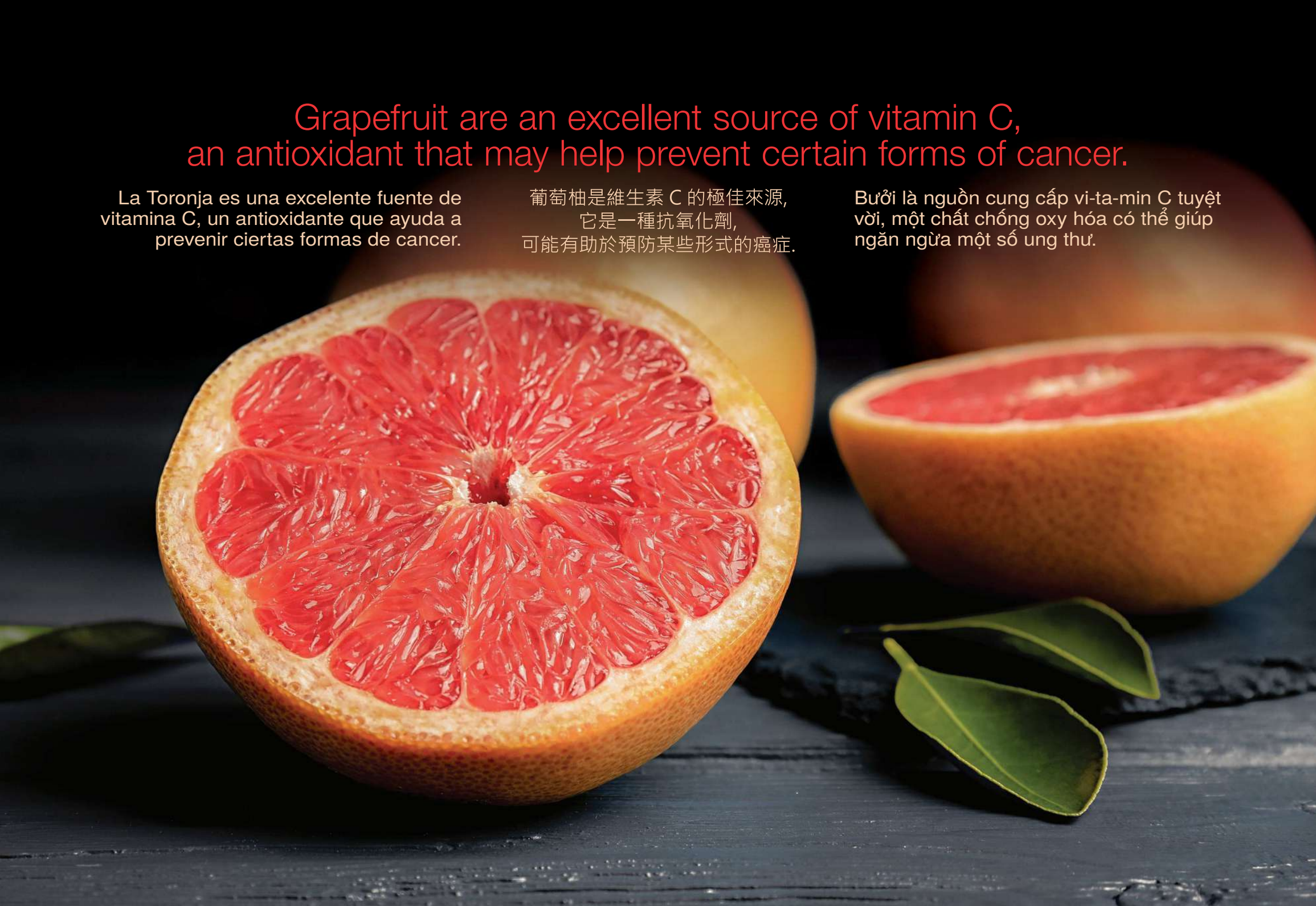


Alameda County Public Health Department
Nutrition Services

Harvest of the Month®

2025 Calendar


Grapefruit are an excellent source of vitamin C,
an antioxidant that may help prevent certain forms of cancer.
La Toronja es una excelente fuente de vitamina C, un antioxidante que ayuda a prevenir ciertas formas de cancer.
葡萄柚是維生素 C 的極佳來源,
它是一種抗氧化劑,
可能有助於預防某些形式的癌症.
Bưởi là nguồn cung cấp vi-ta-min C tuyệt vời, một chất chống oxy hóa có thể giúp ngăn ngừa một số ung thư.

JANUARY
ENERO 2025

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
January 19-25 has been designated as **Healthy Weight Week**. During this time, try making a change to live healthy: ■ Eat from all five food groups every day (grains, fruits, vegetables, milk and dairy, and meat or other meat options). ■ Listen to your body and tune into hunger and fullness.			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King, Jr.'s Birthday	21	22	23	24	25
Healthy Weight Week (January 19–25)				**Healthy Weight Week** (January 19–25)		
26	27	28	29	30	31	

Spicy Grapefruit Salad

(6 – ¾ CUP SERVINGS)

