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Volume 28, Issue 3
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December 2013
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Workshops for January

Saturday, January 4, 2014

Fort Worth, TX 8:30-10a

2014 Calendar Training
 Luby's Cafeteria SE Loop
 820

Near Forest Hill Drive
 3312 Southeast Loop 820
 Please RSVP:
 817-703-7768 Barbara
 Come have Breakfast and
 Training!

Thursday, January 9, 2014

South Austin, TX 7p

Childcare Professional of
 Greater Austin (ALL ARE
 WELCOME!)
 Zion Rest Missionary Baptist
 Church
 3326 Paisano Trail
 Austin, TX 78745

If you have any questions,
 please contact me by
 phone 512-263-4002 or
 email sandy@swhuman.org
 Sandy

Saturday, January 11, 2014

Mesquite, TX 10a-12p

Fresh, Fast, and Fabulous
 Shirley Edward's Home
 3122 Eastbrook, 75150
 Directions: 972-279-8963
 Shirley
 Registration: 214-679-9257
 Wend'e

When mailing
ANYTHING to the main
 office, you are welcome to
 include it all in the same
 envelope together. Claims,
 enrollments or re-
 enrollments, etc, can all be
 mailed **UNstapled** in the
 same envelope since it is all
 processed in the main office.
 Please call 1-800-369-9082 if
 you have any questions!

**Sign up for
 2014 Calendars!
 Email or call the office and
 we'll send one out.**

Banana-Kiwi Salad

- 🍌 2 tablespoons lime juice
- 🍌 1 tablespoon extra virgin olive oil
- 🍌 1 tablespoon minced shallot
- 🍌 2 teaspoons rice vinegar (or similar)
- 🍌 1 teaspoon honey
- 🍌 1/4 teaspoon salt
- 🍌 Pinch of cayenne pepper to taste
- 🍌 4 kiwis, peeled and diced
- 🍌 2 firm ripe bananas, cut diagonally into
 1/2-inch-thick slices
- 🍌 1/2 cup diced red bell pepper
- 🍌 2 tablespoons thinly sliced fresh mint
- 🍌 2 tablespoons chopped cashews

🍌 Whisk lime juice, oil, shallot, vinegar,
 honey, salt and cayenne in a bowl.

🍌 Add kiwis, bananas,
 bell pepper and mint;
 toss to coat. Serve
 sprinkled with cashews.



*eatingwell.com

Monday, January 13, 2014

Plano, TX 7-8:30p

Calendar Training
 Jetzamany Velazquez's
 home
 3408 Glenable Ct 75023
 Directions: 972-943-9603
 Registration: 972-398-9398
 Renee

Saturday, January 25, 2014

Frisco, TX 10-11:30a

My Kids Won't Eat That!
 Maricruz Warren's home
 10815 Spring Lake Rd,
 Frisco, TX
 Directions: 972-712-9122
 Registration: 972-398-9398
 Renee



More winter fruits and veggies! Here are a few nutritious fruits and veggies that were featured in past newsletters. Winter can be a great opportunity to try new in-season foods and recipes. Enjoy!

Pomegranate (October-December)

Nutrition Tip: One pomegranate contains 1 gram fiber (mostly insoluble fiber) and 12% of the recommended daily amount of vitamin B6, vitamin C, and potassium.

Storage Tip: Store the whole fruit at room temperature for up to one week, or refrigerate for up to two weeks.

Prep Tip: The challenge with pomegranates is getting to the seeds without splattering the bright red juice all over yourself. To remove the seeds with no splatter, partially fill a deep bowl with water. Underwater, cut the pomegranate into quarters, then gently nudge the seeds loose. The seeds will float, so you can easily lift them out of the bowl with a slotted spoon or your hands.

Cooking Tip: It's "in" to use colorful pomegranate seeds as a garnish for salads, meat dishes, and desserts. Use the juice to make sorbets, sauces, smoothies, and fruit juice blends.

Pear (Fall/winter months for most varieties)

Nutrition Tip: One pear (D'Anjou type) contains 5 grams of fiber (mostly insoluble), and 11% of the recommended daily amount of vitamin C.

Storage Tip: If your pears are perfectly ripe and you aren't ready to serve them, keep them in the refrigerator to help suspend further ripening.

Prep Tip: Pears go from ripe to overripe very quickly at room temperature, so they are often sold hard. Let them ripen at room temperature for a couple of days before serving. They're ripe when they give in to gentle pressure at the neck. To serve, cut in quarters and remove the core and stem. The skin is usually tender, and can be included in most recipes.

Cooking Tip: They're great raw as a snack (try them with a delicate cheese). Some crisps and other dessert recipes call for pears. They work well in cooked dishes. They have a more delicate texture and sweeter taste than apples, and may require a bit less cooking time and sweetening.

