

Harvest of the Month

Pumpkin



FUN FACTS:

Pumpkins range in size from less than 1 pound to over 1,000 pounds. They are typically orange, but can be yellow, white or green.

80% of the pumpkin supply in the U.S. is available in October.

Roast the seeds for a snack that is high in iron and protein. The flowers are edible, too!

Add cooked pumpkin to your oatmeal, sprinkle with pumpkin pie spice, and top with walnuts.

This institution is an equal opportunity provider.



The Bountiful Harvest of Fall

Fall is among us, which means bountiful harvest, slight crispness to the air and ample opportunity to be active outdoors. Taking time to enjoy these luxuries will help improve a person's health and well-being.

Eat the season's colorful harvest

- Picked at its ripest, providing the highest nutritional values... what is better than this!
- Loaded with antioxidants, helping our bodies fight off disease and illness
- Enjoy old family recipes or explore new exciting ones

Breathe the clean, fresh air

- Boosts immune system to keep illness at bay
- Increases energy
- Reduces stress and anxiety
- Scientifically-proven to increase happiness
- Improves concentration

Enjoy a nature-filled activity

- Good for the mind, body and social life
- Get adventurous and enjoy a new fall activity
- Socialize at a local fall festival
- Select the perfect pumpkin at a pumpkin patch
- Find a new apple orchard or visit the family favorite

Take time to enjoy fall's delicious harvest, crisp clean air and abundant activities to soar us toward a healthier lifestyle!

Melanie Wirth, RDN, LD, MBA, Corporate Dietitian, Taher, Inc.

HARVEST OF THE MONTH RECIPE—OCTOBER

~ featuring pumpkin ~

Pumpkin Cream Cheese Muffins

- | | |
|-----------------------------|---|
| 1/2 cup | white whole wheat flour |
| 3/4 cup | unbleached all-purpose flour |
| 3/4 cup | sugar |
| 1 tsp | baking soda |
| 2 tsp | pumpkin pie spice |
| 1/4 tsp | nutmeg |
| 1/4 tsp | cinnamon |
| 1/4 tsp | salt |
| 1 1/2 cups | canned pumpkin, NOT pumpkin pie filling |
| 2 Tbs | coconut oil |
| 1 | large egg |
| 1 1/2 tsp | vanilla extract |
| CREAM CHEESE TOPPING | |
| 5 oz | 1/3 less fat free cream cheese |
| 2 Tbs | sugar |
| 1 | large egg yolk |
| 1 tsp | vanilla extract |

1. Preheat oven to 350°F. Line a muffin tin with paper liners and lightly spray liners with oil for easy removal.
2. In a medium bowl, combine flours, sugar, baking soda, pumpkin spice, nutmeg, cinnamon, and salt with a wire whisk. Set aside.
3. In a large bowl mix pumpkin, oil, egg, and vanilla; beat at medium speed until thick. Scrape down sides of bowl.
4. Add flour mixture to the wet mixture, then blend at low speed until combined; do not over mix.
5. In a large bowl, beat the cream cheese until smooth. Slowly beat in the sugar, egg yolk and vanilla until combined.
6. Pour batter into prepared muffin tin. Drop 1 Tbs of cream cheese to the tops of each muffin. Using a toothpick gently swirl the frosting from the edge to center into the batter.
7. Bake on the center rack for 24 to 26 minutes, or until a toothpick inserted in the center comes out clean.
8. Let them cool before serving.

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RECIPE YIELD: 12 Muffins

RECIPE NUTRITION SNAPSHOT ~ 1 muffin
 170 calories, 6g total fat, 4g saturated fat,
 34mg cholesterol, 160mg sodium, 16g sugar
 25g carbohydrates, 2g fiber, 3.5g protein



Harvest of the Month



Apple

Calories
95

Total Fat
0g

1
fruit

Sodium
2mg

Sugars
19g

FUN FACTS:

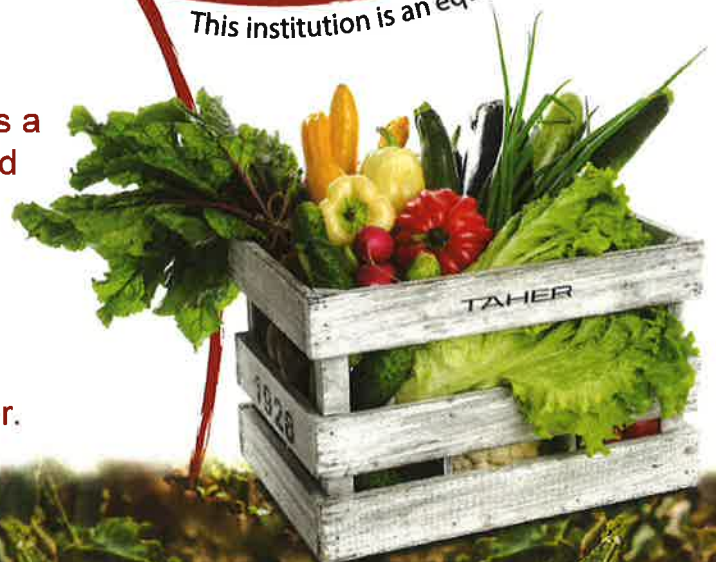
There are 2,500 varieties of apples in the U.S. and over 7,500 varieties throughout the world. The crabapple is native to North America.

Apples can be as small as a cherry and as big as a grapefruit. The largest apple ever picked weighed in at 3 pounds!

Many of the valuable nutrients in an apple are in the peel or just under the peel.

It takes 36 apples to make a gallon of apple cider.

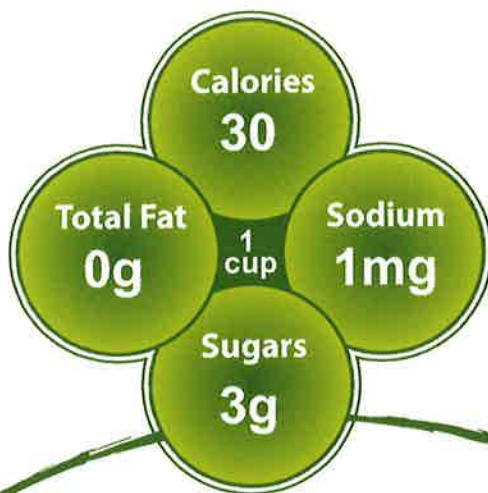
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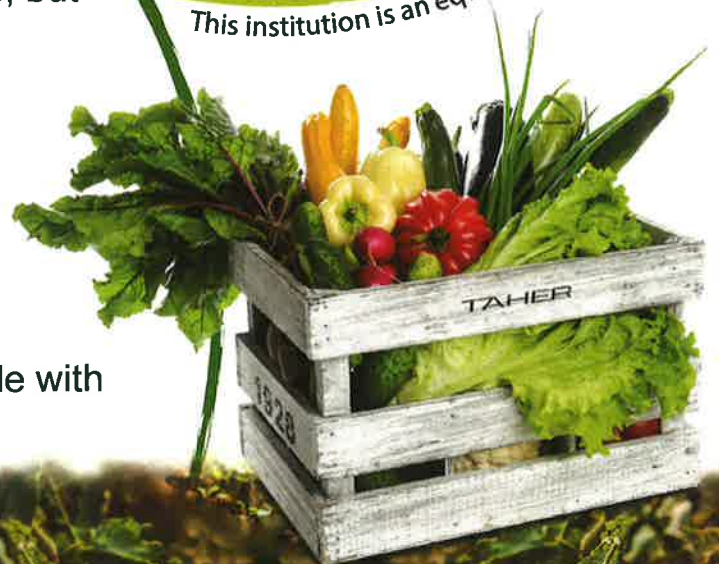
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Harvest of the Month



Leeks



FUN FACTS:

Leeks are root vegetables that look like giant green onions.

Many people who object to onions LOVE leeks because their flavor is mellow and not overpowering. They also are easier to digest.

The part of the leek that is underground remains tender and white, while the part exposed to sunlight becomes tough and fibrous.

They are a very important vegetable in European and Asian cuisines.

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