2 (15 oz.) cans grapefruit in 100% fruit juice

1 lb. jicama, peeled and diced into bite-sized pieces

1 tsp. chili seasoning

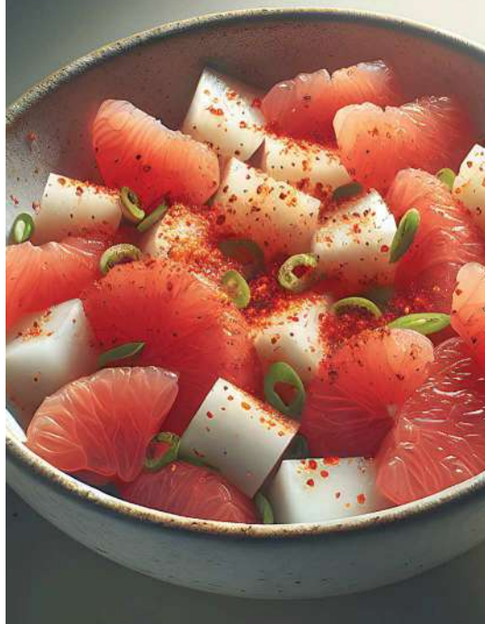
Drain the contents of the two cans of grapefruit, reserving 1/4 cup of the juice. Add this reserved liquid and the grapefruit segments into a large bowl. Add diced jicama and gently toss.

Wrap and store in the refrigerator for 15 to 30 minutes untill chilled.

Toss again before serving. Portion out the salad and sprinkle with chili seasoning and serve.

NUTRITION INFORMATION PER SERVING

Calories 81, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 1.5 g, Total Fat 0 g, Saturated Fat 0 g, Total Sugar 18 g, Cholesterol 0 mg, Sodium 13 mg



Cabbages come in green or red (purple) varieties and are low in calories and high in vitamin C.

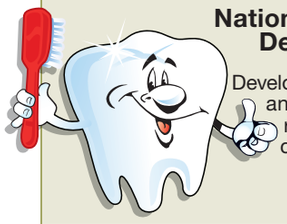
El repollo viene en diferentes colores; verde y rojo (morado) que son bajos en calorías y altos en vitamina C.

包心菜有綠色或紅色（紫色）兩種, 皆為低熱量蔬菜, 並含有大量維他 C.

Bắp cải rất đa dạng, có cả màu xanh hoặc màu đỏ (màu tím), có rất ít ca-lo và giàu vi-ta-min C.



FEBRUARY
FEBRERO 2025

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
 **National Children's Dental Health Month** Developing good dental habits at an early age and scheduling regular dental visits, helps children get a good start on a lifetime of healthy teeth and gums.		Eating a nutritious mix of foods is not only healthy for your body, but for your teeth too. When you eat sugary foods like cookies, cake, cereal, and soft drinks, the bacteria living in your mouth also feed off of these sugars and form acids that attack your teeth and break down the enamel. By snacking on sugary foods throughout the day, you may have a higher risk of tooth decay. By including other foods in your meal, you help to remove those acids. If you need a snack, choose foods low in sugar. Brushing your teeth twice a day with a fluoride toothpaste, will help you to protect your teeth from cavities. Replace your toothbrush every three to four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth.				1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 President's Day (Observed)	18	19	20	21	22
23	24	25	26	27	28	**Happy Heart** Check Blood Pressure (Aim For <120/80) Eat More Whole and Fresh Foods Eat Less Processed Foods

Caribbean Crunch Slaw

(5 – 1 CUP SERVINGS)

2 Tbsp. lime juice

1 Tbsp. cider vinegar

2 Tbsp. sugar

4 cups purple cabbage, shredded

1 large mango, peeled and sliced

1 Tbsp. cilantro, chopped

Mix the lime juice, cider vinegar and sugar in a large bowl. Add the shredded cabbage, mango and cilantro and toss well to combine.

NUTRITION INFORMATION PER SERVING

Calories 50, Carbohydrate 12 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Total Sugar 9 g, Cholesterol 0 mg, Sodium 15 mg





One-half cup of cooked spinach
is an excellent source of magnesium
which helps prevent muscle cramps.

Media taza de espinaca cocida es
una excelente fuente de magnesio cual
avuda a prevenir calambres musculares.

一杯半的菠菜含有豐富的鎂, 有助於防止肌肉痙攣.

Một nửa chén rau dền nấu chín cung
cấp một nguồn chất kềm tuyệt vời,
giúp ngăn ngừa co rút cơ bắp.

National Nutrition Month

MARCH 2025
MARZO

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
						1
2	3	4	5	6	7	8
9 Daylight Saving Time Begins	10	11	12	13	14	15
16	17	18	19	20 Spring Begins	21	22
23 30	24 César Chávez Day 31	25 Diabetes Alert Day	26	27	28	29



Think Before You Drink

Pay attention to the calorie content in beverages. Drinking beverages with lots of calories and too much sugar can contribute to health issues, such as weight gain and a higher risk for some diseases like type II diabetes and some cancers. The number one choice for hydration is water. The best choices for hydration other than water are drinks that contain healthy nutrients, such as fiber, vitamins, and minerals and do not contain added sugar.

March is National Nutrition Month and the Academy of Nutrition and Dietetics wants to encourage you and your family to return back to the basics of healthy eating. Go to **www.choosemyplate.gov** to make sure you are eating the recommended amounts of fruits, vegetables, grains, protein foods, and dairy each day.



National School Breakfast Week (March 3–7)



Pepper and Orange Spinach Salad

(6 – 2 CUP SERVINGS)

- 1 medium orange, zested (reserved for dressing), peeled and sectioned
- 1 head Boston lettuce, washed and torn into bite-size pieces
- 2 cups fresh baby spinach
- 2 medium bell peppers, seeded and julienned
- 1/2 small red onion, thinly sliced
- 2 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- 2 tsp. salt alternative seasoning (like Mrs. Dash Alternatives™)

Wash and zest the orange before peeling, saving the zest for later. Continue to remove the peel and section the orange.

