South Haven Public Schools

Farmers to Families Idea Book

For more information on summer meal offerings, visit shps.org.

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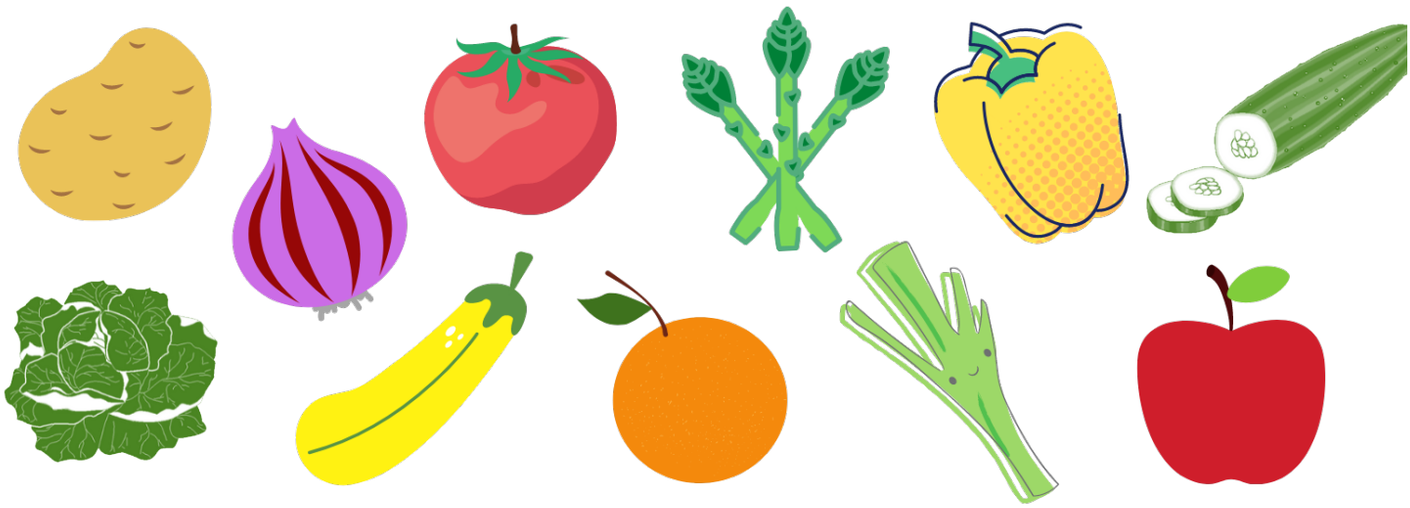


What is the Farmers to Families Idea Book?

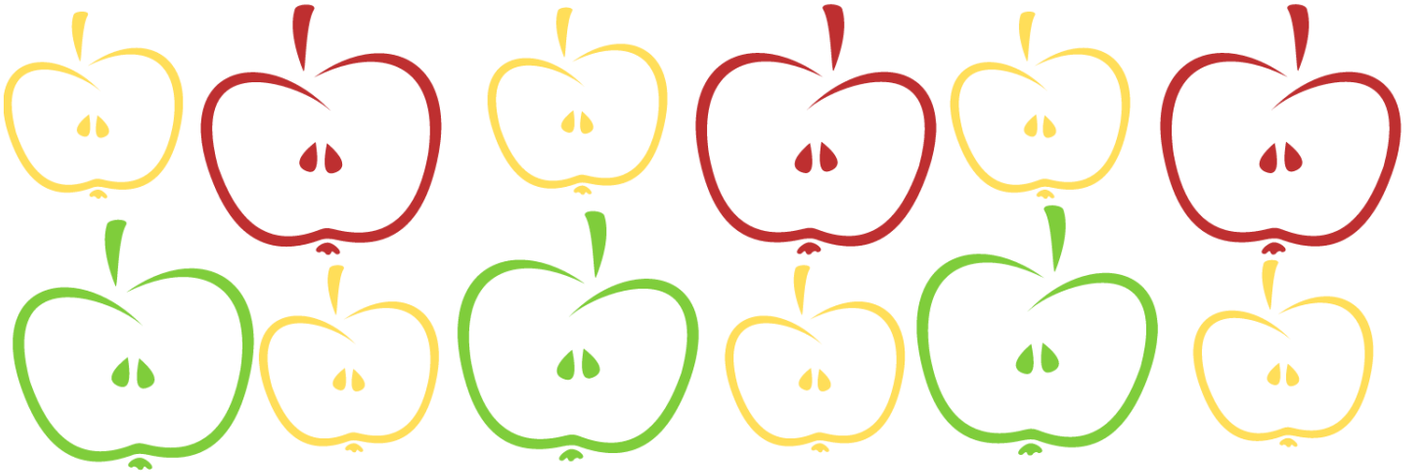
A resource that gives you and your family fun ways to live a healthy life!

Inside this idea book you'll find recipes and tips for using the fruits and vegetables in your USDA Farmers to Families Food Boxes, along with other local foods you may purchase or receive that are low cost and in season. Since healthy eating and physical activity go hand-in-hand, we have also included some free/low cost games and ideas that will keep your family active in and around the South Haven community. We hope you enjoy this book and discover new ways to be well as a family.

Stay safe and stay healthy.

Bronson's Community Health, Equity and Inclusion Department and South Haven Public School's Nutrition Department

If you have questions about this booklet, email Chris Flood at floodc@bronsonhg.org. For questions about the Farmers to Families Food Boxes, call June Altom at (269) 637-0590 or email jaltom@shps.org.



Awesome Apples

What's so cool about apples?

There are many kinds of apples. Their colorful skin is the coolest part – it tastes good and it's nutritious! Apples contain Vitamin C which helps fight infections and builds healthy skin and nails. Plus, they have fiber to keep your digestive system in tip-top shape.

What to do with apples

- Slice apples and dip in peanut butter or yogurt.
- Stir chopped apples into muffins or pancake batter.
- Add sliced apples to a turkey sandwich.

Storage, skills and safety

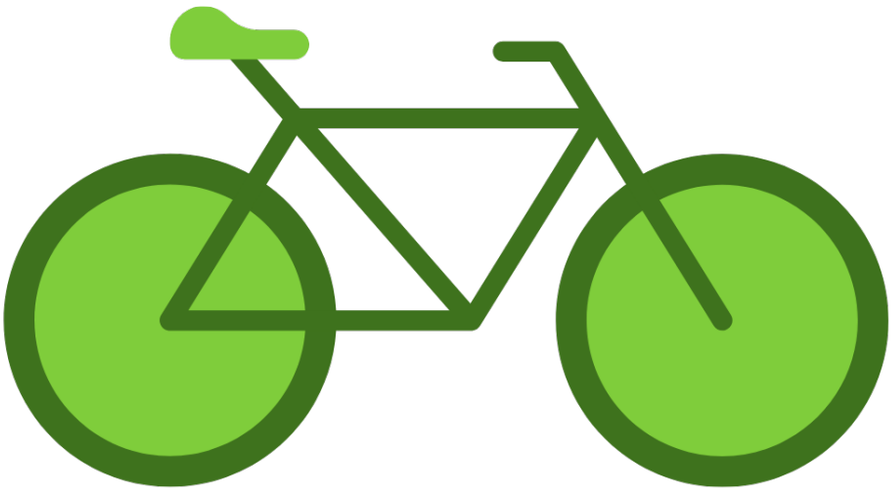
- Spritz apples with lemon juice to delay browning.
- Rinse apples before eating, cooking or chopping.
- Keep apples in a cool dry place, or the refrigerator.

Recipe: Apple Cookies

- **Ingredients**: Apple, granola bar, peanut butter, yogurt, dried fruit
- **Directions:** Rinse apple and slice into disks. Pick out the seeds. Crumble granola bar. Mix together yogurt and peanut butter, then spread on apple discs. Top with granola and dried fruit. Enjoy!

(Source: Paris's Kitchen)

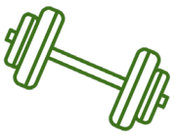
Fun fact: The apple blossom is the state flower of Michigan.



Excellent Exercise

Out and About

Visit a local apple orchard, and if allowed, pick some delicious apples to bring home! Call ahead for hours and location. Check out The Dutch Farm Market (269) 236-6312, Stephenson Farms (269) 816-0860, Overheiser Orchards (269) 236-6312 or Cranes Apple Orchards (269) 561-8651.



