



## Healthy, Fit and Ready to Learn

■ In July and August, Oregon's summer fruit and vegetable bounty explodes like fireworks into farmers markets and produce stands. ■ Patty Pan squash is usually bright yellow and looks like a flying saucer from another world. ■ The word zucchini means little squash in Italian. ■ Take advantage of summer and eat a rainbow of fresh summer squash.



### NUTRIENTS FOUND IN SUMMER SQUASH:

#### ~B VITAMINS

They help your body make and use energy. They also help make red blood cells which carry oxygen in your body. B vitamins have a really important job.

#### ~VITAMIN C

Summer squash is an excellent source of vitamin C, which helps the body heal cuts and wounds and helps lower the risks of infection.

#### ~MANGANESE

This trace mineral helps your body build bones and connective tissue like the collagen in your skin and blood vessels.

#### GROWN IN OREGON

Summer squash grow quickly and are ready to harvest in mid July in the Willamette Valley. They are ready one to two weeks sooner in warmer regions and later in cool growing regions of the state. Check with your extension office to find out when local summer squash are harvested in your area.

The most popular summer squash is zucchini, but it is just one of many kinds. Look for Patty Pan, Tromboncino (which looks like a musical instrument), Eight Ball, Yellow Crookneck and Gold Rush at your farmers' market or grow them in your garden.

## YOUR OREGON KITCHEN

### Quick and easy!

■ Sauté chopped zucchini, yellow squash, onions, and peppers. Add to enchiladas, burritos, or quesadillas. ■ Serve raw summer squash slices for a light summer snack. ■ Sauté chopped summer squash in a little oil with chopped garlic and a dash of oregano. Sprinkle with low fat cheese and serve as a side dish.

### Three Sisters Sauté (serves 6)

Squash, corn and beans are the principal foods of many Native American tribes. They're called the Three Sisters because they support one another. The corn grows tall, allowing the bean vine to twine around her stalk. The bean fixes the nitrogen in the soil to feed the other plants, and the squash has big leaves that shade the soil to hold in moisture.

#### INGREDIENTS

1-1/2 tablespoons olive oil	1-1/4 lbs fresh tomatoes, chopped
3/4 lb green beans cut into thirds (thawed if frozen)	3 ounces canned green chilies, drained (optional)
1-1/4 lbs summer squash cut into 1/2 inch slices	1 1/2 tablespoons minced cilantro or parsley
3/4 lb corn kernels (thawed if frozen)	

#### DIRECTIONS

1. Heat the oil in a heavy nonstick skillet over medium heat.
2. Sauté summer squash, beans and corn 2 min.
3. Add tomatoes, chilies and pepper to taste. Cover skillet and simmer 5-6 mins. or until squash is tender.
4. Remove from heat. Stir in cilantro or parsley and serve.

#### NUTRIENTS PER SERVING

CALORIES: 131 • PERCENT CALORIES FROM FAT: 25% (4.2g) • SODIUM: 197mg • CHOLESTEROL: 8mg

Recipe from the Manataka American Indian Council and the Oneida Indian Nation. For more Native American recipes, visit [www.manataka.org](http://www.manataka.org)

### RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 1/2 – 5 cups per day	4 1/2 – 6 1/2 cups per day
Females	2 1/2 – 5 cups per day	3 1/2 – 5 cups per day

If you are active, eat the higher number of cups per day. Visit [mypyramid.gov](http://mypyramid.gov) to learn more.



**FIND OUT MORE:** Visit Oregon Department of Education Child Nutrition Programs at [www.ode.state.or.us/services/nutrition](http://www.ode.state.or.us/services/nutrition) Look for Oregon Farm To School and School Garden Program under Associated Topics.

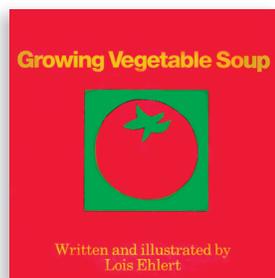
## Just for Kids



- There's no better time than summer to enjoy the great outdoors.
- Take a hike through a park or along a nature trail to discover local wildlife.
- Swim in your community swimming pool or a public outdoor swimming hole.
- Run through the sprinkler or use a slip and slide.
- Check your local newspaper for outdoor community events that involve physical activity.