Toss the lettuce with the spinach and divide between six plates. Top each with pepper slices, orange sections and onions.

To make the dressing, combine the olive oil, balsamic vinegar, salt alternative seasoning and orange zest and mix well. Drizzle over salads just before serving.

NUTRITION INFORMATION PER SERVING

Calories 72, Carbohydrate 7 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 5 g, Saturated Fat 1 g, Total Sugar 5 g, Cholesterol 0 mg, Sodium 12 mg





Sugar snap peas are an excellent source of vitamin K which helps stop cuts from bleeding too much.

Los guisantes dulces son una excelente fuente de vitamina K, cual ayuda a detener demasiado sangramiento en cortadas.

蜜糖豌豆是維他命 K 極佳的來源,
有助於防止傷口流血過多.

Đậu Hà Lan Đường là một nguồn cung cấp chất vi-ta-min K tuyệt vời, giúp ngăn chặn chảy máu quá nhiều khi bị cắt trúng thịt.

APRIL 2025
ABRIL

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
Everyone deserves to live a long and healthy life in a safe environment. Every year **National Public Health Week** is celebrated as a way to spread the word about the causes of poor health and disease risk among individuals and within our communities. Visit **www.nphw.org** for more information.		1	2	3	4	5
6	7 World Health Day	8	9	10	11	12
	National Public Health Week (April 7–13)				**National Public Health Week** (April 7–13)	
13 **Public Health Week**	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



Did you know that the human body is made up of 60% water? When we have enough water for our bodies to work well, it means we are hydrated. All of that water plays an important role in aiding our body to control it's temperature, helping blood to flow, and moving important nutrients around in the body. When we don't drink enough fluids throughout the day, our body can become dehydrated. This means our body doesn't have enough water to work well.

Roasted Sugar Snap Peas

(4 – ¾ CUP SERVINGS)

2 tsp. vegetable oil

1 tsp. low-sodium soy sauce

1/2 tsp. salt

1/4 tsp. black pepper

1 lb. sugar snap peas

Preheat oven to 400˚ F.

Lightly grease a large baking sheet.

In a large bowl, whisk together oil, soy sauce, salt and pepper. Add sugar snap peas and toss well.

Pour peas into baking sheet and spread into one layer. Bake for 8 to 10 minutes, stirring occasionally.

Refrigerate leftovers within 2 hours.

NUTRITION INFORMATION PER SERVING

Calories 70, Carbohydrate 8 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 2.5 g, Saturated Fat 0 g, Total Sugar 4 g, Cholesterol 0 mg, Sodium 340 mg




Beets provide rich amounts of calcium, iron, magnesium, and phosphorus.
El betabel contiene cantidades ricas de calcio, hierro, magnesio, y fósforo.
甜菜提供豐富的鈣,鐵,鎂,和磷.
Cây củ cải đường cung cập nhiêu chât canxi, chât sắt, chât magiê, và chât photpho.

MAY 2025
MAYO

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
				1	2	3
4	5	6	7	8	9	10
11 Mother's Day	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Memorial Day	27	28	29	30	31



GARDEN TIP

Some of the cool season crops can still be planted in early May. Such plants include chard, leeks, green onions, lettuce, and other salad greens.



A lack of water can lead to dehydration — a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired. Drink water...feel better. Drink 8 – 12 cups of water every day.

Drinking Water Week (May 4 – 10)

Drinking Water Week (May 4 – 10)

Screen-Free Week (May 5 – 11)

Screen-Free Week (May 5 – 11)

Screen-Free Week

Un-BEET-able Berry Smoothie

(4 – 1 CUP SERVINGS)

1 cup pineapple juice

1 cup low-fat plain or vanilla flavored yogurt

1½ cups fresh or frozen berries

1/2 cup pre-cooked beets, fresh or canned (drained)

1 small frozen banana

AT LEAST A COUPLE OF HOURS PRIOR:

Remove peel and cut the banana into coins or chunks. Arrange the pieces, uncovered, on a parchment-lined baking tray in a single, even layer. Place tray on a level surface in the freezer until the banana has frozen, about three to four hours. For longer storage, transfer the frozen banana pieces into a freezer bag, pressing out all the air and seal. Return banana back into the freezer for later use.

Combine all of the ingredients into a blender and blend until smooth. Serve immediately.

NUTRITION INFORMATION PER SERVING

Calories 144, Carbohydrate 30 g, Dietary Fiber 3 g, Protein 4 g, Total Fat 2 g, Saturated Fat 0 g, Total Sugar 22 g, Cholesterol 4 mg, Sodium 52 mg





Eating plums helps your body absorb iron, improving blood circulation and the growth of healthy tissue.

Comer ciruelas ayuda al cuerpo a absorber hierro, mejorando la circulación de la sangre y el crecimiento de un tejido saludable.

吃李子有助於身體吸收鐵,
改善血液循環和健康組織的生長.

Ăn trái mân/mo giúp cơ thê ban hâp thu chât sat, nâng cao máu luu thông và tang truong tê bào tôt.