Physical activity ideas

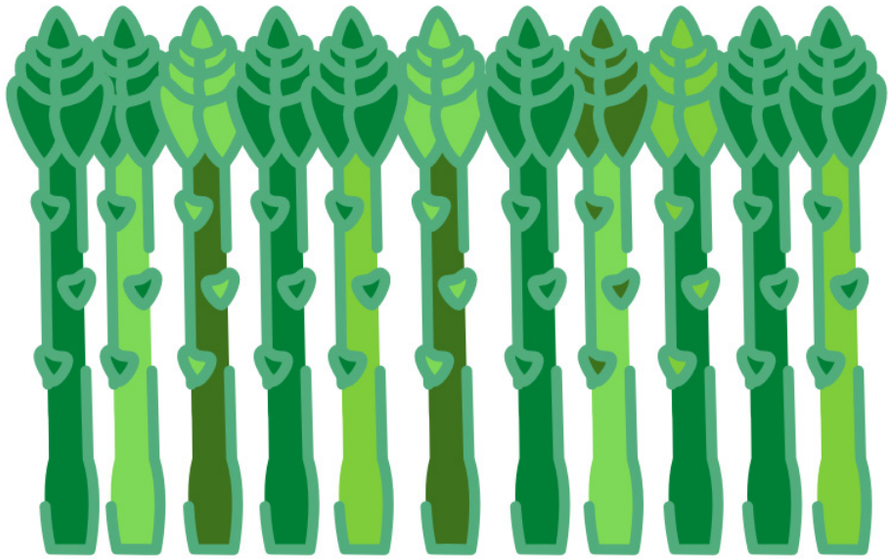
- Take a post-dinner walk with your family.
- Kick a ball around your yard.
- Take a bike ride down to the beach. Always go with an adult.

Game: Water Fight

- **What you need:** Containers to carry water, such as a bucket, bottle, squirt gun or water balloons.
- **How to play:** Gather all of your containers and fill them with water. Chase each other around the yard and try to get others wet, but not yourself!

Safety tip!

Always wear a helmet when biking.



Amazing Asparagus

What's so cool about asparagus?

Asparagus looks like it has a head of hair on top of beautiful green skin. That's funny because asparagus has vitamin E, which helps keeps your hair and skin healthy.

What to do with asparagus

- Add cooked and chopped asparagus to pizza.
- Stir cooked, chopped asparagus into eggs.
- To roast, drizzle with oil. Then, sprinkle with salt, pepper and seasonings. Roast in a 400 degree F oven for 8-12 minutes, flipping once. Or, place on a medium-high heat grill for 4-5 minutes.

Storage, skills and safety

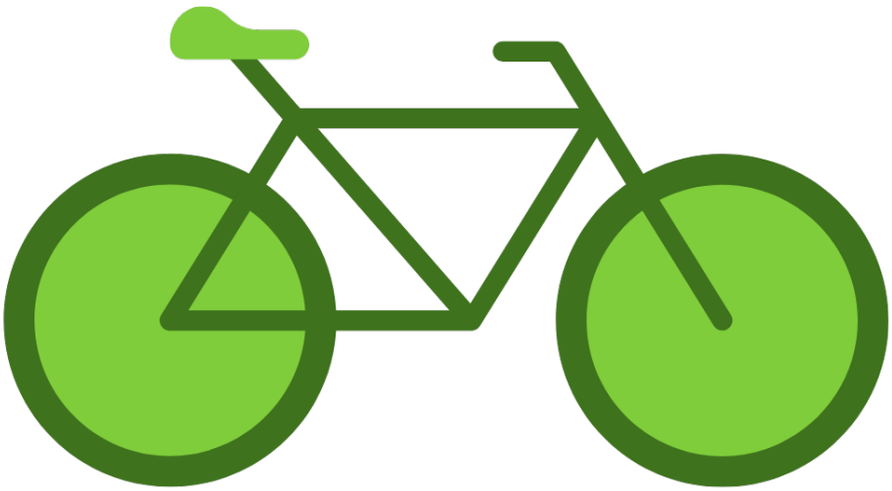
- To clean, submerge fresh asparagus in a pot or bowl of cold water. Gently shake the spears to remove the sand. Drain and rinse again.
- Store asparagus in the fridge, standing up in a cup of cool water about 2 inches deep.

Recipe: Asparagus and Turkey Rollups

- **Ingredients:** Tortillas, deli turkey, cream cheese, asparagus
- **Directions:** Rinse and trim asparagus. In a microwave safe dish, cook asparagus in 1 inch of water until tender, about 4 minutes. Drain the asparagus. Spread a thin layer of cream cheese on a tortilla. Place a slice of turkey and some asparagus spears on top of the cream cheese. Roll and eat.

(Source: Adapted, Eat Well in a SNAP. MIHOTM.)

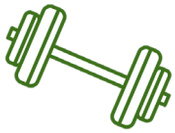
Fun fact: Asparagus comes in different colors! It can be green, white or purple.



Excellent Exercise

Out and About

Visit a farmers market near you and buy some asparagus. The South Haven Farmers Market is open Saturdays and Wednesdays from 8 a.m. to 2 p.m., and is located at 539 Phoenix Street, South Haven.



Physical activity ideas

- When it is empty, visit the school district track and run around.
- Jump rope. Count how many times you can jump without missing.
- Get wet! Run through a sprinkler, play with the hose or fill up buckets of water and dump them over yourself.

Game: Water Jump

- **What you need:** Hose with water
- **How to play:** Have a friend hold a hose near the top. Turn the water on. Rotate the hose so the water looks like a jump rope. Try to jump over the water like you would a jump rope. Take turns holding the hose and jumping.

Safety tip!

Make sure to drink water to stay hydrated, especially when playing outside in the hot sun.

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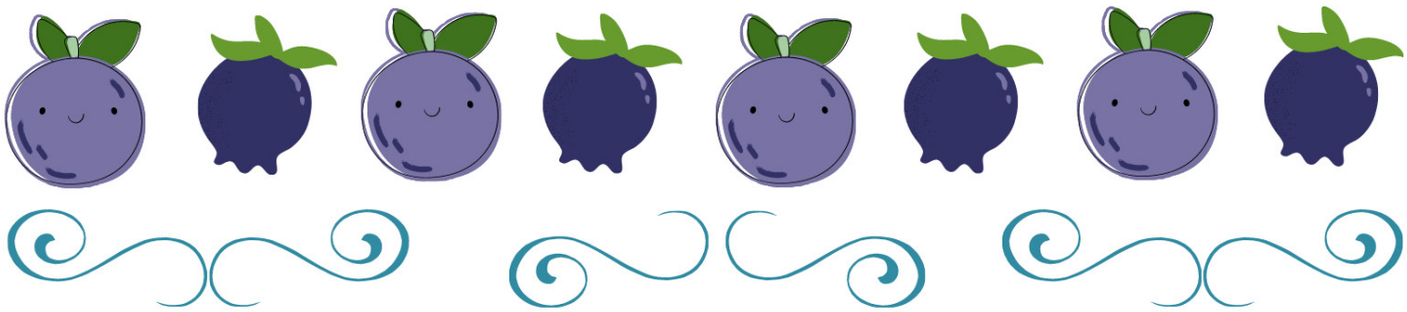
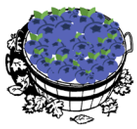


Beautiful Blueberries

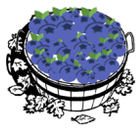
What's so cool about blueberries?

Blueberries are packed with antioxidants. They are also high in fiber which helps keep your gut healthy, and Vitamin C which helps your body fight infections.



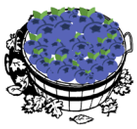
What to do with blueberries

- Add fresh blueberries to muffins or bread batter.
- Top oatmeal or cereal with blueberries.
- Blend them with blackberries and add a splash of orange juice for a juice that is 100% juice and 100% blue!



Storage, skills and safety

- Look for firm and plump berries.
- Do not wash berries before storing in the refrigerator.
- When ready to eat, rinse berries and enjoy!