Mashed Rutabagas

4 large rutabagas
1 T. extra-virgin olive oil
Dash of nutmeg
Salt and pepper to taste

Peel rutabagas with a vegetable peeler, and cut into chunks. Put them into a 4-quart (4 liter) saucepan, add salt and about 2" (5 cm) of water to cover. Cover saucepan, and bring to a boil over high heat.

Turn heat down to medium and cook about 12 - 15 minutes, or until fork tender. Drain, reserving cooking liquid. Using a potato masher, coarsely mash rutabagas in the saucepan, adding cooking liquid as needed for moisture.

Add olive oil and nutmeg. Season to taste with salt and pepper. Transfer to a serving bowl, sprinkle with a dash of nutmeg, and garnish with a sprig of fresh sage or herb of your choice.

Sweet Potatoes/Yams: (September-January)

Nutrition Tip: One cup of uncooked sweet potato cubes has 4 grams of fiber, 18% of the recommended daily amount of vitamin B2, 26% of vitamin B6, 40% of vitamin C, and 380% of vitamin A.

One-half cup of baked and mashed yams contains 3 grams fiber (a combination of soluble and insoluble), around 10% of the recommended daily amount of potassium and vitamin B2, 19% of vitamin B6, 33% of vitamin C, and over 300% of vitamin A.

Storage Tip: Do not refrigerate, but store in a cool, dry place for a week or two.

Prep Tip: Scrub the outside of sweet potatoes under running water. If cutting them into slices or cubes, cover the sweet potato pieces with cold water to prevent discoloration. If you need to peel the sweet potato, a potato peeler works well.

Cooking Tip: Sweet potatoes have a sweet flavor that tends to increase with storage and cooking. They can be baked, boiled, steamed, or microwaved. If baking whole, pierce each sweet potato several times with a fork to give the steam somewhere to go.

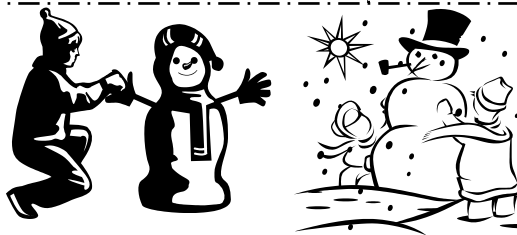


MYSTERY PROVIDER

Each month in this newsletter we put the provider ID of one MYSTERY PROVIDER. The Mystery Provider wins a fun children's book to share with their kiddos. If you find your ID somewhere in the newsletter call the office at 1-800-369-9082 and claim your prize!

Answers to November quiz

- | | |
|-----------------|----------------|
| 1. False | 6. True |
| 2. Osteoporosis | 7. maintenance |
| 3. True | 8. True |
| 4. total | 9. iron |
| 5. food labels | 10. vitamin C |



Nancy Lopez in the El Paso Region has a new phone number:
915-920-3905

Patricia Underdahl has a new business line:
210-718-3456

Renee Comley has a new business line:
972-369-3198



*vegparadise.com

Winter Fruits and Vegetables

It may seem like slim pickings in the produce section in the wintertime. But if you look a little closer, you'll find a cornucopia of winter fruit and vegetable choices. We all know the winter holiday season is prime time for produce like cranberries and yams. But have you considered persimmons, kiwi, or rutabagas? And here's the kicker: All these winter choices have notable nutritional attributes, including scores of healthful phytochemicals. Keep in mind that no matter which fruit you're buying, choose fruit that feels heavy for its size and has no sign of molding, deterioration, or bruising.

*webmd

Guava (September-March)

Nutrition Tip: One guava contains 5 grams of fiber (a combination of soluble and insoluble), and 10% of the recommended daily amount of vitamin A, Vitamin B6, and 220% of the recommended daily amount of vitamin C.

Storage Tip: Ripen at room temperature, if needed. You can store guavas at room temperature for up to one week, or refrigerate for up to two weeks.

Prep Tip: Guavas have sturdy skin, so you can cut them in half and scoop out the semi-soft inside flesh with a teaspoon (discard the shell). They're ready to eat when the fruit gives slightly to gentle pressure.

Cooking Tip: Use uncooked guavas in recipes in place of strawberries and kiwi. Use them cooked in pies, breads, or preserves, or cold or hot in sauces, juices, or sorbets.

Quince (Sep-Dec)

Nutrition Tip: One quince contains 2 grams of fiber (mostly insoluble), and 18% of the recommended daily amount of vitamin C.

Storage Tip: Store at room temperature for up to one week, or in refrigerator for up to three weeks.

Prep Tip: Wash in cold water, then cut into quarters, core, and peel.