National Fresh Fruit and Vegetable Month

JUNE 2025
JUNIO

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15 Father's Day	16	17	18	19 Juneteenth	20 Summer Begins	21
22	23	24	25	26	27	28
29	30					



GARDEN TIP

There is still time to plant beans, corn, cucumbers, eggplants, peppers, pumpkins in time for Halloween, summer squash and tomatoes.

June is **National Fresh Fruit and Vegetable Month**. It's a great time to consider if you're including enough fresh fruits and vegetables in your diet. It's also about **color**! Eating fruit and vegetables of different colors gives your body a wide range of needed nutrients like fibers, folate, potassium, and vitamins. Examples of this include green spinach, orange sweet potatoes, black beans, yellow corn, red watermelon, purple plums, and white onions. For more variety, bring new fruits and vegetables into your diet.

Plum and Melon Salsa

(6 – ½ CUP SERVINGS)

2 cups plums, diced

1 cup cantaloupe, diced

1/4 cup onion, diced

2 Tbsp. lime or lemon juice

1 Tbsp. fresh mint leaves, chopped (optional)

Combine diced plums, cantaloupe, onion and juice in a bowl and toss. Refrigerate for at least 30 minutes to chill and allow flavors to blend. Before serving, add mint, if using, and toss well.

NUTRITION INFORMATION PER SERVING

Calories 38, Carbohydrate 9 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Total Sugar 8 g, Cholesterol 0 mg, Sodium 5 mg





Watermelon is a good source of lycopene,
an antioxidant that may lower your risk for some diseases.

La sandia es una buena fuente de licopeno,
un antioxidante que puede reducir el riesgo
de algunas enfermedades.

西瓜含有豐富的番茄紅素, 番茄紅素是
一種抗氧化劑, 可以降低某些疾病的風險.

Trái dưa hấu là một nguồn cung cấp chất
lycopene, một chất chống oxy hóa có thể làm
giảm nguy cơ của bạn đối với một số bệnh.

JULY 2025
JULIO

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
 **GARDEN TIP** July is your last chance to plant vegetables to harvest this year. Try planting beans, beets, chard, broccoli, carrots, kohlrabi, peas, Chinese cabbage, lettuce, radishes, scallions, and spinach.		1	2	3	4 Independence Day	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	**July is National Picnic Month.** Enjoy a picnic with seasonal fruit. And while you're outside, enjoy outdoor activities such as walking or cycling.	



Red, White and Blue Watermelon Sundae

(4 – 1½ CUP SERVINGS)

4 cups watermelon, diced

2 cups fresh blueberries

Prepared whipped topping

Red, white and blue sprinkles (optional)

Combine diced watermelon and blueberries in a bowl and gently toss. Divide into four bowls. Finish by topping each with a tablespoon of the prepared whipped topping and a dusting of sprinkles, if using.

NUTRITION INFORMATION PER SERVING

Calories 94, Carbohydrate 22 g, Dietary Fiber 2 g, Protein 1.5 g, Total Fat 1 g, Saturated Fat 0.5 g, Total Sugar 17 g, Cholesterol 2 mg, Sodium 2 mg




One-half cup of corn (about one ear) provides fiber which helps to prevent constipation.
Media taza de maíz (como el tamaño de un elote) provee fibra, cual ayuda a prevenir constipación.
一半杯玉米（一個/穗玉米）提供纖維素, 有助於預防便秘.
Một nửa chén bắp (khoảng một trái) cung cấp chất xơ, giúp ngăn ngừa táo bón.

AUGUST 2025
AGOSTO

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
World Breastfeeding Week is celebrated in more than 170 countries to encourage breastfeeding and improve the health of babies around the world. Breastfeeding is the best way to provide newborns with the nutrients they need. It is recommended to breastfeed solely until a baby is six months old, and to continue to breastfeed, with the addition of healthful foods for up to two years or beyond.		Farmers' markets bolster local economies; improve community health; increase access to fruits and vegetables; and bring diverse groups of people together through a shared social space. There are hundreds of markets throughout California. Check out: **www.ecologycenter.org/fmfinder** or even the back of this calendar to find one near you!			1 **World Breastfeeding Week** (August 1 – 7)	2
3	4	5	6	7	8	9
World Breastfeeding Week (August 1 – 7)						
National Farmers' Market Week (August 3 – 9)					**National Farmers' Market Week** (August 3 – 9)	
10	11	12	13	14	16	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

Sweet Corn Salad

(6 – ½ CUP SERVINGS)

1/4 cup lime or lemon juice
(or, 3 Tbsp. wine vinegar)