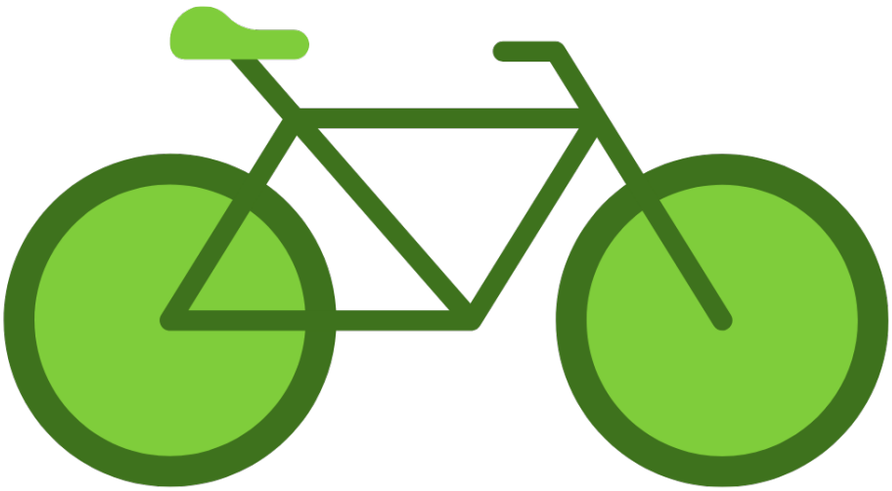


Recipe: Blueberry Lemon Ricotta Rice Cakes

- **Ingredients:** ½ cup part-skim ricotta or low fat cottage cheese, 2 teaspoons lemon zest, 1 cup fresh blueberries, 2 tablespoons thinly sliced fresh basil (optional), 2 tablespoons powdered sugar, 1 tablespoon lemon juice, 4 plain rice cakes
- **Directions:** Stir together ricotta and lemon zest and set aside. Toss together blueberries, basil, powdered sugar and lemon juice. Let stand for 10 minutes. Spread ricotta over rice cakes. Top with blueberry mixture.

(Adapted, Snap-Ed. U.S. Highbush Blueberry Council.)

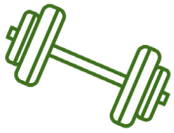
Q: Guess this food: I am a fluffy, handheld breakfast food.
When made with blueberries, my insides are bursting with flavor.
A. Blueberry muffin



Excellent Exercise

Out and About

Go camping! Camping is a great way to explore the great outdoors. You can hike through the woods, go swimming or play card games by the campfire. To find a campground near you, visit michigandnr.com/parksandtrails.



Physical activity ideas

- Go rock hunting. Michigan is a great place to find cool and unique rocks. Find some rocks and notice the patterns they have or how they can glitter in the sun. If you are really interested, check out a library book on discovering rocks!
- Get up early and walk with an adult to the beach or a park. While you watch the sun rise, do some yoga poses to start you day.

Get Moving: River Fun

- **What you need:** Life jacket, and either a kayak, canoe or tube
- **How to play:** Get paddling on various water trails. Go canoeing, river tubing or kayaking with an adult. Be sure everyone wears a life jacket.

Safety tip!

Always bring a fully charged cell phone for emergencies.

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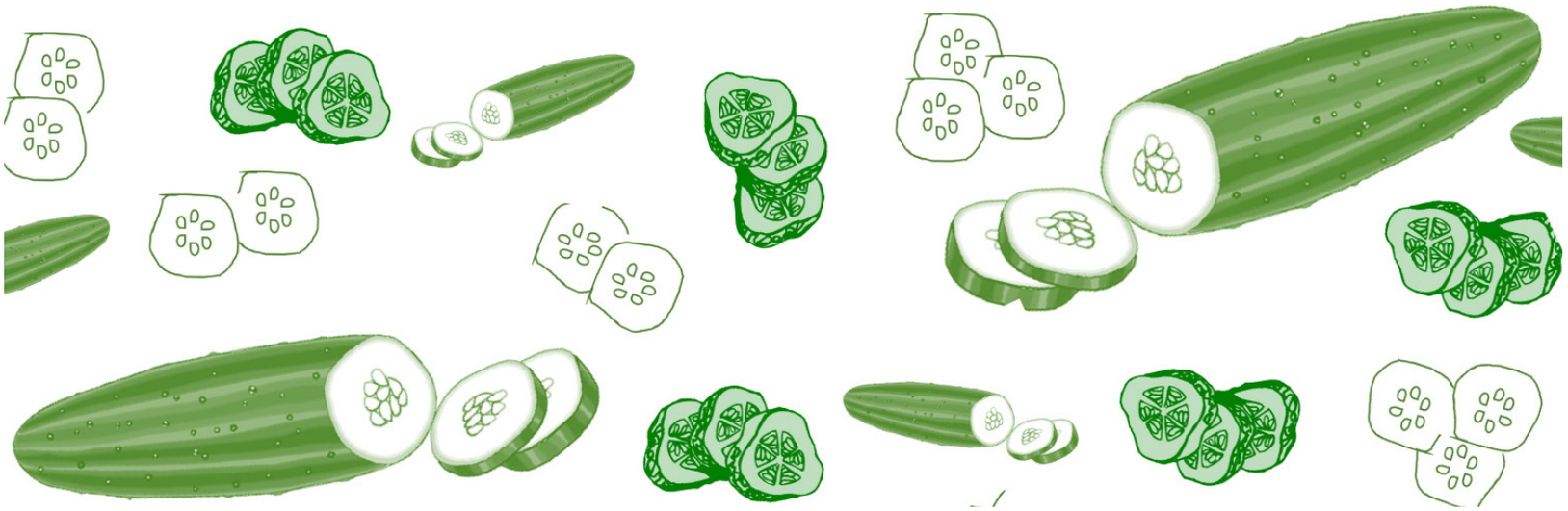


Charming Cucumbers

What's so cool about cucumbers?

Are you hungry and thirsty? Eat a cucumber! Cucumbers are 96% water, making them the perfect refreshing snack to keep you hydrated.

What to do with cucumbers

- Dip sliced cucumbers in hummus or plain Greek yogurt.
- Swap out chips for sliced cucumbers when enjoying dip.
- Give wraps or sandwiches extra crunch by adding cucumber.
- Spread hummus or low-fat cream cheese on whole grain crackers. Stack cucumber slices on top.

Storage, skills and safety

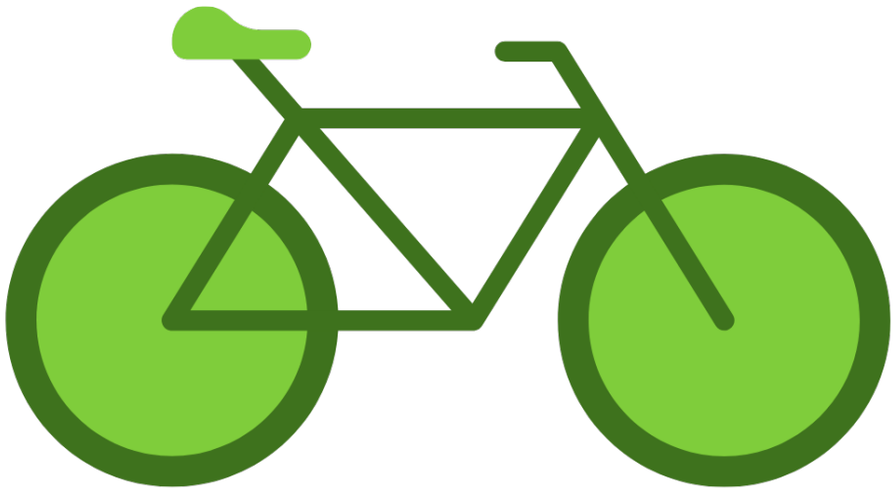
- Store cucumbers in a cool, dry place like the veggie drawer in your refrigerator.
- Cucumbers don't like to get too cold. Wrap them in a clean kitchen towel before storing.

Recipe: Cucumber Sandwiches

- **Ingredients:** 4-6 oz. softened cream cheese, 1 package zesty Italian dry dressing mix, 1 washed and thinly sliced cucumber, whole wheat or french bread cut into bite size pieces
- **Directions:** Mix softened cream cheese with dressing mix. Spread cream cheese mixture onto the bread. Top each piece of bread with cucumber slices. Eat open faced.

(Source: Eat Well in a SNAP. MIHOTM.)

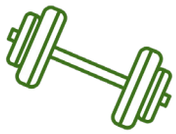
Q: Guess the food: I am made with cucumber, vinegar, salt and herbs.
A. Pickles



Excellent Exercise

Out and About

Visit the Van Buren State Park. It is located at 23960 Ruggles Rd. in South Haven. Call (269) 637-2788 for details on hours. A recreation passport is required to enter.