### Read a Book Together

**Growing Vegetable Soup** by Lois Ehlert relates the story of a father and child



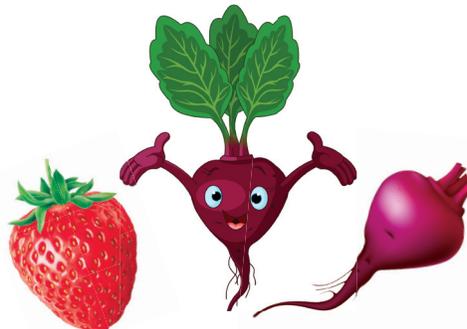
who plant a vegetable garden and harvest it in order to make vegetable soup. For ages 4-8 years.

### Living and Eating Green

- Meat is a resource-intensive food. Eating less meat helps the environment and your health.
- Make one day a week a meatless day.
- Find recipes and more information at [www.meatlessmonday.com](http://www.meatlessmonday.com)

### Independence Day Table

Serve red, white and blue fruits and vegetables on the fourth of July. Ask your kids to make a list of red, white or blue vegetables to eat at your family meal on the fourth of July. Ask your child which of the fruits and vegetables on the list is in season. Decide which fruits and vegetables you will serve and add them to your grocery list. Here are some ideas:



#### RED

STRAWBERRIES ● RED CABBAGE ● BEETS  
RADISHES



#### WHITE

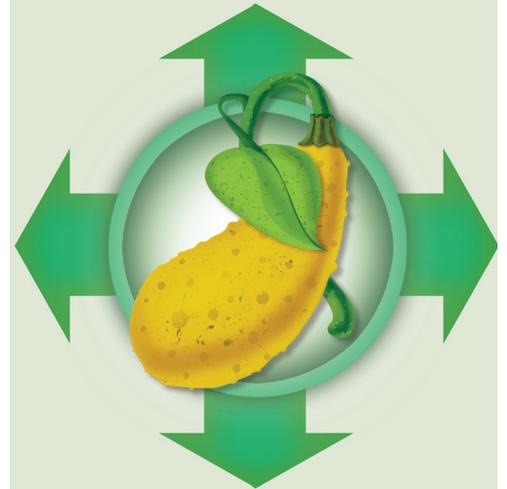
SUMMER SQUASH (THE INSIDE IS WHITE!)  
TURNIPS ○ CAULIFLOWER ○ GARLIC



#### BLUE

BLUEBERRIES ● EGGPLANT

### PRODUCE POINTERS



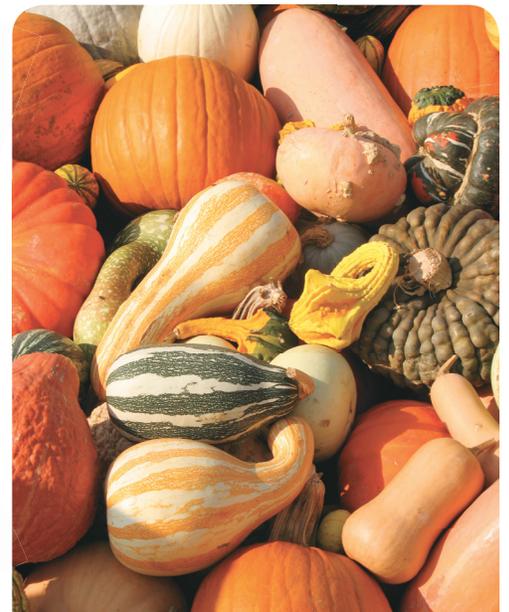
### Summer Squash

#### SELECTION

- Choose squash that are firm and fairly heavy for their size, otherwise they may be dry and cottony inside.
- Look for squash that have bright, glossy exteriors.
- Avoid buying squash with nicks, bruises or soft spots on their skins.

#### STORAGE

- Place summer squash in plastic bags and store in the refrigerator.
- Fresh summer squash should keep for up to a week.



Squash come in an amazing variety of colors, shapes and sizes.