1 Tbsp. olive oil

1/2 tsp. salt

Black pepper to taste

2 cups corn kernels

1 large tomato, diced

1 cucumber (small 6"), diced

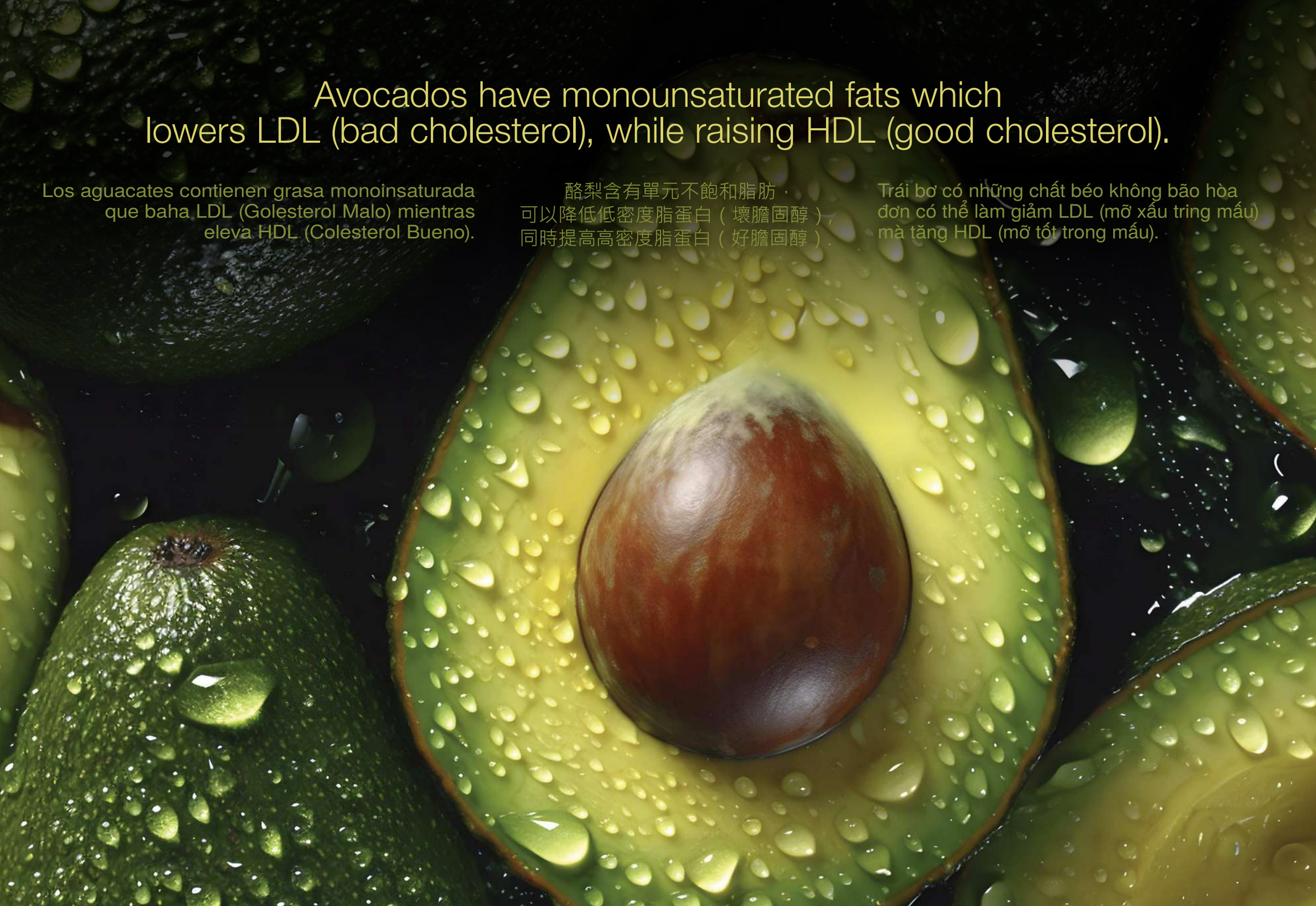
1/2 red onion, sliced

In a bowl, whisk together lime (or lemon) juice, olive oil, salt and pepper. Add remaining ingredients and toss. Salad can be eaten chilled or at room temperature. Toss again just before serving.

NUTRITION INFORMATION PER SERVING

Calories 86, Carbohydrate 21 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 3 g, Saturated Fat 0.5 g, Total Sugar 4 g, Cholesterol 0 mg, Sodium 101 mg





Avocados have monounsaturated fats which lowers LDL (bad cholesterol), while raising HDL (good cholesterol).

Los aguacates contienen grasa monoinsaturada que baha LDL (Golesterol Malo) mientras eleva HDL (Colesterol Bueno).

酪梨含有單元不飽和脂肪，
可以降低低密度脂蛋白（壞膽固醇），
同時提高高密度脂蛋白（好膽固醇）

Trái bơ có những chất béo không bão hòa đơn có thể làm giảm LDL (mỡ xấu tring mấu) mà tăng HDL (mỡ tốt trong mấu).

Childhood Obesity Awareness Month
Better Breakfast Month
Fruits and Veggies Month

SEPTEMBER 2025
SEPTIEMBRE

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
rethink YOUR DRINK	1 Labor Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Autumn Begins	23	25	25	26	27
28	29	30				



September is **Better Breakfast Month** and for good reason. Eating breakfast every day is one of the best and healthiest habits you can acquire. The benefits of eating breakfast are vast and compelling. Here's why everyone should be eating breakfast every day:

- Breakfast is necessary for meeting daily nutrient needs.
- Eating breakfast helps with weight management.
- Children who eat breakfast get higher grades in school and are less likely to be depressed, anxious or irritable.

Avocado Tortila Soup

(8 – 1 CUP SERVINGS)

3 (14 oz.) cans, low-sodium chicken broth

2 (10.75 oz.) cans, low-sodium condensed tomato soup

3 garlic cloves, finely chopped

1/2 tsp. ground black pepper

1/2 bunch cilantro, leaves only

1 ripe avocado, peeled, pitted and chopped

8 corn tortilla chips

In a large pot, combine chicken broth, tomato soup, garlic and black pepper and bring to a boil. Reduce heat and simmer for 10 minutes. Divide avocado among soup bowls and ladle over soup. Garnish with tortilla chips and sprinkle with cilantro leaves.

