. Idaho peaches are generally available in mid-August until the end of October.

PRODUCE TIPS

- Choose peaches that have a sweet smell and give slightly to gentle pressure.
- Look for fruits with a bright yellow background (not red).
- Place firm peaches in a brown paper bag. Store at room temperature until ripe.
- Store ripe peaches in a plastic bag in the refrigerator for up to five days.

TRY IT AT HOME

- Start the day with jumping jacks.
- Play at a local park.
- Let each family member pick one new game or activity each week that your family can try together.



HEALTHY SERVING IDEAS

- Blend fresh or frozen peaches with lowfat milk, 100% orange juice, and ice.
- Combine peaches, lowfat yogurt, and granola for a healthy snack.
- Eat the skin! The skin of fruits and vegetables contains fiber and many important vitamins and minerals.
- Take your child to a farmers' market to find Idaho grown peaches—in-season fruits and vegetables cost less and taste better.

CALM BREATHING

- Invite your child to think about what makes them feel calm and relaxed (for example: listening to music, reading a book, or lying down).
- Share with your child this breathing technique that they can use when they want to feel calm:

SIT IN A RELAXED, COMFORTABLE POSITION. BREATHE IN SLOWLY THROUGH YOUR NOSE, FILLING YOUR BELLY WITH AIR LIKE A BALLOON. BREATHE OUT SLOWLY.

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THIS MONTH...

This month, we are learning all about carrots! Carrots come in many different colors: orange, yellow, white, purple, and red! Carrots are delicious raw and cooked. Eat raw carrots plain, or add to salad. Roast carrots in the oven with oil, salt, and pepper. Make a carrot and radish pickle, and eat plain or on a sandwich, or serve with meat or fish. Or, pickle carrots, jalepeño, and onion, and serve with tacos.



CINNAMON CARROT CRUNCH

Ingredients:

4 medium carrots, grated
2 medium apples, chopped
1 celery rib, chopped
1 tablespoon of lemon juice
3/4 cup of raisins (soak them overnight in 1 cup of water in the refrigerator)
3/4 cup vanilla yogurt
1 teaspoon cinnamon

Directions:

- Wash your hands and clean your cooking area.
- Wash the carrots, apples, and celery.
- With a knife or peeler, peel the carrots.
- Chop the carrots, apples, and celery and place them in large mixing bowl.
- Add the lemon juice, raisins, yogurt and cinnamon to the bowl of chopped carrots, apples, and celery.
- Stir them until they are coated evenly.
- Chill the salad before serving it.

Source: Junior Master Gardener Learn Grow Eat and GO! Accessed May 2022.
<http://imgkids.us/wp-content/uploads/2015/04/A.-Cinnamon-Carrot-Crunch.pdf>

KIDS CAN HELP PREPARE CARROTS BY:

- Grating carrots for a salad or pickle with the help of an adult.
- Mixing the warm water, vinegar, and sugar for the carrot and radish pickle or another pickle.
- Squeezing the water out of carrots after they sit with salt.
- Packing vegetables in jars or bowls.

PRODUCE TIPS

- Choose carrots that are firm, not flexible.
- Avoid carrots that feel soft or limp, or have wilted greens.
- Store carrots in a plastic bag in the refrigerator.
- Remove carrot greens before storing.

- Store carrot greens, peelings, and other vegetable scraps (mushrooms, celery, onion) in a plastic bag in the freezer. When the bag is full, boil in a large pot of water to make a tasty vegetable stock!



Ask your child about carrots!

Source: Harvest for Healthy Kids, News.

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THIS MONTH...

We are learning all about tomatoes! Tomatoes are botanically classified as a fruit but are actually a berry! Tomatoes are a berry of the nightshade family, which includes eggplant, potatoes, and peppers. Tomatoes can be eaten uncooked, baked, grilled, boiled, and made into fresh tomato sauce. To preserve tomatoes you can freeze, dry, or can them!

FARMER'S MARKET SALSA

Ingredients

- 1/2 cup corn (canned and drained, frozen, or fresh cooked)
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup fresh diced tomatoes
- 1/2 cup diced onion
- 1/2 cup green pepper, seeded and diced (about 3/4 a small pepper)
- 2 Tablespoons lime juice
- 2 cloves garlic, finely chopped or 1/2 teaspoon garlic powder
- 1/2 cup picante sauce (hot sauce)

Directions

- Combine all ingredients in a large bowl. Chill until serving time.
- Drain before serving.
- Refrigerate leftovers within 2 hours.

