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[Thanksgiving crafts on page 4 of this newsletter!](#)

Important message from our main office:

For security reasons we are no longer accepting emails that link to cloud services such as Dropbox, One Drive, or Google Drive. These links could contain hidden viruses. Please attach forms directly to emails or fax them in to us. Thank you for your cooperation!

A message from our program coordinators:

To be considerate of our time and family life, please keep calls and texts within day or early evening hours. If you need to send communication after hours, emails can be sent anytime. Additionally, any messages received on nights or weekends that are not urgent, will typically be replied to during regular business hours. Thank you!!

Workshops for December

Saturday, December 6, 2014

Saginaw, TX

11a-12:30p

Annual Training and Christmas Lunch
 Cotton Patch on South Hulen just south of Hulen Mall
 Please call or text to RSVP:
 817-703-7768 Barbara
 South Fort Worth and West Fort Worth this workshop is close to you all!

Workshops for January

Saturday, January 3, 2015

Fort Worth, TX

8:30-10a

Luby's Near Forest Hill Drive
 3312 Southeast Loop /120
 Please RSVP:
 817-703-7768 Barbara
 Come have Breakfast and Training! We always have a great time!

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Welcome to SWHDS, Rachelle!!

We have a new program coordinator covering the greater San Antonio area! You can contact **Rachelle Roth** via cell phone 210-289-5451 or email rachelle@swhuman.org



Citrus, Fig and Prosciutto Salad – YUM!

See page 2 of this newsletter for the recipe along with Fresh Fig Salsa and Loaded Sweet Potatoes!



Fresh Fig Salsa

Makes 2 cups

Fruit salsas in the summer can't be beat. This salsa, made with sweet figs and mango, can elevate the taste of any grilled meats, poultry or seafood.

Ingredients:

2 cups (about 1 pound) fresh firm-ripe figs, stemmed, diced
2 fresh green onions, sliced crosswise
2 medium tomatoes, peeled, seeded, coarsely chopped
1 cup peeled and diced mango
2 tablespoons finely chopped fresh mint
2 cloves garlic, minced
2 jalapeno peppers, seeded and minced (optional)
2 teaspoons grated lime peel
2 tablespoons lime juice
1 tablespoon balsamic vinegar
Salt and pepper, to taste

Directions: Combine all ingredients and chill several hours to blend flavors.

Serve with broiled or grilled fish, chicken, pork, beef or lamb or simply eat with chips for dipping.

* California Fresh Fig Growers Association calfreshfigs.com

Citrus, Fig and Prosciutto Salad

One way to get kids to eat salads is to add out of the ordinary ingredients. Figs and prosciutto have allure because they are so unique and have such distinctive flavors. Sweet figs and salty prosciutto make this salad irresistible.

Ingredients:

3 medium oranges
3 cups tightly packed torn romaine lettuce
3 cups tightly packed torn curly leaf lettuce
1 pound fresh figs, each cut into 4 wedges
4 ounces chopped lean prosciutto
1/3 cup fresh orange juice
2 tablespoons white wine vinegar
2 tablespoons water
1 1/2 tablespoons vegetable oil
1 tablespoon honey
1/2 teaspoon grated orange zest
1/4 teaspoon salt
1/8 teaspoon hot pepper sauce (optional)

Directions:

1. Peel oranges and cut crosswise into 1/4-inch-thick slices. Cut each slice in half. Combine oranges, lettuces, figs and prosciutto in a large bowl and toss gently.

2. Combine orange juice, vinegar, water, oil, honey, orange zest, salt and pepper sauce in a mason jar. Cover jar tightly and shake vigorously. Drizzle orange juice

mixture over salad and toss gently to coat.

* California Fresh Fig Growers Association calfreshfigs.com

Here are a few more amazing fig recipes!

<http://mywholefoodlife.com/2013/05/08/homemade-fig-newtons/>

<http://www.delish.com/recipefinder/fig-apricot-fruit-bar-recipe>

<http://www.bonappetit.com/recipe/roasted-figs-with-yogurt>

Answers to the October quiz

- | | |
|-----------|-------------|
| 1. false | 6. true |
| 2. action | 7. Cow's |
| 3. true | 8. true |
| 4. clean | 9. does not |
| 5. two | 10. sterile |

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!

November is Sweet Potato Awareness Month!

Healthy Loaded Sweet Potatoes

4 large sweet potatoes	1 cup cooked or canned black beans
1 cup plain greek yogurt	1/4 cup toasted pumpkin seeds
2 tablespoons lime juice	2 tablespoons chopped chives
1/4 teaspoon salt	2 teaspoons chile powder

Instructions

Preheat oven to 400°F.

Line a rimmed baking sheet with foil. With a fork, pierce sweet potatoes all over and place on baking sheet; bake until tender, about 45 minutes.

Meanwhile, in a medium bowl, mix yogurt with lime juice and salt. Cover and refrigerate.

When sweet potatoes are done, allow to cool 10 minutes. With a small spoon, break and remove the skin from tops of the potatoes. Use a fork to gently mash the insides.

Top each sweet potato with 1/4-cup black beans, 1/4-cup yogurt mixture, 1 tablespoon pumpkin seeds, a sprinkle of chives and a dusting of chile powder.