NUTRITION INFORMATION PER SERVING

Calories 134, Carbohydrate 17 g, Dietary Fiber 2 g, Protein 5 g, Total Fat 6 g, Saturated Fat 1 g, Total Sugar 7 g, Cholesterol 0 mg, Sodium 328 mg




Persimmons are an excellent source of vitamin A, which helps keep skin healthy.
Los persimos son una excelente fuente de vitamina A, cual ayuda a mantener una piel saludable.
柿子是維生素 A 的極佳來源, 這有助於保持皮膚健康.
Quả hồng giòn là một nguồn cung cấp chất vi-ta-min A tuyệt vời, giúp giữ cho làn da khỏe đẹp.

Eat Better Eat Together Month
Farm to School Month
Health Literacy Month

OCTOBER 2025
OCTUBRE

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
	It's a national movement to consume more healthy, affordable, and sustainable food — like fruits and vegetables. Make half your children's plates fruits and vegetables and help them get at least 60 minutes of physical activity every day. Doing these things is good for their health and can also help your children do better in school. So celebrate Food Day and use Harvest of the Month to help you and your family live a healthy, active lifestyle.		1	2	3	4
5	6	7	8 Walk to School Day	9	10	11
12	13 National School Lunch Week (October 13 – 17)	14 National School Lunch Week (October 13 – 17)	15	16	17	18
19	20	21	22	23	24 Food Day	25
26	27	28	29	30	31	

Persimmon Spinach Salad

(4 – 1 CUP SERVINGS)

- 1½ Tbsp. olive oil
- 3 Tbsp. orange juice
- 2 Tbsp. rice vinegar (without added salt or sugar)
- 1/2 tsp. salt
- 3 cups fresh spinach, washed
- 3 medium persimmons, sliced
- 1/4 cup toasted pecans (optional)
- 1/4 cup dried cranberries

In a large bowl, whisk together oil, orange juice, rice vinegar and salt to make dressing. Add spinach, persimmons, cranberries and pecans, if using, and toss in dressing. Serve.

NUTRITION INFORMATION PER SERVING
Calories 102, Carbohydrate 15 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 5 g, Saturated Fat 0 g, Total Sugar 7 g, Cholesterol 0 mg, Sodium 164 mg




Pumpkin provides a good source of potassium,
which helps maintain a healthy and nervous system.
La calabaza provee una buena fuente de potasio que aydua a
mantener un corazón saludable y sistema nervioso.
南瓜提供鉀的良好來源, 它有助於維持心臟健康和神經系統.
Bí đỏ (bí rợ) cung cấp một nguồn kali cao, giúp duy
trì tốt cho tim mạch và hệ thần kinh.

NOVEMBER 2025
NOVIEMBRE

National Diabetes Awareness Month

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
 **GARDEN TIP** Lettuce, green onions, potatoes, and peas can all still be planted. But don't be too much in a rush to harvest them because they won't be ready until the spring.			 Drinking beverages with too much sugar, which supplies lots of calories, can contribute to weight gain, health issues, and can lead to higher risks of some diseases like type II diabetes and some cancers. The number one choice for hydration is water. The best choices for hydration, other than water, are drinks that contain nutrients, such as fiber, vitamins, and minerals and do not contain any added sugars.			1
2 Daylight Saving Time Ends	3	4	5	6	7	8
9	10	11 Veterans' Day	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25	26	27 Thanksgiving	28	29

Pumpkin Oatmeal

(3 – 1 CUP SERVINGS)

1½ cups water

1 cup rolled oats

1/2 cup low-fat milk

1/2 cup canned pumpkin

1/4 cup raisins

1 tsp. cinnamon (can substitute nutmeg or pumpkin pie spice)

2 tsp honey
(or maple syrup, optional)

DO NOT GIVE HONEY TO CHILDREN UNDER THE AGE OF ONE

Bring the water to a boil using a medium size pot. Reduce the heat to a simmer and stir in the oats. Stir in milk and pumpkin. Cover with the lid and allow to cook for 3-4 minutes. Remove from heat and carefully remove lid (avoiding the hot steam). Divide oatmeal into bowls and top with the remainder of ingredients.

NUTRITION INFORMATION PER SERVING
Calories 269, Carbohydrate 50 g, Dietary Fiber 7 g, Protein 11 g, Total Fat 4 g, Saturated Fat 1 g, Total Sugar 12 g, Cholesterol 2 mg, Sodium 25 mg



Cooked greens like bok choy, collards, kale and Swiss chard, are excellent sources of vitamin A.

La verdura cocida como: repollo chino, quelites, repollo rizado y acelga suiza son excelentes fuentes de vitamina A.

煮熟的蔬菜, 如白菜, 羽衣甘藍和瑞士甜菜, 是維生素 A 的極佳來源.

Các loại rau xanh nấu chín như bok choy, collard, và cải Swiss chard, là những nguồn cung cấp vi-ta-min A tuyệt vời.



DECEMBER 2025
DICIEMBRE

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 Winter Begins	22	23	24	25 Christmas Day	26	27
28	29	30	31 New Year's Eve	GIVE THE GIFT OF SEEDS TO YOUR FRIENDS AND FAMILY SO THAT THEY CAN START A GARDEN OF THEIR OWN AND ENJOY THE NUTRITIOUS BENEFITS OF EATING FRESH FRUITS AND VEGETABLES. 		

