

5-3-1 Harvest!



5-9 servings each day



PUMPKIN POWERHOUSE

Q: How do you mend a broken pumpkin?
A: With a pumpkin patch!!!

They say laughter is the best medicine, but 5 to 9 servings of fruits and vegetables a day have to be a close second. Pumpkins, along with all winter squash varieties, are nutritional powerhouses! They are packed with the anti-oxidants Vitamin A and Vitamin C, and just one cup contains one quarter of your daily fiber intake. Fiber helps you feel full, so you eat less. Plus, pumpkin's sweet taste is versatile: try it in baked goods such as muffins or pancakes, pureed into a savory soup, or as the star of Squapple, the CT Farm-to-School signature dish!

Squapple Crisp by Chef Tim Cipriano
4 cups winter squash, peeled, seeded, and diced
1 pound (about 3) apples, peeled and sliced
4 Tbs. butter
1/4 cup brown sugar
1/8 tsp nutmeg
1/4 tsp cinnamon
1 cup cornflakes, crushed
Steam squash until tender. Mash with 1 Tbs. butter, 1 Tbs. brown sugar, and spices. Melt remaining butter, mix with cornflakes and remaining sugar. Layer squash and apples in baking pan, top with cornflake mixture. Bake at 350° for 15-20 minutes. Enjoy!!!



3 servings each day

GET SOME CULTURE!

Yogurt, sour cream, buttermilk, and kefir are all dairy products that have been cultured with various strains of beneficial bacteria. Besides offering protein and calcium, cultured dairy products may offer other health benefits such as aiding digestion, boosting immunity, fighting infection, and preventing cancer. But in order to take advantage of all cultured dairy products have to offer, make sure you are eating those with "LIVE AND ACTIVE CULTURES", meaning that the bacteria have not been killed off by heat prior to packaging.

For a quick delicious soup, try blending your favorite fruit with yogurt or sour cream and a touch of honey.



1 hour of physical activity each day

HARVEST FOR HEALTH

Get out to one of Connecticut's many pick-your-own farms for some fresh air, sun, and exercise. The whole family will enjoy a crisp fall day at the farm, and the aerobic exercise will help you burn calories and maintain a healthy weight.



Another fun fall agricultural activity is working your way through a corn maze. Often several acres in size, corn mazes offer miles of walking (or running) fun!