*ncsweetpotatoes.com

Figs

Figs Throughout History

- ✦ The fig tree was held sacred in all countries of Southwestern Asia, and in Egypt, Greece, and Italy.
- ✦ The fig is the most talked about fruit in the Bible and figs were mentioned in a Babylonian hymnbook about 2000 B.C.
- ✦ As a token of honor, figs were used as a training food by the early Olympic athletes, and figs were also presented as laurels to the winners as the first Olympic medals.
- ✦ Figs were respected in ancient Rome and considered sacred while according to myth the twin founders of Rome, Romulus and Remus, rested under a fig tree.
- ✦ The Persian King Xerxes, after his defeat by the Greeks at Salamis in 480 B.C., had figs from Attica served him at every meal to remind him that he did not possess the land where this fruit grew.
- ✦ The story of figs in California is relatively short in comparison the history of figs throughout the world. Figs were probably one of the first fruits to be dried and stored by man.
- ✦ California Dried Fig production has averaged 28 million pounds over the last five years. All dried figs harvested in the United States are grown in California's Central Valley.

Fig Health & Nutrition

- ✦ Figs provide more fiber than any other common fruit or vegetable. The fiber in figs is both soluble and insoluble. Both types of fiber are important for good health.
- ✦ Figs have nutrients especially important for today's busy lifestyles. One quarter-cup serving of dried figs provides 5 grams of fiber — in addition to iron, calcium, and potassium. And, they have no fat, no sodium, and no cholesterol. Recent research has shown that California Figs also have a high quantity of polyphenol antioxidants.
- ✦ Figs are an ancient food and are naturally part of the healthy Mediterranean diet.

Food Safety, Growth, & Sustainability

- ✦ All fig products are inspected and certified by the American Council for Food Safety and Quality of the Dried Fruit Association for compliance to grade and quality standards.
- ✦ Most of the activity in the fig orchards begins in May as the fruit appears on the tree. For dried figs, the activity culminates in November with the final picking. Fresh figs are harvested through December. However, fig production is a year-round business requiring continual soil preparation, monitored irrigation, and careful pruning of the trees.
- ✦ Good water management during the growing season includes regular irrigation, often with systems that deliver the water directly to each tree. Mulching helps maintain tree health, vigor and longevity.
- ✦ Trees are spaced 12 to 20 feet apart. The fig trees are trained to single trunk or multi-trunk bush systems. During the dormant season, older trees can be thinned to increase fruit size and to stimulate new growth each year.
- ✦ As with most dried fruits, dried figs have a water content of about 30%. This amounts to a substantial saving in fossil fuel consumption during transportation from the processor to the consumer across the country and around the world. Early camel drivers in the regions where figs originated must have recognized this energy savings, too.

More Fig Facts

- ✦ The fig tree is the symbol of abundance, fertility, and sweetness.
- ✦ Figs contain a natural humectant — a chemical that will extend freshness and moistness in baked products.
- ✦ Although considered a fruit, the fig is actually a flower that is inverted into itself. The seeds are drupes or the real fruit.
- ✦ California figs are the only fruit to fully ripen to complete sweetness and semi-dry right on the tree before falling to the ground to continue drying.
- ✦ After harvest, the figs are inspected and packaged. Packaging includes rings of figs tightly packed and over-wrapped, moisture-proof bags, wrapped finger packs, plastic cups or bulk. California figs are generally found in the produce or baking section of your favorite supermarket.
- ✦ Figs are harvested in the late summer and early fall, but because they are dried and conveniently packaged, they are available all year long. They are popular additions to a wide assortment of baked goods, and also a part of traditional American and Jewish holiday feasts such as Succoth, Hanukkah and Passover. [*californiafigs.com](http://californiafigs.com)

November

1
All Saints' Day

2 All Souls' Day Daylight Savings Time Ends	3 Send in Claim!!	4	5	6	7	8
9	10	11 Veterans Day				15
16	17	18				19
23	24	25	26	27 Thanksgiving Day		
30						

Stained Glass Leaves

Supplies: Contact paper, red, green, yellow and brown tissue paper, scissors, pencil or marker

Directions: Trace leaf shapes on contact paper with the pencil or marker. Cut out the leaves and then remove the backing paper. Tear or cut small pieces of tissue paper and lay them on the leaf shape, overlapping a bit to cover the whole surface. Lay another piece of contact paper over the finished design and cut it out to match the first shape. Remove the backing and place the sticky side on the leaf to seal the tissue paper inside. Fun fall decorations for any age!

*ivillage.com

Thanksgiving Pinecone Turkey

Supplies: Pinecones, construction or cardstock paper, googly eyes, pencils/markers, glue, red pompom or pipe cleaner

Directions: Create a beak by cutting a triangle out of orange or red paper. Cut leaf/feather shapes out of a variety of fall colored paper. Assist the kids in writing examples of what they are thankful for on each of the leaves. Send extra blank leaves home so more family members can add to the thankful turkey. Glue all the pieces into place and allow plenty of time to dry. Now every kid has a great thanksgiving centerpiece!

*honolulufamily.com