SUKUMA WIKI
Kenyan-Style Braised Greens with Tomatoes

(8 – 1 CUP SERVINGS)

- 1 Tbsp. vegetable oil
- 1 onion, chopped
- 1 tsp. cumin
- 1/2 tsp. ground coriander
- 1/2 tsp. ground turmeric
- 2 tomatoes, chopped
- 1 green chili pepper, seeds removed and diced (optional)
- 1 cup water
- 2 lbs. kale or collard greens, chopped into 1-inch strips including ribs
- 1 tsp. salt
- Black pepper to taste
- 2 Tbsp. lemon juice (optional)

In a large pot over medium heat, add oil and onion and cook for 8 minutes. Add cumin, coriander and turmeric. Stir in tomatoes and chili, if using, and cook for another 2 minutes. Add greens, salt and pepper and stir to combine. Add the water and bring mixture to a boil. Reduce heat to low, cover and cook until greens are tender, about 15 minutes. Stir in lemon juice, if using, and serve.

NUTRITION INFORMATION PER SERVING

Calories 68, Carbohydrate 9 g, Dietary Fiber 5 g, Protein 3 g, Total Fat 3 g, Saturated Fat 0 g, Total Sugar 3 g, Cholesterol 0 mg, Sodium 353 mg











Your Local Farmers' Markets

Now that you've read the nutritional benefits of eating more fruits and vegetables, bring each month's harvest home by shopping at your local Farmers' Market.

Ahora que reconoce los beneficios nutritivos de comer más frutas y vegetales, llévese a casa la cosecha del mes al comprarlo en su local Mercado al aire libre.

您現在知道水果和蔬菜的營養及多吃帶來的好處，在當地的農民市場可把每各月豐收的農產品帶回家。

Giờ đây chúng ta đã hiểu biết sự lợi ích của dinh dưỡng khi ăn nhiều rau cải và trái cây tươi, vậy mỗi tháng chúng ta nên mua các loại rau quả của mùa gặt hái từ Farmers' Market địa phương.

ALAMEDA

Alameda Farmers' Market
Haight Ave. and Webster St.
Tuesdays, 9:00 – 1:00
Saturdays, 9:00 – 1:00

BERKELEY

Downtown Berkeley
Center Street and
Martin Luther King Jr. Way
Saturdays, 10:00 – 3:00

Kaiser Permanente, Berkeley
2621 Tenth Street
Mondays, 9:30 – 1:30

North Berkeley
Shattuck Ave. and Vine St.
Thursdays, 3:00 – 7:00

South Berkeley
Adeline Street and 63rd Street
Tuesdays, 2:00 – 6:30

CASTRO VALLEY

Redwood Road and
Norbridge Avenue at BART
Saturdays, 9:00 – 1:00

DUBLIN

Emerald Glen Community Park
4201 Central Parkway
Thursdays, 4:00 – 8:00; APR – SEPT

Kaiser Permanente, Dublin
3100 Dublin Blvd.
Tuesdays, 10:00 – 2:00; APR – NOV

FREMONT

Irvington Farmers' Market
Bay Street and Trimboli Way
Sundays, 9:00 – 2:00

Kaiser Permanente, Fremont
39400 Paseo Parkway
Thursdays, 10:00 – 2:00

Niles Farmers' Market
37573 Niles Boulevard
Saturdays, 9:00 – 1:00

HAYWARD

Saturday Hayward Farmers' Market
777 B Street, City Plaza at Watkins Street
Saturdays, 9:00 – 1:00

LIVERMORE

Carnegie Park
Third Street and J Street
Thursdays, 4:00 – 8:00; APR - OCT

Downtown Livermore
2nd Street (Between J and L Streets)
Sundays, 9:00 – 1:00

NEWARK

New Park Mall
2086 New Park Mall, east side
near Sears
Sundays, 9:00 – 1:00

OAKLAND

Freedom Market
4521 Telegraph Ave.
(at Shattuck Ave. and 46th Street)
Saturdays, 9:00 – 2:00

Fruitvale Transit Village
3340 East 12th Street
Tues & Thursdays, 11:00 – 7:00
Sundays, 8:30 – 12:30

Grand Lake
Grand Avenue and Lake Park Ave.
(Splash Pad Park)
Saturdays, 9:00 – 2:00

Jack London Square
Water & Webster Street
Sundays, 11:00 – 4:00

Kaiser Permanente, Oakland
3600 Broadway
Fridays, 10:00 – 2:00

Montclair Village
6109 La Salle Ave.
(between Moraga Ave. and Mountain)
Sundays, 9:00 – 1:00

Old Oakland
Ninth Street (Between Broadway and Clay)
Fridays, 8:00 – 2:00

Temescal Market
5300 Claremont Avenue (DMV Parking Lot)
Sundays, 9:00 – 1:00

PLEASANTON

Main Street and West Angela Street
Saturdays, 9:00 – 1:00

SAN LEANDRO

Bayfair Mall
15555 E 14th Street
Saturdays, 9:00 – 1:00

Downtown San Leandro
300 Estudillo Avenue
Wednesdays, 3:00 – 7:00

Kaiser Permanente, San Leandro
2500 Merced Street and Fairway Drive
Wednesdays, 10:00 – 2:00

UNION CITY

Kaiser Permanente, Union City
3553 Whipple Road
Tuesdays, 10:00 – 2:00

Union City Market
Old Alvarado Park;
30940 Watkins Street at Smith Street
Saturdays, 8:00 – 12:00