Physical activity ideas

- Try out different gymnastics moves in your grass. Try headstands, cartwheels and somersaults. If you do not get it at first, try again!
- If it is close enough, walk to the grocery store, library or post office with an adult instead of driving or riding in the car.

Games: Categories

- **How to play:** Choose someone to be "IT." This person must choose a category (i.e. names of fruits or veggies, sports, names that begin with "A," etc.) and shout it out. "IT" must close his/her eyes. Then, all other players quickly think of a word in that category, but keep it to themselves. Then "IT" starts shouting out words in that category. If someone's word is called, they must quietly try to make it to where "IT" is standing and tag him or her. If "IT" suspects movement, they can open their eyes and try to tag the other person before they reach them. Keep playing until someone gets tagged. Then switch.

Safety tip!

When you reach a street crossing, always look both ways – even if there is a crosswalk!

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Lovely Lettuce

What's so cool about lettuce?

Lettuce comes in many colors and varieties. The more colorful the lettuce, the more nutritious. Lettuce is mostly water, so chomp on a few leaves to stay hydrated.

What to do with lettuce

- Add chopped lettuce to wraps and sandwiches.
- Make lettuce wraps using large lettuce leaves instead of bread. Fill with tuna salad or egg salad. Roll and eat.

Storage, skills and safety

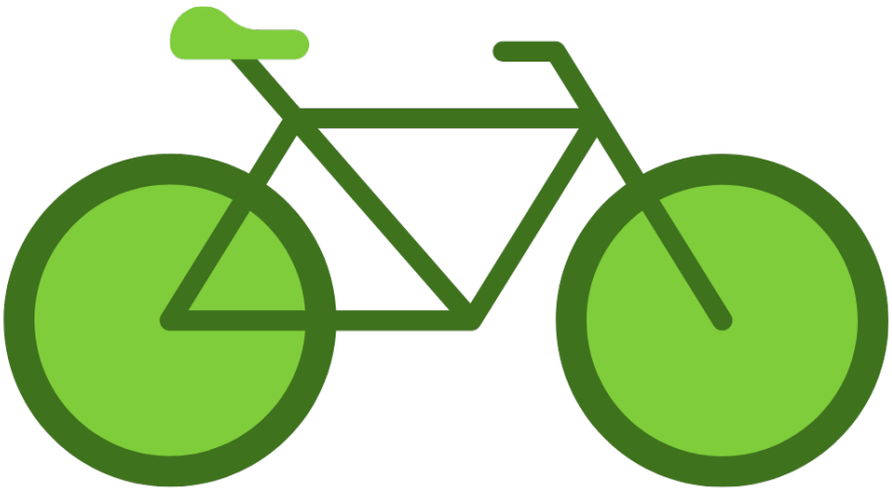
- Wash lettuce before using. Pat dry with paper towel or let it dry on a clean kitchen towel.
- To make lettuce stay fresh longer, tear it with your hands instead of cutting it with a knife.

Recipe: Dried Fruit and Apple Salad

- **Ingredients:** 1 washed and chopped head of lettuce, 1 washed and chopped apple, ½ cup washed and thinly sliced onion, ½ cup dried fruit, $^1/_3$ cup nuts, ½ cup low-fat raspberry vinaigrette salad dressing, feta cheese (optional)
- **Directions:** In a large bowl, combine all ingredients. Toss well. Pour dressing over salad and toss well, again, to combine. Sprinkle on feta cheese if using. Serve immediately.

(Source: Adapted, Eat Well in a SNAP. MIHOTM.)

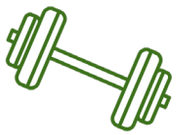
Growing tip: You don't have to have a lot of space to grow lettuce. You can plant it in a pot. You'll have lettuce to eat in 45-75 days.



Excellent Exercise

Out and About

Walk or bike the Van Buren Trail. Look for different plants or animals along the way. The trail runs through landscapes like farmland, blueberry fields and wooded areas. Parking is available. For more information, call (269) 637-2788.



Physical activity ideas

- Find a grassy hill in a park or a sandy dune at the beach (make sure it is away from roads, drop offs, other people, etc.). Roll down!
- Go to a nearby park and play basketball.

Game: Snake

- **What you need:** Jump rope, cup of water (optional)
- **How to play:** One person holds one end of the jump rope. While making sure the rope stays on the ground, they start spinning the rope in a circular motion. All other players have to jump over the rope without it hitting their feet. To cool off during a hot day, players can hold plastic cups filled with water and see if they can jump without it spilling.

Safety tip!

Be sure to wear shoes that are comfortable and fit you correctly.

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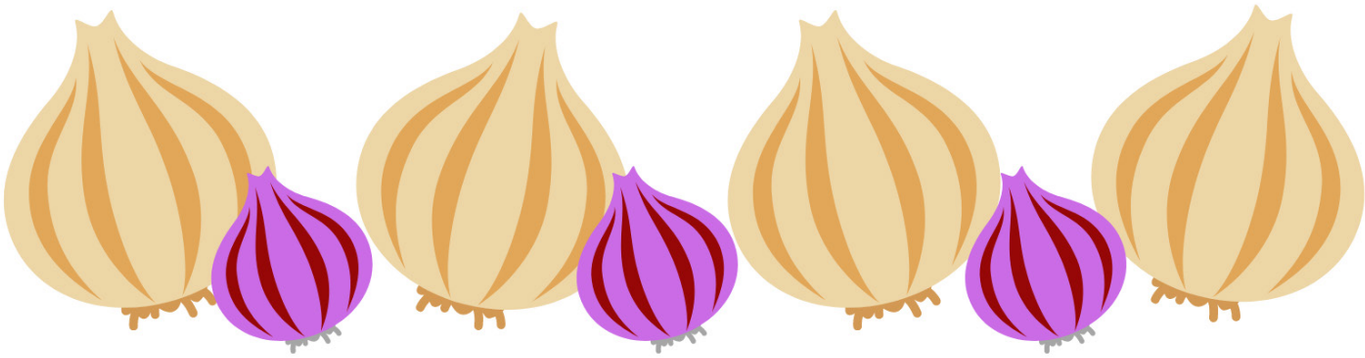


Outstanding Onions

What's so cool about onions?

Onions have powerful antioxidants. They also help feed good bacteria that help keep your gut healthy!

What to do with onions

- Top salads or sandwiches with thinly sliced onion.
- Sauté with peppers and add to scrambled eggs.
- Dice onions into small pieces and add to sauces, dips and dressings.

Storage, skills and safety

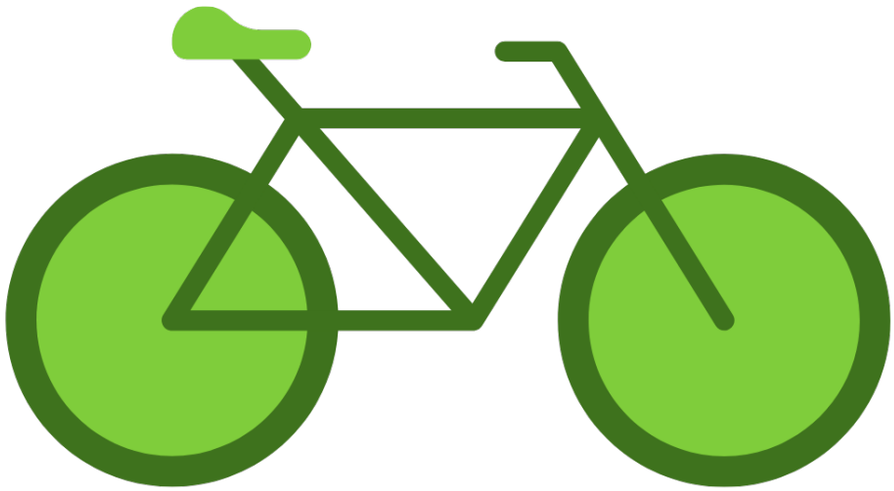
- Choose onions that are firm and dry.
- Store onions in a cool, dark place.
- Refrigerate pre-cut onions in a tightly sealed container and use within 3 days.