Sources: Harvest for Healthy Kids News, Harvest of the Month Network for Healthy California, and Oregon Farm Direct Nutrition Program.

KIDS CAN HELP PREPARE TOMATOES BY:

- Washing the tomatoes
- Measuring out ingredients
- Squishing tomatoes that have been chopped (after washing hands!)
- Mixing the salsa ingredients together by hand or with a spoon.

CALM BREATHING

- Ask your child to think about what makes them feel relaxed (for example: reading a book, or lying down).
- Share with your child this breathing technique they can use when they want to feel calm, and have them practice a few times:

*FLOWER BREATHING:
BREATHE IN THROUGH
YOUR NOSE, IMAGINING
THE FRAGRANCE OF A
SWEET-SMELLING FLOWER.
BREATHE OUT WITH AN
"AHHH" SOUND.*



PRODUCE TIPS

- Look for tomatoes that are firm and give slightly to gentle pressure.
- Store ripened tomatoes at room temperature, out of direct sunlight. Use within a few days.
- Place unripened tomatoes in a brown paper bag until ripe.
- Before serving, wash tomatoes in cold water and remove any stems or leaves.

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THIS MONTH...

This month we are learning all about beets. Beets are a root vegetable that can be eaten raw, cooked, or pickled. You can eat the greens, too! Beets are available year-round. Try beets raw in a salad, as in the recipe below. Or, roast beets with skins on in the oven at 375° for about 40 minutes.

MANDARIN BEET SALAD RECIPE

Ingredients:

- 3/4 pound raw beets, grated
- 1 cup canned mandarin oranges (packed in 100% juice)
- 1 cup currants or raisin

Directions:

- Drain mandarin oranges and keep 1/4 cup of the juice.
- In a bowl, combine beets, mandarins, currants, and 1/4 cup of reserved juice. Mix well.
- Serve immediately or chill.

Sources: Harvest for Healthy Kids News and Harvest of the Month Network for Healthy California.

KIDS CAN HELP PREPARE BEETS BY:

- Grating- Instruct your child to stop grating when they get close to the holes, and help them by using an adult hand over a child hand while they are learning.
- Mixing a dressing
- Chopping cooked beets with a plastic or ceramic knife.
- Combining carrots and beets in the Mandarin Beet Salad recipe.



PRODUCE TIPS

- Look for smooth, hard beets, without cuts and bruises.
- When possible, choose fresh beets with green tops still attached. Greens should look healthy and green, not wilted or brown.
- Store beets in a plastic bag.
- Beets will stay fresh in the refrigerator for up to two weeks. Beet greens should be used within a few days.
- Choose low-sodium or no salt added canned beets.

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THIS MONTH...

We are learning all about apples! There are all sorts of different varieties of apples. Apples are wonderful raw, but can also be baked into muffins, cut up into a salad or made into applesauce. It's best to eat apples when fresh, within a few days of purchase. Once you cut an apple, it will quickly turn brown. Putting some lemon juice on the apple will keep it from browning!

EASY APPLE SAUCE

Ingredients:

4 medium apples
(recommended varieties: fuji or gala)
1 cup of water
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg

Directions

- Peel and slice 4 apples, removing the cores.
- Place in large pot.
- Add 1 cup of water, 1/4 teaspoon of cinnamon and 1/8 teaspoon of nutmeg.
- Bring to a boil and let simmer until mushy.
- Use a masher to mash up the apples into a sauce.
- Set aside and let cool.
- Serve warm or cold.

Sources: Harvest for Healthy Kids News, Harvest of the Month Network for Healthy California, and Oregon Farm Direct Nutrition Program.

PRODUCE TIPS

- Look for apples that are firm and do not have bruises or soft spots.

- Store apples at room temperature for up to one week. Or, refrigerate apples for up to three months. Do not refrigerate apples in closed bags.
- To keep apples from browning, prepare fresh apple dishes just before serving. Or, pour 100% apple juice over fresh apple slices.