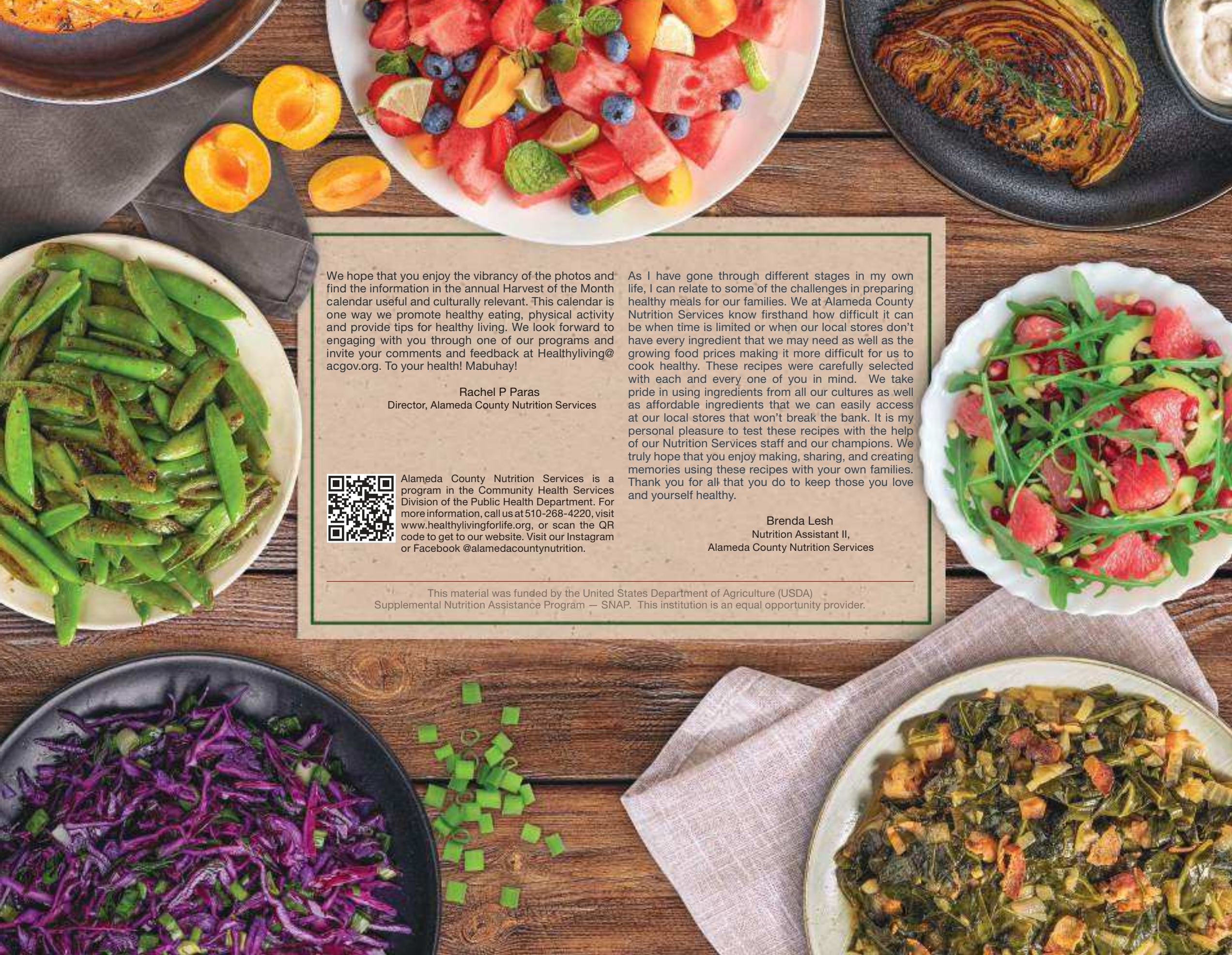
CalFresh HEALTHY LIVING

Public Health Department
Alameda County Health

Healthy Living ...for life!
Nutrition Services • Alameda County Public Health Department

Harvest of the Month™

Check out local FARMERS' MARKETS in your area.



We hope that you enjoy the vibrancy of the photos and find the information in the annual Harvest of the Month calendar useful and culturally relevant. This calendar is one way we promote healthy eating, physical activity and provide tips for healthy living. We look forward to engaging with you through one of our programs and invite your comments and feedback at Healthyliving@acgov.org. To your health! Mabuhay!

Rachel P Paras
Director, Alameda County Nutrition Services

Alameda County Nutrition Services is a program in the Community Health Services Division of the Public Health Department. For more information, call us at 510-268-4220, visit www.healthylivingforlife.org, or scan the QR code to get to our website. Visit our Instagram or Facebook @alamedacountynutrition.

As I have gone through different stages in my own life, I can relate to some of the challenges in preparing healthy meals for our families. We at Alameda County Nutrition Services know firsthand how difficult it can be when time is limited or when our local stores don't have every ingredient that we may need as well as the growing food prices making it more difficult for us to cook healthy. These recipes were carefully selected with each and every one of you in mind. We take pride in using ingredients from all our cultures as well as affordable ingredients that we can easily access at our local stores that won't break the bank. It is my personal pleasure to test these recipes with the help of our Nutrition Services staff and our champions. We truly hope that you enjoy making, sharing, and creating memories using these recipes with your own families. Thank you for all that you do to keep those you love and yourself healthy.

Brenda Lesh
Nutrition Assistant II,
Alameda County Nutrition Services

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