Recipe: Ranch Corn Salad

- **Ingredients:** 2 cups corn, ¾ cup washed and chopped tomatoes, ½ cup washed and diced green pepper, ½ cup washed and chopped celery, $^1/_3$ cup washed and diced onion, ½ cup ranch dressing, lettuce or multigrain tortilla chips, cheese (optional)
- **Directions:** In a bowl, combine all ingredients except lettuce or tortilla chips. Stir in dressing. Cover and refrigerate until ready to serve. Top with cheese if desired. Serve over chopped lettuce or as a dip with multigrain tortilla chips.

(Source: Adapted, Eat Well in a SNAP. MIHOTM.)

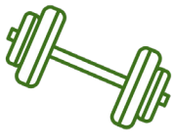
Fun fact: If you cut an onion open, then run it under water before chopping, your eyes will water less!



Excellent Exercise

Out and About

Go on a harbor walk. With an adult, stroll and learn about the lumberyards, shipping and local history of South Haven by reading historical plaques posted along the way. Start at either the North or South Pier. Follow signs by walking the length of the pier, through town, over the Dyckman Bridge and to the next pier. If it's a nice day and safe to do so, take a break and swim once you get to your final destination! Never walk on the pier when the waves are splashing over it. It's dangerous.



Physical activity ideas

- If you do not have workout equipment at home, use cans as weights and do some bicep curls or arm circles. How long does it take for your arms to get tired?
- Have an egg race. Take an egg or small toy and put it on the end of a spoon. Carry the spoon using one hand around your yard. Try using what is in your yard to create obstacles (i.e. limbo under the branch of a tree, jump over rows of flowers or run down a hill).

Game: Sponge Painting

- **What you need:** Sponges, buckets of water, paved area
- **How to play:** Soak sponges in buckets of water. Throw the sponges onto the pavement to create water designs. Try several times to see what changes the shape/pattern of the water as it hits the ground. Try different moves like spinning around and throwing it on the ground, jumping up and throwing the sponge or dropping it from a high height. The possibilities are endless!

Safety tip!

When you exercise, make sure to challenge yourself, but don't push yourself too hard.

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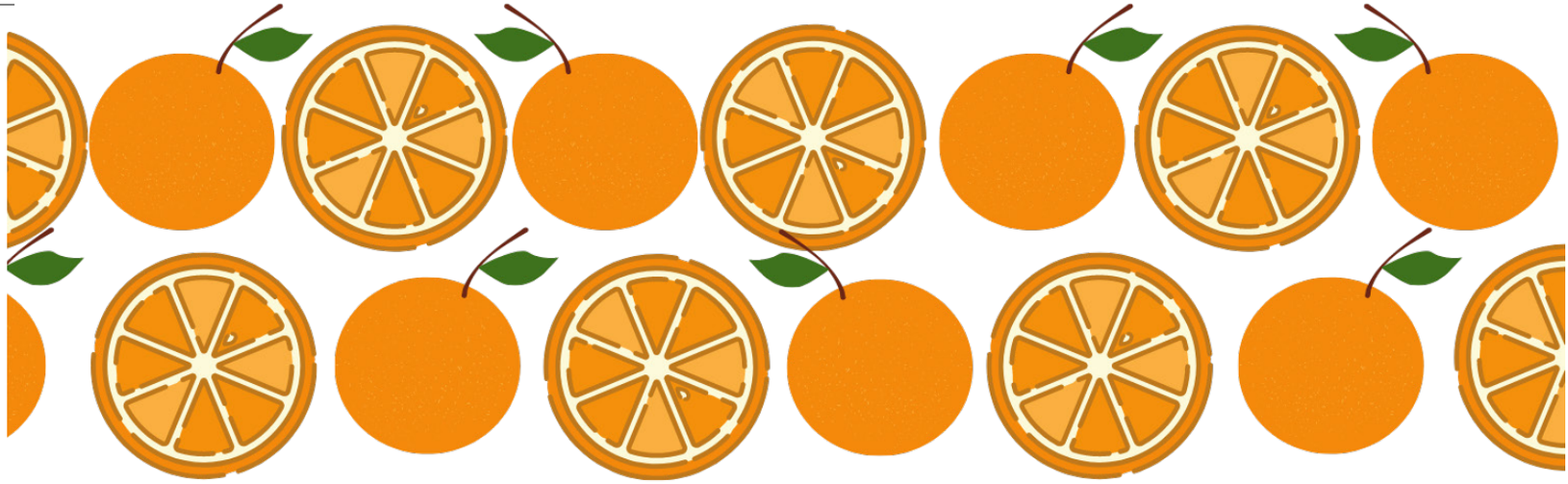


Out-of-this-World Oranges

What's so cool about oranges?

Oranges are juicy and sweet! Not only do they taste great, but they also contain Vitamin C which helps fight infections and builds healthy hair, skin and nails. Oranges also contain thiamin and folate which help change food to energy for your body and brain.

What to do with oranges

- Add oranges to yogurt or oatmeal for fiber and flavor.
- Add orange slices to ice water to help you stay hydrated.
- Add orange slices to a green salad.

Storage, skills and safety

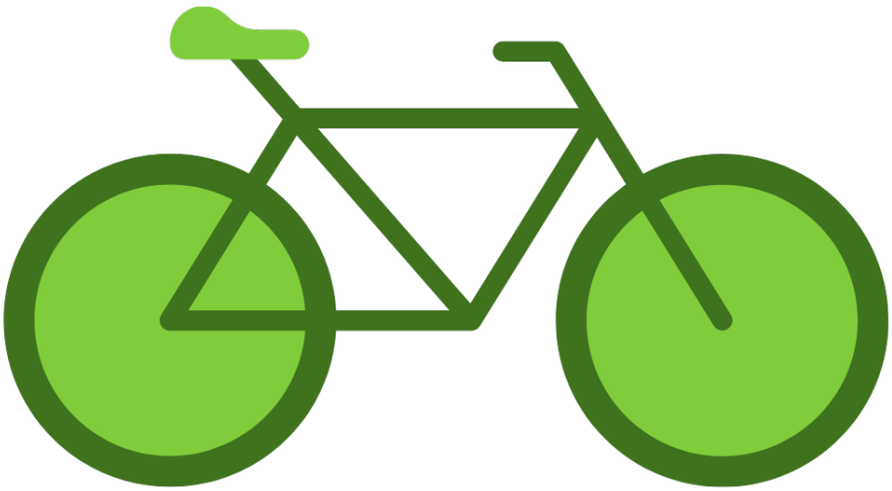
- Oranges can last up to two weeks in the refrigerator.
- Don't wash your oranges until you are ready to eat them. This helps prevent mold and spoilage.

Recipe: Orange Banana Smoothie

- **Ingredients:** 1 frozen banana, ½ cup low-fat yogurt, ½ cup orange juice
- **Directions:** Put all ingredients in a blender and blend well. Add more liquid if you want the drink thinner. Add ice if you want the drink frostier. Pour leftover smoothie into an ice cube tray and freeze for a treat. Pop frozen cubes into your next smoothie creation.

(Source: Adapted, Recipe Collection, staff from the University of Nebraska-Lincoln Cooperative Extension, University of Nebraska).

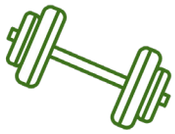
Fun fact: Marmalade is a fancy name for orange jam.



Excellent Exercise

Out and About

Go fishing! You can get a fishing license online by visiting the Department of Natural Resources website.



Physical activity ideas

- Look for seashells at the beach. Count how many different kinds of shells you can find. Make sure there is an adult with you.
- Go fishing with an adult. Make sure you have a fishing license and you are in a designated fishing area.

Game: Red Light Green Light

- **How to play:** One person is chosen to be "IT." Have them start on the opposite end of the yard than everybody else. "IT" can call out either red light, green light or yellow light. If he/she yells "green light," everybody starts to run. If he/she yells "yellow light," everybody has to walk. If he/she yells "red light," everybody has to stop running. The person who reaches "IT" first wins and becomes the new "IT."

Safety tip!

While playing outside, especially at night or when in the woods, wear long pants or bug spray to prevent bug bites or ticks.