CALM BREATHING

- Invite your child to think about what makes them feel calm and relaxed (for example: listening to music, reading a book, or lying down).
- Share with your child this breathing technique that they can use when they want to feel calm:

IMAGINE THAT YOU HAVE A JAR OF BUBBLES IN FRONT OF YOU. TAKE OFF THE LID. DIP THE WAND INTO THE BUBBLES. TAKE A DEEP BREATH AND FILL YOUR BELLY WITH AIR. NOW TAKE THE WAND OUT OF THE JAR, BREATHE OUT VERY SLOWLY IN ORDER TO BLOW A LARGE BUBBLE, WITHOUT POPPING IT. REPEAT THESE STEPS TO BLOW MORE BUBBLES.



HEALTHY SERVING IDEAS

- Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.
- Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.
- Cut thin slices and serve raw.

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THIS MONTH...

We are learning all about winter squash! Squash are gourds. Squash come in two varieties: summer and winter. Winter squash are delicious roasted, baked, boiled, sautéed or microwaved. Find winter squash at your local farmer's market or supermarket. Squash with darker yellow or orange flesh are extra nutritious!

SPAGHETTI SQUASH WITH TOMATO SAUCE

Ingredients:

1 spaghetti squash (2-2¹/₂ lbs.)
1/4 cup chopped onion
2 cloves garlic, minced
1 Tbsp. vegetable oil
1 15 oz. can tomatoes, crushed
1 tsp. dried Italian seasoning (or a mix of dried basil and oregano)
1/4 tsp. each: salt and pepper

PREPARE SAUCE: Cook onion and garlic in hot oil until tender. Do not brown. Stir in tomatoes, Italian seasoning, salt and pepper. Bring to a boil. Reduce heat and simmer for 10-15 minutes, stirring often.

COOK SQUASH: Squash can be boiled or roasted. Boil whole for 20-30 minutes until tender (test with a fork). Let squash cool slightly, then cut in half and scoop out seeds. OR, cut squash in half lengthwise and scoop out seeds. Prick skin with fork. Bake in a 350° oven for 30-40 minutes until tender.

MAKE "SPAGHETTI": Scrape squash from shells. Use a fork to shred squash. Serve tomato sauce over squash.

Source: Harvest for Healthy Kids News, Harvest of the Month Network for Healthy California, and Oregon Farm Direct Nutrition Program.

PRODUCE TIPS

- Squash are members of the gourd family. Winter squash have hard shells, inedible skins, and large seeds.
- Choose squash that are firm, heavy for their size, and have dull skins (not shiny). Winter squash should be hard without cracks or soft spots.
- Store uncut winter squash in a dark, cool, dry place. They can keep up to three months.
- Once cut, squash can keep about one week when wrapped and refrigerated.
- Varieties include acorn, banana, butternut, hubbard, kabocha, pumpkin, spaghetti, and turban squash.



KIDS CAN HELP PREPARE WINTER SQUASH BY:

- Using a fork to scrape spaghetti squash flesh from the rind.
- Toss spaghetti squash with tomato sauce, or butter and salt.
- Mashing cooked squash.
- Tossing chopped squash in olive oil and salt for roasting. This can also be done by putting a little oil, salt and spices in a zip lock bag with the squash and toss it around.

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THIS MONTH...

We are learning all about potatoes! Potatoes are tubers. They come in many different shapes and colors. You can find them both at farmer's markets and supermarkets. Try baking potatoes whole. Or, chop, toss in a little oil, and roast until tender. Potatoes are also delicious mashed, cooked in soups, and stir-fried.

HEALTHY SERVING IDEAS

- Boil, bake, roast, or grill potatoes. Sprinkle with fresh herbs and spices.
- Top baked potatoes with mashed avocado instead of butter. Other toppings include salsa, broccoli, lowfat cheddar cheese, and lowfat cottage cheese.
- Boil cubes of potatoes and carrot slices. Mash with a small amount of reduced-sodium chicken broth to make orange mashed potatoes.
- Serve water, lowfat or nonfat milk, or 100% juice to your child.

PRODUCE TIPS

- Choose firm potatoes with smooth skin. Avoid potatoes that are shriveled, bruised, or have sprouts. Also avoid potatoes with any green coloring.

- Store potatoes in a cool, dark, and dry place (not the refrigerator). Place them in a burlap bag or plastic bag with holes. When stored properly, potatoes can keep up to five weeks.
- Wash potatoes thoroughly before cooking.

Ask your
child about
potatoes!

