



Volume 26
Issue 2

Sponsors of the Child and Adult Care Food Program
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November 2011

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Remember to order your calendars for 2012!



Acorn

This acorn-shaped squash is one of the most widely available among the small winter squash. It measures about 6 inches around and weighs 1 to 2 pounds. Baking is an excellent way to bring out the flavors of this squash.

Saturday, November 19, 2011

Cleburne, TX 11a

Milk Training
Cotton Patch
1312 W Henderson
Please call or text:
817-703-7768 Barbara

Saturday, November 19, 2011

Lubbock, TX 10a-12p

Zobey – Fighting Childhood Obesity
Della Avila's home
4608 28th Street

Registration and Directions:
806-777-3907 Della

We will have refreshments and door prize!

Workshops in November

Saturday, November 5, 2011

West Fort Worth, TX

Food Program Workshop
Ethel McClintock's home
3004 San Marcos, 76116
Registration: 817-536-4514 Barbara

Saturday, November 5, 2011

Plainview, TX 11a-1p

Calendar Planning and Record Keeping
Leal's Restaurant
3311 Olton Rd
Registration and Directions:
806-777-3907 Della

We will be meeting in the meeting room. Bring money for your own meal but I will bring the door prizes!

Tuesday, November 8, 2011

Farmers Branch, TX 7-8:30p

Nutritious Snacks that Count and Kids Love!
Wend'e Pittmon's home
3007 Harlee Dr
Farmers Branch, TX 75234
Please RSVP 972-243-3237
Wend'e

This is the **ONLY EVENING** workshop this year! Limited to 12 people so RSVP soon!

Sunday, November 13, 2011

Beaumont, TX

Milk – In compliance with the food program
Beaumont, TX
Directions and Registration:
Nanette

Workshops in December

Thursday, December 15, 2011

Lubbock, TX 7p

Useful Resources – Things you may want to know but were afraid to ask
Della Avila's home
4608 28th Street
Registration and Directions:
806-777-3907 Della

Christmas Party! Yes, we will train but we will also party! Bring your favorite appetizer dish and a new Christmas ornament (value \$5 or under) to trade with others. Please gift wrap the ornament!



Spaghetti

This oval-shaped yellow squash is also called the vegetable spaghetti. It averages 9 inches in length and may weigh 2 to 3 pounds. When cooked, the crisp, tender, spaghetti-like strands yield a mild lightly sweet and fresh taste. Keep in mind that the larger the vegetable, the thicker the strands and the more flavorful the taste.



Sweet Dumpling

This solid round squash, formerly known as the vegetable gourd, is a perfect serving for one person. It is about the size of an apple and weighs up to 1 pound. The skin is a warm cream color striped with ivy green, and it changes to butter color and orange during storage. The skin is relatively tender and can be eaten. The pale-yellow flesh is smooth, fine, and dry as a potato and produces a rich starchy, light to mild sweetness, with a slight corn flavor.

Answers to October quiz

1. true
2. one hour
3. Separate
4. Chill
5. true
6. bacteria
7. insulated thermal
8. false
9. cold pack
10. true

Six reasons to pick your own fruits, vegetables, and nuts!

- 1 – Kids love it! They will find it a fun adventure to hunt and pick for the perfect fruit or vegetable.
- 2 – Everyone will learn something about the growing seasons, the land and local ecology.
- 3 – The amount of nutrients in the foods that you pick is much greater than in foods that have traveled for a length of time before entering the grocery store.
- 4 – Your family gets to experience the land and people who produce the foods. You will gain a lot of respect for folks who work the fields for a living.
- 5 – It is environmentally smart to pick local foods to reduce travel costs.
- 6 – It puts money directly into your local economy and helps that green space continue to thrive.