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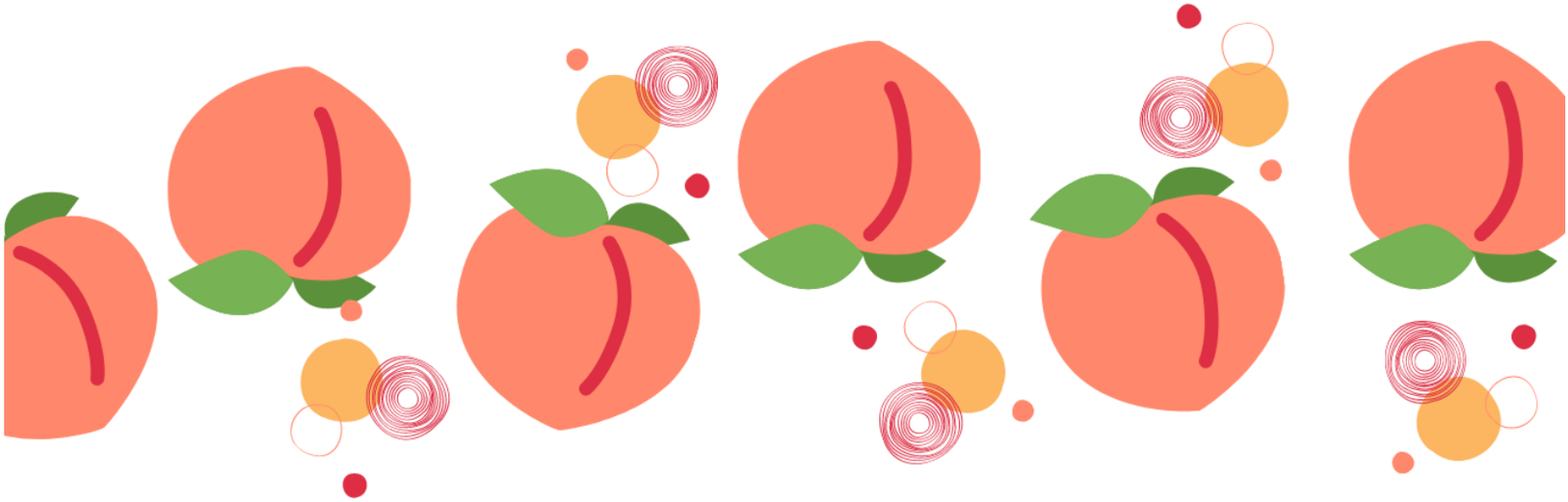


Playful Peaches

What's so cool about peaches?

Peaches are juicy and flavorful. Plus, they contain Vitamin C which helps cuts and scrapes heal faster, and Vitamin A which helps you see better at night.

What to do with peaches

- Blend peaches into a smoothie with pineapple, yogurt and ice.
- Wash and dice fresh peaches and strawberries. Add a little chopped jalapeno pepper and some fresh lime juice to make a fruit salsa.
- Slice peaches and bake until hot. Top with crushed granola bars or graham crackers and a scoop of vanilla ice cream.

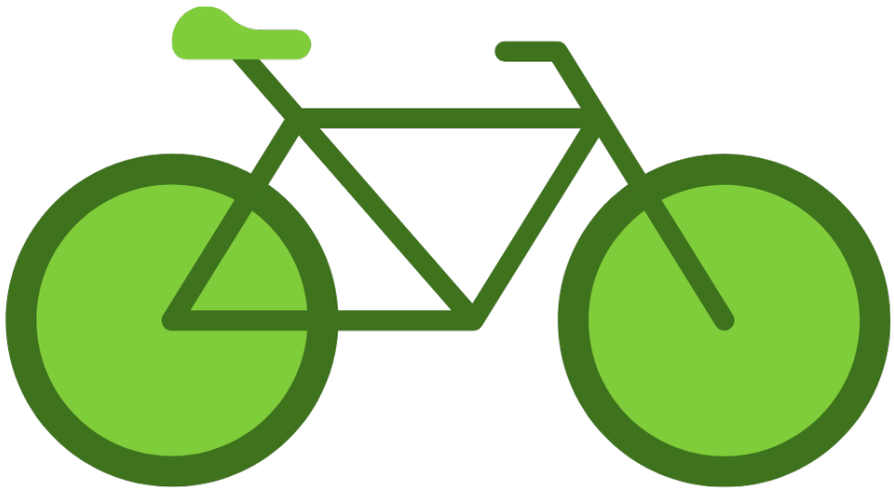
Storage, skills and safety

- Peaches are ripe when they smell sweet and give slightly to pressure.
- To prevent peaches from bruising, keep them on a clean cloth, separated from one another.
- If you don't like the peach fuzz, you can peel it off.

Recipe: Yogurt Parfait

- **Ingredients:** ½ cup fresh or canned peaches, ½ cup vanilla yogurt, ¼ cup dry cereal
- **Directions:** Layer peaches and yogurt in a small bowl. Top with cereal.

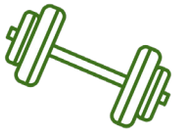
Fun fact: August is National Peach Month. Try sliced, fresh peaches in cereal or oatmeal, on ice cream, or on a salad.



Excellent Exercise

Out and About

Volunteer at a local animal shelter. Just like people, animals need care and attention. Check out the shelters in your area to see if they need help walking dogs, cleaning kennels or playing with the animals. Contact Al-Van Humane Society Intake Center at (269) 639-2242 or Al-Van Adoption Center at (269) 637-5062.



Physical activity ideas

- Soak up the sun but be sure to wear sunscreen. Grab a few friends and play outside.
- Try a new sport you've never tried before. Skateboarding, roller-blading and softball are a few ideas. Be sure to wear the proper safety equipment – like a helmet or knee pads.

Get Moving: Mud Fight and Puddle Jumping

- **What you need:** Old clothes, towels
- **How to play:** After it rains, have a family mud fight! Or, jump in or over the puddles, make mud pies or create water paintings on the sidewalk.

Safety tip!

Be sure to wash your hands before and after playing outside.

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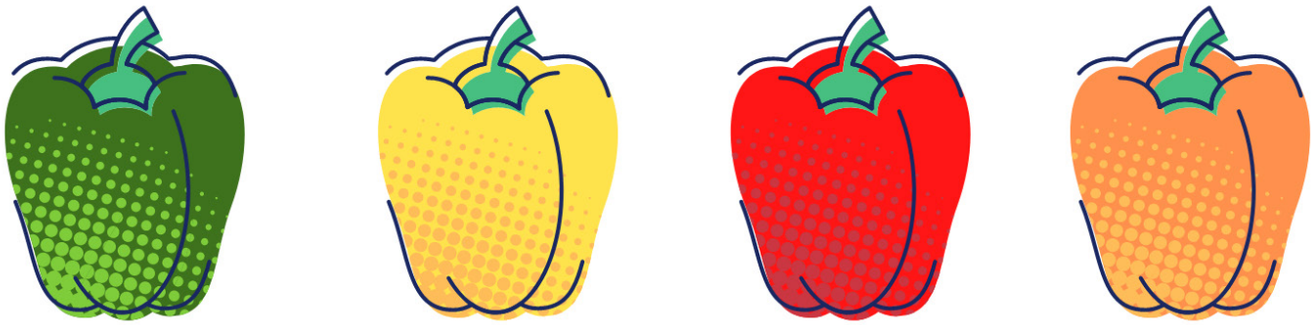


Pleasant Peppers

What's so cool about peppers?

Peppers are full of vitamin C. Just ½ cup of bell peppers contains 100% of your Vitamin C needs for the day. Vitamin C helps fight infections and builds healthy hair, skin and nails.

What to do with peppers

- Slice into strips and eat with dip instead of crackers or chips.
- Add peppers to your wrap or sandwich for a sweet crunch.
- Dice peppers and add them to chicken, tuna or potato salads.

Storage, skills and safety

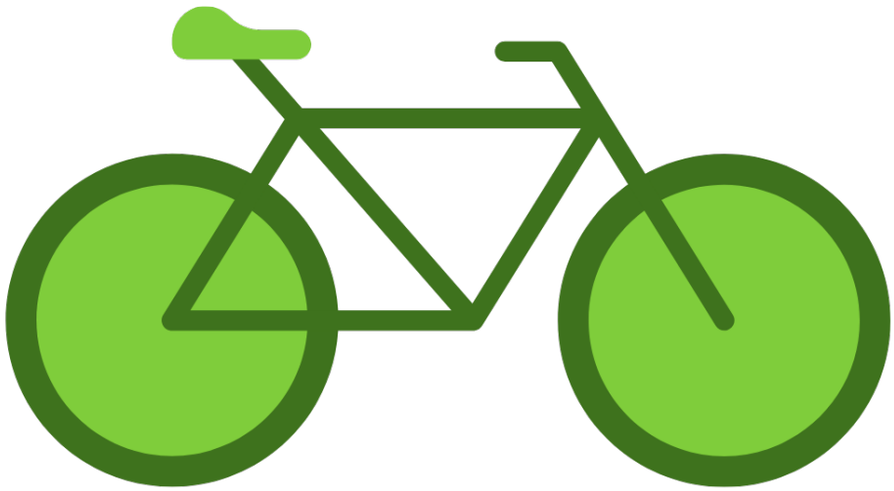
- To avoid making a mess, chop around the stems and seeds instead of through the bell pepper.
- Bell peppers last 1 to 2 weeks in the refrigerator. You can also freeze them.
- To freeze, remove the stems and seeds and chop. Then lay on a baking sheet so the pieces are not touching each other and freeze. When frozen, put them in a freezer safe bag for later.

