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**Workshops for October**

Saturday, October 18, 2014

**Farmers Branch, TX**

10a-12p

A Whole Grain Above

Farmers Branch Library

13613 Webb Chapel Rd 75234

Directions: 972-247-2511

Registration: 214-679-9257 Wend'e

This workshop counts for training for all of 2015! Please, Please, Please RSVP to Wend'e by October 13<sup>th</sup>!

Look on page 2 of this newsletter for some great new recipes!

*Wild Rice and Mushroom Salad*



*Wild Mushroom Goat Cheese Frittata*

**A reminder for providers with MM Kids!**

Next to each attendance box there are "Sick" and "Sch Out" boxes that you must check appropriately when claiming school aged kids at LUN or AM. You will NOT be prompted to check one of these boxes. If one is not checked appropriately, you will be disallowed for school aged kids for LUN or AM. See the diagram below for reference. Please contact your program coordinator or the main office with any questions!

**Annual training is past due!**

All yearly training must be in our main office NO later than **September 15<sup>th</sup>**. If not completed and sent in by this time, corrective action will be taken. If you have any questions or need the test packages please call 1-800-369-9082 or you can visit our website [swhuman.org](http://swhuman.org) to download it. Thank you!  
 790093

Record Meals Child In & Out Times

Non-Infants Infants Meal Date 01/31/2010 Meal Breakfast

Number of Servings 1 Serving Time 08:00 AM

Child Name	Stat	Age	Sch	Sick	Sch Out	Serv 1
Bear, Bubbu	P	2y 9m	K	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Boink, Bink	A	11y 4m		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Claus, Santa Kola	P	1y 2m		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Dfssfdf, Lsdjfff	P	3y 11m		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Johnson, Yarnell	P	1y 11m		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Martinez, Paula R	P	7y 11m		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Massey, Agela	P	1y 1m		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smith, bel	P	9y 1m		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Bread/Alternate Bagel (001)

Fruit/Vegetable 1 Boysenberries (007)

Milk Milk (4)

Fill in your menu here.

Meal Notes: Use as directed by your Food Program Sponsor

Mark your Attendance here

Total Meals Served 3

Save Cancel

## Wild Rice and Mushroom Salad

September is both Rice Month and Wild Rice Month. Technically wild rice isn't a rice but the seed of a type of aquatic grass. It has a pronounced flavor and is often consumed in combination with other rices or grains. Wild rice and mushrooms combine together to create wonderful flavors!

### Ingredients

3 cups cooked wild rice  
 15 mushrooms sliced thin  
 2 T oil (example: almond oil)  
 1 1/2 cup green beans halved  
 1 cup slivered almonds  
 1 tsp minced garlic  
 3 tsp red wine vinegar  
 salt to taste



As the rice is cooking, cook the mushrooms in the oil slightly in a pan. Just enough to soften them. Set them aside.



Once the rice is done, combine all the ingredients together in a large bowl.



The rice can be made ahead of time and refrigerated for a convenient cold salad, or it can be served warm. Enjoy!

mywholefoodlife.com

**Rice** is a versatile, gluten-free part of the food program. Within the food program guidelines: rice must be enriched or whole grain to be creditable. A serving is measured as cooked rice for breakfast, lunch, dinner, and snack ¼ cup for 1-5 yr olds and ½ cup 6-12 yr olds.

- \* Breakfast - add precooked rice and spinach to scrambled eggs
- \* Snack - add fresh mango pieces and a few toasted nuts for a sweet afternoon snack
- \* Lunch - add steamed, chopped broccoli and fresh parsley to create a "green rice" side dish
- \* Dinner - use rice in chicken soup as a gluten free alternative to noodles

## New Pay Rates for July Claims!!

These rates are effective from July 1, 2014 through June 30, 2015.

### Breakfast

Tier 1: \$1.31

Tier 2: \$.48

### Lunch/Dinner

Tier 1: \$2.47

Tier 2: \$1.49

### Snack

Tier 1: \$.73

Tier 2: \$.20

### Answers to the August quiz

1. true

2. incubators

3. true

4. retail

5. 100

6. true

7. Mileage

8. false

9. organic

10. first Sunday

### 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!

## Wild Mushroom and Goat Cheese Frittata

### Ingredients:

8 eggs

¾ chopped zucchini

½ cup whole milk

3 Tb. oil

4 oz. sliced wild mushrooms, sliced

1 large shallot, quartered and sliced

1 small clove garlic, minced

3 oz. soft goat cheese

¼ cup chopped green onions

Salt and Pepper



Preheat oven to 350 degrees F. Preheat a skillet to medium-high. Add 1 Tb. oil to the hot skillet, then add shallot. Sauté for 2 minutes. Then add the garlic and toss.



Add the sliced mushrooms. Sauté the mushrooms for 5-10 minutes, until deep brown, to render out the moisture. Finally, add the zucchini to the skillet and sauté another 2-3 minutes.



Transfer the veggies to a plate and wipe the skillet with a paper towel.



Put the skillet back over high heat with 2 Tb. oil. Mix eggs and milk with ½ tsp. salt and fresh pepper. Whisk until frothy.



Briskly swirl the skillet around as you pour the egg mixture in—this creates a crust on the outer edge. Then add the mushroom and zucchini mixture back to the skillet and crumble the goat cheese over the top.



