

Harvest of the Month



November 2017



Onions & Garlic

Circle all onions on the page.

- How many whole onion pictures are there?(answer on back)
- Do you like onions?
- Do you like garlic?
- Do you prefer them cooked or raw?

Brussels Sprouts with Apples and Onions

Ingredients:

- 1 tablespoon vegetable oil
- 1 cup diced onion
- 4 cups sliced Brussels sprouts
- 2 cups diced apple
- 2 tablespoons lemon juice
- 1/2 teaspoon black pepper
- salt to taste

Instructions:

1. Heat oil in a large pan over medium heat.
2. Add onion. Cook for 5 minutes, until soft.
3. Add Brussels sprouts and cook 5 minutes.
4. Add the apple, cook 5-10 minutes, until apples are soft.
5. Remove from heat. Add lemon juice, pepper and salt. Mix well.
6. Serve hot and enjoy!
7. Refrigerate leftovers.

<http://jsyfruitveggies.org/brussels-sprouts-with-apples-and-onions/>

NORTH COUNTRY REGION EAT SMART NY

Find recipes & more at: northcountryeatSMARTny.org



Nutrition Facts

Serving Size (101g)		Servings Per Container	
Amount Per Serving 8			
Calories 60	Calories from Fat 15		
% Daily Value*			
Total Fat 2g			3%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 85mg			4%
Total Carbohydrate 10g			3%
Dietary Fiber 3g			12%
Sugars 5g			
Protein 2g			
Vitamin A 8%		Vitamin C 70%	
Calcium 2%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4



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Text EatSmartNY to 99000 *Message and data rates may apply.

EAT YOUR ONIONS & GARLIC

Reasons to Eat Onions and Garlic

Onions are rich in Vitamins and Minerals and a source of Vitamin C and fiber. They are low in fat and calories. Onions are also rich in antioxidants which lower blood pressure and prevent some kinds of cancer. Vitamin C keeps our immune system strong and helps our bodies heal quickly.

Garlic is rich in Vitamin B and the mineral manganese. B Vitamins help our cells grow and stay healthy. Manganese helps to keep our bones and nervous system healthy and reduces inflammation in our bodies.

How Much Do I Need?

Onions and garlic have strong flavors. They are perfect added into salads, vegetable and main dish meals. The amount of fruits and vegetables that is right for you depends on your age, if you are a male or female, and how active you are every day. See how much is right for you visit: <https://www.choosemyplate.gov/vegetables>. Make a goal to eat a variety of colorful fruits and vegetables throughout the day. And make a goal to be active for at least 60 minutes every day!

Nutrition Facts	
Serving Size 1 clove raw (3g) Servings Per Container	
Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

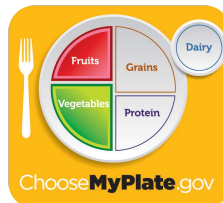
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts	
Serving Size 1 medium onion (148g)	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 1g	
Vitamin A 0%	Vitamin C 20%
Calcium 4%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4



Fall Produce Word Search

Find and mark the words below

p	o	t	a	t	o	b	w	e	t
u	v	u	x	r	a	d	i	s	h
m	s	r	t	a	c	y	c	h	i
p	c	n	k	e	a	n	s	p	a
k	o	i	m	d	r	u	c	h	p
i	w	p	y	a	r	n	d	o	p
n	t	o	n	i	o	n	r	i	l
u	n	a	l	e	t	t	u	c	e

apple
onion

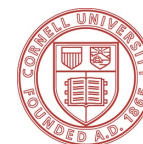
turnip
radish

pumpkin
carrot

lettuce
potato

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Answers from front: 7 onions (did you remember the 3 scallions or long onions? Did you accidentally count the garlic?)



Cornell University
Cooperative Extension