TRY IT AT HOME

- Find a safe walking or biking route to your child's school.
- Make arrangements with other parents to take turns walking (or biking) students to and from school.
- Contact your local parks and recreation department to find out about any free or low-cost activities they offer.

Sources: Harvest of the Month, Network for a Healthy California.

OVEN WEDGE FRIES

Ingredients:

- Nonstick cooking spray
- 2 large russet potatoes, wedged
- 2 cloves garlic, finely chopped
- 1 teaspoon Italian herb seasoning mix
- 1 teaspoon chili powder or paprika

Directions:

- Preheat oven to 400 F. Spray cookie sheet with nonstick cooking spray. Place potato wedges on sheet.
- In a small bowl, combine garlic with seasonings. Sprinkle $\frac{1}{2}$ of the mixture over top of potato wedges.
- Bake wedges for about 7 minutes or until they start to brown. Flip wedges over and sprinkle with the remaining mixture.
- Bake for another 7 minutes or until wedges are brown and cooked through. Serve hot.

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THIS MONTH...

We are learning all about dried fruit! Dried fruit is a healthy snack in the winter months when the weather is cold and trees cannot produce fresh fruit. When water is removed from fruit, through dehydration, the fruit lasts a long time. In Idaho, we can find dried peaches, pears, plums, apples, apricots, cherries and more!

OVEN BAKED APPLE CHIPS

Ingredients:

1-2 apples or as many as you would like
1 teaspoon of cinnamon

Directions:

- Preheat oven to 225°F
- Line 2 baking sheets with parchment paper. Set aside.
- Wash and dry apples.
- To prevent accidents, slice apple carefully along its equator (horizontal). Remove the star shaped core as if you are carving a pumpkin, removing seeds too. Lay the apple half down on its flat side (to prevent rolling). Cut thin slices.
- Place apples on baking sheet in single layer.
- Sprinkle cinnamon evenly over apple slices.
- Bake for approximately 1 hour and then turn each slice over and continue to bake for another hour or so. The longer they stay, the crispier they get.

- Serve the day or two after they are made. Apple chips can be stored in an airtight container for a few days.

Source: She Loves Biscotti, 2015.

Ask your child about dried fruit!



PRODUCE TIPS

- Dried fruit is available year round.
- Look for dried fruit sold in bulk quantity.
- Buy dried fruit without added sugar. They are already sweet.
- Store dried fruit in airtight containers to maintain freshness. Keep in a cool, dry location like a cupboard or refrigerator.
- Freeze dried fruit before chopping. They will be less sticky and easier to chop.

Source: Harvest of the Month, Network for a Healthy California.

HEALTHY SERVING IDEAS

- Let your child try a variety of dried fruit like dates, figs, plums, and apples to find their favorites.
- Top lowfat yogurt with dried fruit for breakfast, snacks, or dessert.
- Keep small boxes or bags of dried fruit with you for quick, on-the-go snacks.
- Add chopped dates and figs to salads.
- Serve dried fruit for dessert.

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THIS MONTH...

We are learning all about beans. Beans come in many varieties: Pinto, Garbanzo, Kidney, Navy, Black, and more! Beans are a delicious addition to all sorts of meals. Eat beans in soup or chili, or turn into bean dip! Mix dry beans into your family's diet for variety and a healthy dose of nutrition.

PRODUCE TIPS

- Look for these varieties of dry beans: garbanzo (chickpeas), blackeye peas (cowpeas), lentils, navy, lima, pinto, kidney, and black beans.
- Choose loose, dry beans that have similar size and color.
- Pick low sodium frozen or canned beans.
- Store dry beans in an airtight container in a cool, dry, and dark place.
- Keep a small supply of canned or frozen beans on hand for last minute additions to soups, casseroles, and quesadillas.

Sources: Harvest for Healthy Kids News, Harvest of the Month Network for Healthy California.

Ask your child
about beans!