Fall is harvest time! Here are a couple websites to help you find your local pick-your-own farms:

<http://www.picktexas.com/>

<http://www.pickyourown.org/TX.htm>

Fresh Ideas

Angela Eason of Lubbock, TX always serves up great foods to eat and has everlasting patience and kindness with the kids. Angela has one child that takes a long time to eat and she never rushes her. She just explains to the child to take her time and eat what she can. In a culture where we constantly rush children, Angela slows them down and lets them enjoy the great meals she makes for them. Thank you!

Workshops in January

Saturday, January 7, 2012
East/Southeast Fort Worth, TX 8:30a
Milk Training

Luby's 3312 South East Loop 820
Fort Worth, TX 76140
Please call or text:
817-703-7768 Barbara
Breakfast Training!

Wednesday, January 11, 2012
Beaumont, TX
Milk – In compliance with the food program
Beaumont, TX
Directions and Registration: Nanette

Friday, January 13, 2012
Plano, TX 7-8:30p
Happy Meals for Healthy Kids
Jetzamany Velazquez's home
3408 Glenable Ct 75023
Directions: 972-943-9603
Registration: 972-398-9398 Renee

Saturday, January 14, 2012
Mesquite, TX 10a-12p

Nutritious Snacks and new Milk
Requirements
Shirley Edward's Home
3122 Eastbrook, 75150
Directions: 972-279-8963 Shirley
Registration 972-243-3237 Wend'e

Saturday, January 21, 2012
Wichita Falls, TX 11a

Milk Training
Jalapeño Tree
2927 Southwest Pkwy
Please call or text:
817-703-7768 Barbara
Lunch Training!

Frisco, TX 10-11:30a
Tackling Childhood Obesity
Maricruz Warren's home
10815 Spring Lake Rd, Frisco, TX
Directions: 972-712-9122
Registration: 972-398-9398 Renee

Lubbock, TX 10a-12p
Zobey – Fighting Childhood Obesity
Della Avila's home
4608 28th Street
Registration and Directions:
806-777-3907 Della 520401

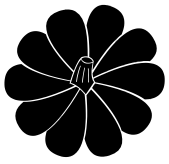


Hubbard

This tear-shaped squash comes in several varieties: green (true), golden, blue, and baby blue. It ranges from dark green to orange and weighs from 5 to 50 pounds. Because of its size, hubbard's popularity has decreased over the years. However, pre-cut portions of green and orange hubbard can be found in markets. Green hubbards are thick, sweet, and dry. Golden hubbards—a smaller squash than the green or blue—are fairly sweet, but have a bitter aftertaste.

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!



Winter Squash



Squash are fleshy vegetables protected by a hard rind. They belong to the plant family that includes melons and cucumbers. Even though some varieties grow on vines while others grow on bushes, squash are commonly divided into the two groups, summer and winter. There are several types of summer squash, but zucchini is the most popular summer squash purchased in the United States. The skin and rind of summer squash are rich in the nutrient beta-carotene, but the fleshy portion of this vegetable is not. To gain the full nutritional benefits of this vegetable, the skins or rinds must be eaten.

Winter squash comes in many varieties and sizes. Unlike its summer counterparts, winter squash is harvested at a mature age, which makes the skin hard and inedible. The skin, however, is protective and increases its storage life. Winter squash can be stored for 3 months or longer. The yellow and orange flesh of the winter squash is more nutritious and richer in vitamins, such as beta carotene, than summer squash. One serving (1/2 cup) of baked Butternut Squash supplies 230% of the recommended daily intake of vitamin A for adults and 11% of fiber. Winter squash is always served cooked and, because of its tough skin, only the inside flesh is eaten.

Look throughout this newsletter for specific winter squash varieties!

Selection

Winter squash comes in many sizes. Pick a size based on your cooking needs. For a quality squash, choose one that has a smooth, dry rind and is free of cracks or soft spots. Skin that is easily nicked or scraped with a fingernail means that the squash did not reach maturity. Look for rind that has a dull appearance. A shiny rind indicates that it has been picked too early or has a wax coating, which masks the skin and makes it inedible when cooked. Choose squash that has a deep color and is heavy for its size. It is also best to choose squash with a firm, rounded, dry stem. Squash with no stem permits bacteria to enter. Cut pieces can be found in the grocery market. Choose pieces that have a good interior color and finely-grained flesh that is not fibrous. Ideal flesh should be barely moist, but not too dry or too watery.