Recipe: Cantaloupe and Bell Pepper Salad

- **Ingredients:** 2 cups chopped cantaloupe, 1 cup washed and diced bell pepper, $^{2}/_{3}$ cup washed and finely chopped green onion, ¼ cup cilantro (optional), 1 tablespoon lime juice, 3 teaspoons oil, salt and pepper to taste
- **Directions:** Mix all ingredients in a bowl. Cover and chill. Serve cold.

(Source: Adapted, Eat Well in a SNAP. MIHOTM.)

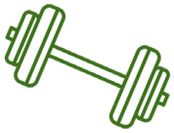
Different colored peppers are at different stages of ripeness. Red, yellow and orange peppers taste sweeter than the green peppers because they grow on the plant longer.



Excellent Exercise

Out and About

Walk, bike, or take a road trip to visit the South Haven Community Garden and see what's growing there. It's located at 408 Huron St. They also have a Facebook page you can check out for more information.



Physical activity ideas

- Go on a nature hunt. Make a list of these things: bug that crawls, bug that flies, acorn, pinecone, feather, worm, frog, animal, flower, butterfly and water. Then, take a walk and try to find them all. Make sure there is an adult with you.
- Play Simon Says outdoors.

Game: Fill the Bucket

- **What you need:** 4 buckets (2 empty and 2 full of water), plastic cup
- **How to play:** Put the two empty buckets on one side of the yard. Put the two buckets full of water on the other end of the yard. Both players start behind their empty bucket. Once someone yells "go," players run with their cups toward the buckets full of water. Then, with their cups, scoop out as much water as possible from the full buckets. Then, they run back to their empty bucket and pour the water in. Players keep going until one of the empty buckets is full. The player whose bucket is full first, wins!

Safety tip!

Always wear sunscreen when outside. You can still get sunburned when the sun is hiding behind clouds!

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Perfect Potatoes

What's so cool about potatoes?

Sometimes potatoes get a bad rap. They shouldn't! They're high in potassium which helps keep your muscles, heart, brain and nerves healthy.

What to do with potatoes

- Poke large holes in potatoes with a fork. Microwave 4-8 minutes. Top with plain yogurt, cheese, chopped veggies and/or salsa.

Storage, skills and safety

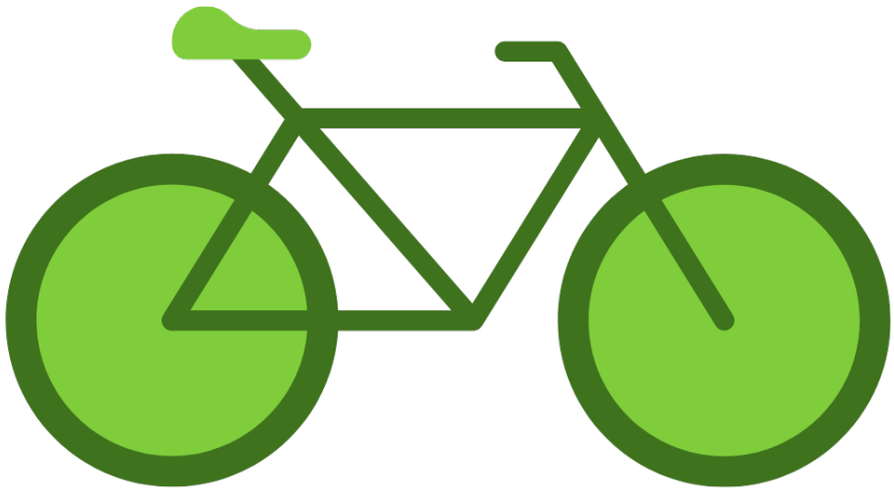
- Keep in a cool dark place.
- Make sure to scrub potatoes under running water to clean them.
- Always poke holes in your potatoes before cooking.

Recipe: Potato Wedges

- **Ingredients:** Cooking spray, 2 teaspoons oil, 2 potatoes washed and cut into wedges, 2 finely chopped cloves of garlic, 1 teaspoon Italian seasoning, 1 teaspoon chili powder or paprika
- **Directions:** Preheat oven to 400 degrees F. Spray cookie sheet with cooking spray. Coat potatoes in oil. In a bowl, combine garlic with seasonings. Sprinkle ½ of the mixture over top of potato wedges. Bake wedges for about 7 minutes. Flip wedges over and sprinkle with remaining spices. Bake 7 more minutes, until wedges are golden brown and tender. Serve hot.

(Source: Adapted, Eat Well in a SNAP. MIHOTM.)

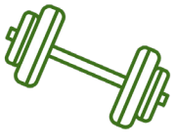
Growing tip: You can grow your own potatoes by planting a chunk of potato that has sprouted through one of its eyes.



Excellent Exercise

Out and About

Visit a nature preserve and go on a photo hunt. Take pictures or draw pictures of what you see. Some good places to start include Casco Township Nature Preserve, located at 716 Bluestar Highway in South Haven, Black River Preserve, located at 69401-69499 8th Ave. in South Haven, and Blue Horizon Nursery and Gardens, located at 9721 59th St. in Grand Junction.



Physical activity ideas

- Play flashlight tag outside at night.
- Play catch outside with water balloons.
- Fly a kite at the beach.

Game: Slip and Slide

- **What you need:** Plastic table cloth, a hose and four buckets of water
- **How to play:** Create your own slip and slide. Lay a plastic table cloth on the ground (preferably on a hill- away from obstacles). Put a full bucket of water on all four corners to hold it down. Wet the slide with a hose. Start sliding! It's extra fun if you get a running start before you slide down.

Safety tip!

Being in the sun is great summer fun! But, be sure to take breaks in the shade or indoors every few hours to cool off. Enjoy a cold glass of water and a healthy snack on your break.

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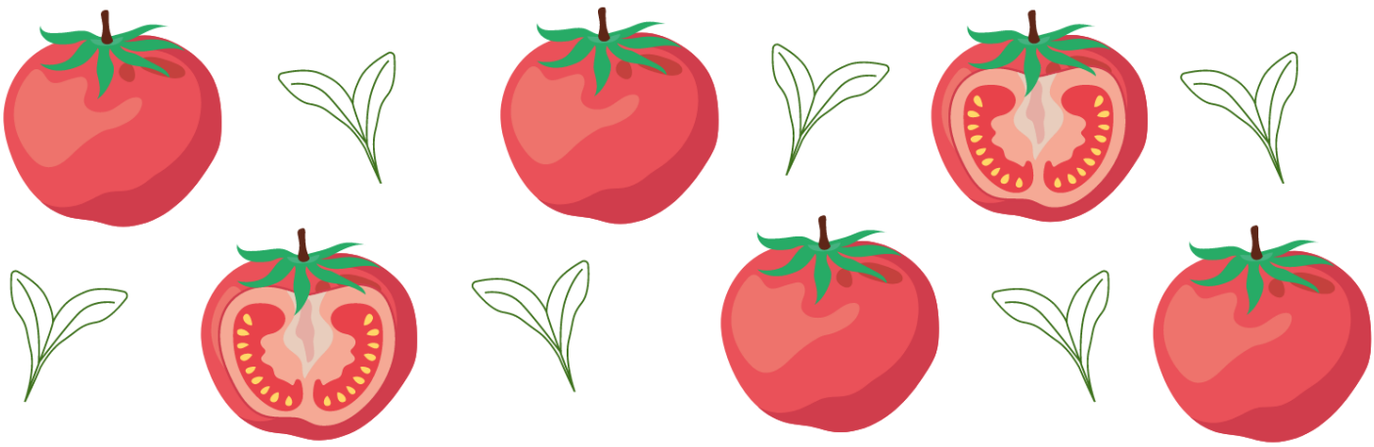


Terrific Tomatoes

What's so cool about tomatoes

Tomatoes come in many colors and varieties. Different tomatoes have different tastes, so if you do not like one kind of tomato, you may like a different kind. Tomatoes are high in Vitamin C, Vitamin A and potassium.