BEAN AND CORN SALAD

Makes 6-12 servings

INGREDIENTS

- 1 can black beans (12 oz.), drained and rinsed
- 1 can of corn
- 1 red bell pepper, chopped (approx. 2/3 cup)
- 1 large fresh tomato, diced (approx. 2/3 cup)
- 1 Tbsp. lemon juice
- 1/2 bunch fresh cilantro, chopped (approx. 1/2 cup)
- 1 Tbsp. garlic, minced
- 2 Tbsp. olive oil
- 1 tsp. salt
- 1/2 tsp. ground Black Pepper

DIRECTIONS

1. Combine all ingredients in a large bowl and toss

HEALTHY SERVING IDEAS

- Dry beans are usually cooked by boiling. You can also use canned and frozen beans.
- Add lima or kidney beans to salads.
- Mix lentils into your favorite casseroles instead of meat.
- Add navy beans to soups for protein.
- Sprinkle black beans on top of pizza for added flavor and fiber.
- Make a tasty dip or hummus using your favorite beans.

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THIS MONTH...

We are learning all about oats! Oats are a healthy snack in the winter months when the weather is cold and there are less fresh fruits and vegetables available. Oats are the grains from tall grass-like plants. We eat the flattened (rolled oats) or cut (steel cut) oat kernel. Oats are filled with fiber and are a great breakfast food!

NO-BAKE OAT ENERGY BITES

Ingredients:

1 cup dry oats
1/4 cup peanut butter OR sunflower seed butter
1/4 cup honey
1/2 cup dried fruit (raisins, cranberries, blueberries, etc.)
Dash of salt
1/2 teaspoon vanilla, optional

Directions:

- Add the nut/seed butter and honey and stir to combine well. Add all the other ingredients and stir to combine well.
- Refrigerate the mixture for about 30 minutes.
- Use a spoon to scoop about a tablespoon of the cookie ball mixture into your hand. Roll into a ball.
- Repeat with remaining mixture. This should make about 12 oatmeal energy balls.
- Store the balls covered in the fridge for up to a week, or in the freezer for much longer.

Source: Griffiths, M. Accessed at <https://www.blessthismessplease.com/8-no-bake-oatmeal-energy-balls/>

KIDS CAN HELP PREPARE OATS BY:

- Measuring oats and water for oatmeal.
- Stirring their favorite fruits, nuts, and seeds into their oatmeal.
- Rolling energy bite balls with their hands.
- Mixing honey, seeds, nuts, etc. into granola.
- Sprinkling granola on top of a bowl of yogurt.



Happy Day Brands are based in Boise and use Idaho-grown oats in all their products!

Ask your child about oats!

HEALTHY SERVING IDEAS

- Let your child top their oatmeal with their favorite dried and fresh fruits, seeds, nuts, and more!
- Top low-fat yogurt with homemade granola for breakfast, snacks, or dessert.
- Keep low-sugar oat energy bars or bites on-hand for quick, on-the-go snacks.
- Blend oats in a blender to make oat flour, which can be used as a substitute for all purpose flour.
- Add oats to smoothies.

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THIS MONTH...

We are learning all about microgreens! Microgreens are vegetable greens that are not fully grown. Different types of edible microgreens include radish, sunflower, broccoli, beetroot, and more. Microgreens can be grown indoors and are available all season long, making them a delicious and healthy choice for early spring!

SPROUTING RADISH SEEDS

You will need:

- 2 Tablespoons of Radish Seeds
- 1 Quart Sized Mason Jar
- Sprouting Lid or Screen
- Fresh Water for Soaking and Rinsing

Directions:

- Measure 2 Tablespoons of radish seed into a quart sized mason jar.
- Cover the seeds with plenty of water and place your sprouting lid or screen on the jar. Allow the seeds to soak overnight for 6 - 10 hours.
- On the morning after soaking your seeds, drain the soak water out of the sprouting jar and then give the seeds a good rinse with fresh water. Drain off all water.
- Shake the seeds out a bit in the jar, making sure that they aren't piled up against the screen (this would prevent good

- airflow). Rest the jar on its side on your countertop. Check your seeds after a few minutes have passed to make sure there is no water "pooling" around the seeds in your jar. If you notice any amount of excess moisture in the jar, tilt the jar over your sink to drain out the water that has accumulated.
- On the evening of the first day, you will rinse and drain your seeds one more time, following the process outlined in the prior step.
- On each subsequent day, you will repeat the rinse & drain process TWICE daily (morning and evening). The key here is to make sure you are thoroughly draining all of the water out of your jar after rinsing.
- On the final day of sprouting, you can move your sprouting jar to a sunnier location, such as a windowsill. Make sure

- that this location is not too hot or bright (this can dry out the sprouts). Leave there a few hours at most.
- Harvest radish spouts in 4 to 6 days.
- Drain and dry prior to refrigerating.