Storage

Winter squash has a long shelf life and can be stored for up to 3 months or longer in a cool, dry place between 55° and 60°F. A higher temperature will shorten storage time, but it will not alter the flavor. Storage temperatures below 50°F (as in a refrigerator) will cause squash to spoil more rapidly. If the squash needs to be refrigerated, it can be stored for 1 to 2 weeks. Cut pieces of squash should be tightly wrapped and refrigerated. Cooked, pureed squash can be frozen for use later as a side dish or to thicken, color, or flavor soups, sauces, or stews.



Preparation

Baking This popular cooking method brings out the sweet flavor of the squash by caramelizing some of the sugars. Cut squash lengthwise in half and remove the seeds and strings. Large squash can also be cut into serving-size pieces if preferred. Place squash, cut-side down in a baking pan lined with foil. Pour 1/4 inch of water in the pan, cover with foil, and bake at 350°F to 400°F. Bake halved squash for 40 to 45 minutes and cut pieces for 15 to 20 minutes or until tender.

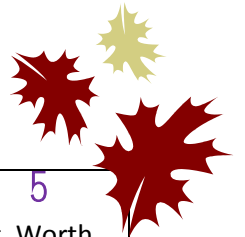
Boiling This technique is a faster method of cooking, but it dilutes the flavor slightly. Peel squash and cut it into pieces. Place pieces in a small amount of boiling water, and cook approximately 5 minutes or until tender. Drain well.

Sautéing Using a nonstick pan, sauté grated, peeled, or diced squash in a broth. Sautéing gives the squash, especially if grated, a slightly crunchy texture. Cooking time usually lasts 8 to 10 minutes.

Steaming Halve squash lengthwise and place cut-side down in a vegetable steamer. Cook over boiling water for 15 to 20 minutes or until the flesh becomes tender. Squash can also be peeled and cut into chunks or slices for steaming.



November



		1 All Saints' Day	2 All Souls' Day	3 Send in Claim!	4	5 Ft. Worth, Plainview Workshops
6 Daylight Savings Ends	7	8 Farmers Branch Workshop	9	10	11 Veteran's Day	12
13 Beaumont Workshop	14	15 America Recycles Day!			18 Mickey Mouse's Birthday 1928	19 Cleburne, Lubbock Workshops
20	21	22			23	24 Thanksgiving
27			30			
			28			



Banana

This squash comes in three varieties: blue, orange, and pink. Among the three varieties, the pink banana is the most common in the United States. It is grown commercially in Florida. This large, thick-skinned cylindrical squash averages 20 inches long and weighs around 12 pounds. It is so large that it is usually sold in chunks instead of whole. Its creamy textured orange flesh offers a fruity and buttery delight to your palate. Although both baking and steaming are great ways to prepare this tasty squash, steaming produces a slightly sweeter, yet mild flavor.



Buttercup

This stocky squash is 6 to 8 inches in diameter, averaging 2 to 4 pounds. Its popularity stems from its sweet and creamy orange flesh. Its shortcoming is that it tends to be a bit dry. Baking or steaming can solve this problem; the dry flesh becomes smooth and tastes similar to a mixture of honey, roasted chestnuts, and sweet potato. Even more than baking, steaming softens the flesh and creates a thick puree.



Butternut

This elongated bell-shaped squash measures about a foot long and weighs an average of 2 to 4 pounds. Its popularity is due to its meaty, yet moderately sweet golden orange flesh. Because of its thin skin, this squash can easily be skinned with a vegetable peeler, which makes it easy to cut and prepare. Baking enhances its sweet, moist, and nutty flavors. Butternut squash is usually available from August through March.