

PATCH Food Program Newsletter



Issue Number 15, August 2018

Recipe

Sweet Potato Banana Bites

- ½ Cup Sweet Potato, Cooked and Mashed
- ½ Cup Banana, Mashed
- ¼ Cup Peanut Butter
- 2 Eggs
- Cinnamon, to taste

1. Preheat oven to 375F and grease mini muffin tin.
2. Mash together the sweet potato and bananas.
3. Stir in peanut butter, eggs, and cinnamon.
4. Bake for 18 minutes.

Physical Activity Corner

Let's Play Soccer:

Have children practice kicking the ball, a soccer ball or beach ball can be used. It can also be fun for them to practice running with the ball and passing to their friends. The children can also practice scoring a goal. For the goal, set up two laundry baskets at opposite sides of the yard or room.



Cooking with Your Children

Rainbow Fruit Parfait: Dice up Red fruits like strawberries and cherries, Orange fruits like peaches and mangoes, Yellow fruits like pineapples or yellow apples, Green fruit like grapes and kiwi, Blue fruit like blueberries, and Purple fruit like grapes and plums. Alternate layers of fruit and yogurt and top with granola.

Rainbow Vegetable Cup: Cut vegetables into sticks and serve with a yogurt dip. You can use Red tomatoes or bell pepper, Orange carrots or sweet potato, Yellow squash or corn, Green broccoli or snap peas, Blue/Purple eggplant or purple carrots.

Picking the Perfect Produce

This month fill your plate with:

Honeydew Melon: When buying a melon, look for those that are free of bruises, soft spots, cracks, or moldy patches. The outer skin should be dull looking; shiny outsides can mean it's under ripe.

The melon should smell fresh and sweet at the stem. Tap the melon with the palm of your hand, if it sounds hollow, it is good to go! Unripe melons can be left on the counter at room temperature. Ripe and cut melons can be stored in the refrigerator in an air tight container.

Long Squash: When buying squash, look for a consistent light green color. Look for squashes that are free of bruises, dry spots, and shriveled tips. Also look for a uniform size from the stem to the bottom of the melon. Squash can be left on the counter at room temperature. Cover cut squash with plastic wrap. Use squash within one week of purchase.

Eggplant: When buying eggplant, look for smooth skin. It should be firm and heavy for its size. Smaller eggplants have fewer seeds and are sweeter. Store eggplant in plastic wrap and in the refrigerator. Eat as soon as possible because it bitters with age.

Food For Thought

Would a Scarecrow's favorite fruit be a Straw-berry?