HEALTHY SERVING IDEAS

- Sprinkle on salads and soups.
- Add to omelet.
- Include on veggie rolls with whole wheat tortillas, cream cheese, and your favorite vegetables!

Ask your
child about
microgreens!

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THIS MONTH...

We are learning all about leafy greens! Different types of leafy greens include romaine lettuce, green leaf lettuce, red leaf lettuce, spinach, purple cabbage, green cabbage, arugula, bok choy, dandelion greens, kale, swiss chard and more!



RAINBOW VEGGIE ROLL-UPS

Ingredients:

- 1 Small bowl of washed spinach
- 4 Tbsp low-fat whipped cream cheese
- 2 whole wheat tortillas
- 1 carrot
- ½ tomato, diced
- 2 Tbsp yellow bell pepper

Directions:

- Rinse and dry all vegetables and spinach before chopping.
- Dice the tomato and bell pepper. Grate the carrot.
- Spread the cream cheese onto the whole wheat tortillas.
- Sprinkle the vegetables, including the salad greens, onto both tortillas.
- Roll the tortilla tightly. With a sharp knife, slice the wraps into quarters to make a total of 8 pieces.
- Serve family style and enjoy!

Adapted from: The Food Trust, Taste Test From "Z is for Zucchini" Lesson: Crunchy Veggie Roll-Ups

HEALTHY SERVING IDEAS

- Use fresh spinach to make a tasty salad. Add sliced mandarins or dried berries and toss with lowfat balsamic vinaigrette.
- Add chopped frozen spinach to lasagna, casseroles, and soups.
- Use fresh spinach on sandwiches instead of lettuce.
- Ask your children to create their own salads. Let them pick out the vegetables and toppings they want to use.

PRODUCE TIPS:

- Look for dark green leaves. Choose lettuce heads that are tight and firm.

- Fresh spinach can be found loose or bagged.
- Choose fresh spinach leaves that are green and crisp. Avoid leaves that are limp, damaged, or spotted.
- Store fresh spinach in an open plastic bag in the refrigerator for up to four days.
- Rinse spinach leaves in cool water and pat dry just before using.

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THIS MONTH...

We are learning all about radishes!

Radishes are one of the easiest vegetables to grow in a garden, growing from seed to harvest in just a few weeks. Although not grown commercially in Idaho, you can find radishes early in the spring and throughout the summer at farmers' markets and farm stands. Radishes come in several colors and flavors. For the mildest flavors, choose young, smaller varieties. Source: Idaho Preferred

ROASTED RADISH CHIPS

Ingredients:

5 radishes, cut into ¼ inch thick coins
Cooking spray or olive oil
½ tsp salt
½ tsp black pepper

Directions:

- Preheat oven to 425 degrees F.
- Place radish coins on a baking sheet lined with parchment paper. Spray or coat the radish coins in oil and sprinkle with half the seasonings.
- Place the radishes in the oven and roast for 10 minutes. Remove from the oven, flip them, spray with additional oil, and sprinkle remaining seasonings. Roast for another 10 minutes or until golden brown. Watch carefully as they can burn quickly!
- Let them cool and serve family style. Enjoy!

Adapted from: Roasted Radish Chips, The Produce Moms. Accessed March 2021.
<https://theproducemoms.com/2018/09/25/roasted-radish-chips/>

HEALTHY SERVING IDEAS

- Grate and sprinkle onto salads, soups, tacos, and more!
- Roast them into veggie chips.
- Add them to wraps with your favorite vegetables!

FUN FACTS

- Radishes are in the brassica (mustard or cabbage) family and are related to broccoli, cauliflower, and kale.
- The skin of a radish contains much of the spiciness, so if you prefer a mellow flavor, peel it first.

- Radishes are a good source of vitamin C and contain folate, fiber, riboflavin and potassium, as well as copper, vitamin B6, magnesium, manganese, and calcium.
- Radish greens are edible, too. Pluck a few young, tender greens to add to sandwiches and salads. Older greens can be sautéed or steamed. Don't overdo it, though. Harvest just a few leaves per plant so the remaining ones can supply (through photosynthesis) the energy the plant needs to form roots.

Adapted from: Kids Gardening, "Radish"



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