What to do with tomatoes

- Dice tomatoes with onion. Add lime juice to make homemade salsa.
- Scramble tomatoes into eggs for a veggie packed breakfast.
- Top toast with cream cheese or hummus and sliced tomatoes for a filling and tasty snack.

Storage, skills and safety

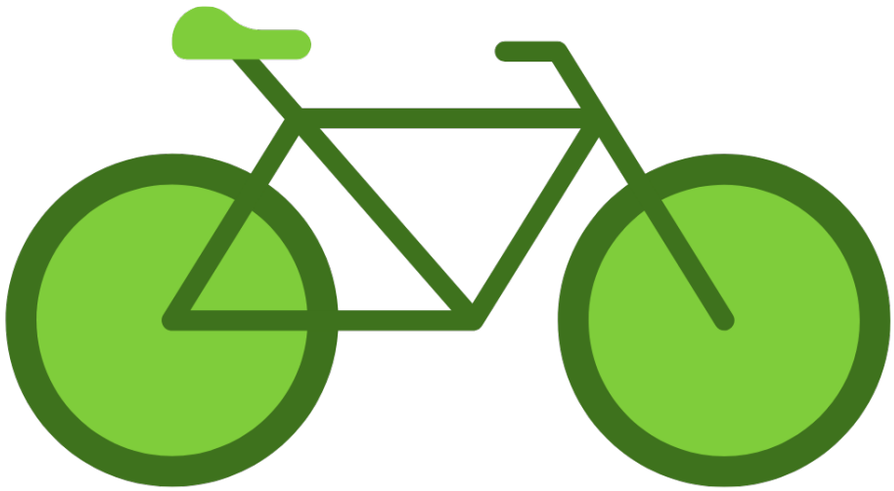
- Store whole tomatoes at room temperature, away from sunlight. This keeps them full of flavor.
- Store sliced tomatoes in the refrigerator to prevent germ growth.
- Cut tomatoes with a knife that has rough edges. This is called a serrated knife.

Recipe: Tomato Melts

- **Ingredients:** 2 large tomatoes cut in half, 2 tablespoons low-fat vinaigrette dressing, 1 teaspoon Italian seasoning, 2 tablespoons shredded Parmesan cheese, 2 tablespoons bread crumbs
- **Directions:** Place tomato halves on a broiler pan and drizzle with vinaigrette. Sprinkle with Italian seasoning. Combine cheese and breadcrumbs and sprinkle over tomato slices. Broil 3-5 minutes or until cheese melts.

(Source: Adapted, Eat Well in a Snap. MIHOTM.)

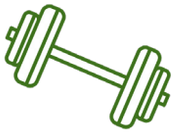
Q: Guess this food: I am made with both red and green tomatoes.
I can be mild, medium or HOT!
A: Salsa



Excellent Exercise

Out and About

With an adult, visit a park. Elkenburg Park has bleachers and a covered area for picnics. Pack a healthy lunch and shoot some hoops. Elkenburg Park is located at 309 Elkenburg St. in South Haven. It is one block from Lincoln Elementary School.



Physical activity ideas

- Run up and down your stairs or around your house. See how quickly you can do it and try to beat your record.
- Play freeze dance. Put on some music and start dancing. When the music stops, everyone must freeze.
- Play hide and seek with your toys. Have someone hide toys around your yard to find. Once you find them, switch spots and hide them for the other person to find.

Get Moving: At-Home Bowling

- **What you need:** Empty containers such as bottles, cans, cereal boxes, etc., and a ball or soft object to throw
- **How to play:** Set up the "bowling alley" with the empty containers. Create a start line which the person throwing cannot cross. Try to knock down as many containers as possible. Make it more of a challenge by doing it with your eyes closed, throwing the object backwards, etc.

Safety tip!

When you play outside, make sure you play away from the street.

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Zesty Zucchini

What's so cool about Zucchini

Zucchini is low in calories and high in fiber. One cup of zucchini gives you $^{1}/_{3}$ of the vitamin C you need in day! Vitamin C helps fight infections and builds healthy hair, skin and nails.

What to do with zucchini

- Add zucchini to pasta, pizza or soup.
- Cut raw zucchini into sticks. Dip in hummus or veggie dip.
- Grate and add to pancakes or muffins.

Storage, skills and safety

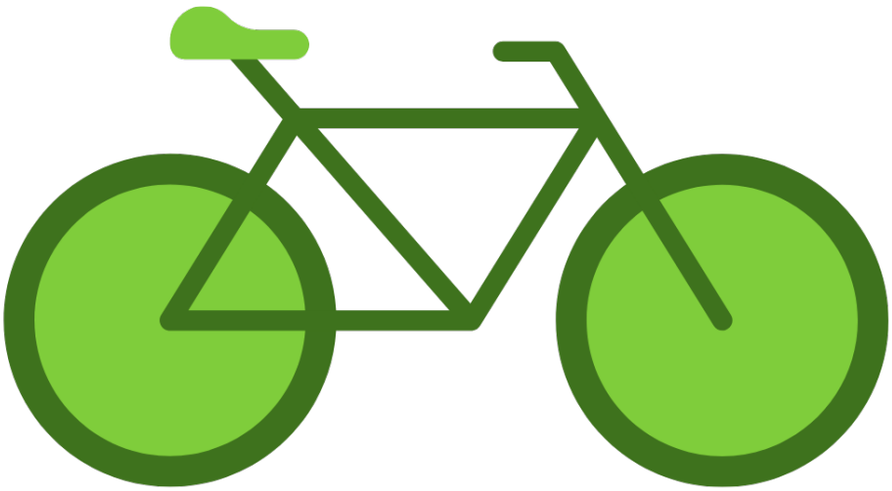
- Make sure to wash zucchini before cooking, chopping or eating.
- Be careful when cutting zucchini. They roll. Slice it in half then place the flat side down to finish cutting.
- Store whole zucchini in the fridge crisper drawer.

Recipe: Cheesy Zucchini Dip

- **Ingredients:** 2 shredded zucchini, 1 shredded yellow squash, 2 diced tomatoes, 1 tablespoon basil, 1 (8 oz.) package cream cheese, 1 teaspoon garlic powder, ¼ teaspoon pepper
- **Directions:** Combine garlic, basil and tomatoes in a pot over medium heat. Cover and simmer for 10 minutes, stirring occasionally. Add zucchini and yellow squash to the pot and stir. Increase heat to medium high, cover with lid and cook for 20 minutes, or until the zucchini is soft. Stir occasionally. Remove from heat. Season with pepper. Add cream cheese and stir until fully melted into the vegetable mixture. If the dip is too thick, add a little hot water. Serve hot with pita chips, celery sticks or whole grain crackers.

(Source: Adapted Eat Well in a Snap. MIHOTM.)

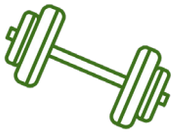
Fun Fact: According to the Guinness Book of World Records, the longest zucchini ever grown was 7 feet 10.3 inches long. The heaviest zucchini ever grown was 64 pounds, 8 oz.



Excellent Exercise

Out and About

Visit the South Haven Public Library to check out books and fun activities. It is located at 314 Broadway St. (next to the Post Office). Call (269) 637-2403 with questions.



Physical activity ideas

- Take a walk to the lake and jump in for a swim. Make sure you are with an adult!
- Strap on some roller blades or your tennis shoes and take a stroll around town.
- Play hopscotch outside by drawing a hopscotch board on your sidewalk. Make it extra fun by challenging yourself to jump quickly or on only one foot.

Game: Water Ball

- **What you need:** Water (lake, pool, etc.), and something that either absorbs water (a water ball, ball of socks, etc.) or something that floats on water (flying disc, etc.).
- **How to play:** With at least two people, stand across from each other. Throw the ball between all players to catch. The catcher should either dodge or catch the ball to avoid being splashed. Keep repeating and have fun!

Safety tip!

Be sure to wear a life jacket if you are not an experienced swimmer.

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