Cooking Tip: Use cooked, as you would apples, in sweet or savory dishes.

Asian Pear (September-December for the Yali type, October-March for Korean type)

Nutrition Tip: One Asian pear contains 4 grams of fiber (a combination of soluble and insoluble fiber), and almost 10% of the recommended daily amount of vitamin C.

Storage Tip: These fruits are picked when they are almost ripe, so handle them gently. Use quickly after purchase or refrigerate for one to two months.

Prep Tip: Use them raw in salads, as a snack with cheese, or as a dipper for fondue. Use them cooked in crisps and other desserts, muffins, and entrees.

Cooking Tip: The thin-skinned Korean pears don't have to be peeled before cooking. They can be cut into round slices or wedges, chopped, or even grated. The center core can be removed with an apple corer. Asian pears usually require longer cooking times than regular pears because of their crunchy texture

Rutabaga (Year-round)

Nutrition Tip: One cup of uncooked rutabaga cubes contains 3.5 grams fiber (a combination of soluble and insoluble); around 12% of the recommended daily amount of magnesium, vitamin B1, B6, potassium, and vitamin A and 47% of vitamin C; and about 0.1 grams of plant omega-3 fatty acids.

Storage Tip: Refrigerate unwashed rutabagas in a plastic bag for up to three weeks.

Prep Tip: Rutabagas have a yellowish and purple skin and are about the size of a softball. Wash them under running water and cut off the ends. Use a potato peeler to take off the skin, then cut them into whatever shape you desire.

Cooking Tip: Rutabagas have an earthy, peppery flavor and can be part of a raw veggie platter. They can also be cooked -- in slices, cubes, or wedges -- until just tender by roasting, steaming, or microwaving.

Kiwi (October-March)

Nutrition Tip: One kiwi contains 3 grams of fiber (mostly the insoluble type), and 76% of the recommended daily amount for vitamin C.

Storage Tip: They're ready to eat when they give slightly to gentle pressure. Really soft kiwi fruit is too ripe to eat. Ripen at room temperature, or refrigerate in the crisper drawer for three to five days.

Prep Tip: The skin on kiwi fruit can be eaten if desired. But if you want to peel them, cut in slices and then peel; use a paring knife to cut off the ends and then remove the skin; or cut in half and scoop out the flesh with a spoon.

Cooking Tip: Kiwi is usually enjoyed raw. Pureed kiwi can be used to make all types of sorbet or margaritas. Kiwi is a beautiful addition to desserts and salads.

Persimmon (October-December)

Nutrition Tip: One Japanese persimmon (2.5-inch diameter) contains 6 grams of fiber (mostly insoluble) and 13% of the recommended daily amount of vitamin B6, 17% of vitamin C, and 52% of vitamin A.

Storage Tip: The heart-shaped persimmon (Hachiya variety) needs to be fully ripened with a jelly-like texture. But the tomato-shaped Fuyu variety can be eaten either when apple-like firm or softened slightly.

Prep Tip: For the Hachiya, the soft pulp can be scooped out once the fruit is cut in half. The Fuyu type can be eaten sliced or chopped.

Cooking Tip: Add the firmer-textured type chopped or sliced to salads and other cold dishes. Use a puree of the softer variety as a replacement for half of butter/margarine or as a featured ingredient to cookies, quick bread, muffins, or cakes.









December



1 AIDS Awareness Day	2	3 Send in Claim!	4	5	6
8 	9	10 Human Rights Day	11	12 	13
15	16	17 Wright Brothers Day	18 National Regifting Day		21 First Day of Winter
22	23	24	25 Christmas Day	26 Kwanza Begins	27
29	30	31 New Year's Eve			

MERRY CHRISTMAS

Winter Wonderland Windows

-  Clear contact paper
-  Cotton balls or cotton/poly fiber stuffing
-  Glitter
-  White rice paper or tissue paper
-  Colored tissue paper
-  Scissors

Cut 2 pieces of contact paper into a size that will fit into one window pane in the house.

Start with the old classic: snowflakes. Help children create one or two small snowflakes with the white tissue - small enough to fit easily into the contact paper.






Peel the backing off one piece of contact paper.

Use the colored tissue to create a "landscape" on the contact paper. Torn tissue makes trees and spread cotton makes snowbanks. Place the snowflakes in the sky and add glitter all around (the snow is falling)!

Put the other piece of contact paper on top to create a closed, clear winter window wonderland. Tape it in your window and enjoy.



Banana Snowmen!

-  Cut bananas into thick slices.
-  Create features with cut up raisins or dried cranberries.
-  Use pretzel sticks for twiggy arms.
-  Ask the kids if they have any food suggestions to dress him up.. maybe a red pepper scarf?
-  Have fun!!