Remove from heat and place in the oven for 15-20 minutes until cooked through. Slide out of pan onto a cutting board and cut into wedges.



To plan ahead for another meal, wrap wedges in plastic and place in refrigerator for an on-the-go breakfast.











\*aspicyperspective.com

# Mushrooms

For thousands of years, Eastern cultures have revered mushrooms' health benefits. Mushrooms have long been celebrated as a source of powerful nutrients, but they can also help Americans meet the dietary recommendations set forth in the 2010 Dietary Guidelines and Institute of Medicine's Dietary Reference Intakes for Calcium and Vitamin D. Often grouped with vegetables, mushrooms provide many of the nutritional attributes of produce, as well as attributes more commonly found in meat, beans or grains. Mushrooms are low in calories, fat-free, cholesterol-free, gluten-free, and very low in sodium, yet they provide important nutrients, including selenium, potassium, riboflavin, niacin, vitamin D and more.

## Nutrition

The focus on the nutritional value of brightly colored fruits and vegetables has unintentionally left mushrooms in the dark. Mushrooms provide a number of nutrients:

-  Mushrooms are a good source of B vitamins, including riboflavin, niacin, and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates. B vitamins also play an important role in the nervous system.
  -  Pantothenic acid helps with the production of hormones and also plays an important role in the nervous system.
  -  Riboflavin helps maintain healthy red blood cells.
  -  Niacin promotes healthy skin and makes sure the digestive and nervous systems function properly.
-  Mushrooms are also a source of important minerals:
  -  Selenium is a mineral that works as an antioxidant to protect body cells from damage that might lead to heart disease, some cancers and other diseases of aging. It also has been found to be important for the immune system and fertility in men. Many foods of animal origin and grains are good sources of selenium, but mushrooms are among the richest sources of selenium in the produce aisle and provide 8-22 mcg per serving. This is good news for vegetarians, whose sources of selenium are limited.
  -  Ergothioneine is a naturally occurring antioxidant that also may help protect the body's cells. Mushrooms provide 2.8-4.9 mg of ergothioneine per serving of white, portabella or crimini mushrooms.
  -  Copper helps make red blood cells, which carry oxygen throughout the body. Copper also helps keep bones and nerves healthy.
  -  Potassium is an important mineral many people do not get enough of. It aids in the maintenance of normal fluid and mineral balance, which helps control blood pressure. It also plays a role in making sure nerves and muscles, including the heart, function properly. Mushrooms have 98-376 mg of potassium per 84 gram serving, which is 3-11 percent of the Daily Value.
-  Beta-glucans, found in numerous mushroom species, have shown marked immunity-stimulating effects, contribute to resistance against allergies and may also participate in physiological processes related to the metabolism of fats and sugars in the human body. The beta-glucans contained in oyster, shiitake and split gill mushrooms are considered to be the most effective.

## Weight Management

Mushrooms are hearty and filling. Preliminary research suggests increasing intake of low-energy-density foods (meaning few calories given the volume of food), specifically mushrooms, in place of high-energy-density foods, like lean ground beef, can be an effective method for reducing daily energy and fat intake while still feeling full and satiated after the meal.

## Umami and Sodium

Umami is the fifth basic taste after sweet, salty, bitter and sour. Derived from the Japanese word umai, meaning "delicious," umami (pronounced oo-MAH-mee) is described as a savory, brothy, rich or meaty taste sensation. It's a satisfying sense of deep, complete flavor, balancing savory flavors and full-bodied taste with distinctive qualities of aroma and mouthfeel. The more umami present in food, the more flavorful it will be. All mushrooms are a rich source of umami and the darker the mushroom the more umami it contains. Another interesting characteristic about umami is that it counterbalances saltiness and allows for less salt to be used in a meal, without compromising flavor. "Tasting Success with Cutting Salt," a collaborative report from the department of nutrition at Harvard School of Public Health and the Culinary Institute of America, suggests cooking with umami-rich ingredients, like mushrooms, instead of salt to reduce the overall sodium in a dish.

## Vitamin D

When building your plate to maximize vitamin D, consider mushrooms – they're the only source of vitamin D in the produce aisle and one of the few non-fortified food sources. In fact, the IOM recognizes them as the exception to the rule that plant foods don't naturally contain vitamin D.



# SEPTEMBER



	1	2	3 Send in Claim!	4		
	Labor Day					
7 Grandparents Day	8 		10	11 Patriot Day		
14 	15	16 Stepfamily Day	17 Constitution Day 	18	19	20 
21 International Day of Peace	22	23 First Day of Autumn	24 	25	26 Native American Day	
28	29					

## Create Yard Mushrooms!

- Paper lunch bags
- Bamboo skewers (the kind used for shish kabobs)
- Small rubber bands (found at office supply stores or beauty shops)
- Hot glue gun
- Paints and decorations (optional)



- Take a bag and open it up.
- Squeeze the bag in the middle with one hand, then using the other hand "pop" the top down to make a mushroom cap. Be sure not to pop it too hard or it will pop for real and ruin the bag.
- Take a bamboo skewer and place it up through the stem of the mushroom with the pointed side out. Be very careful. The skewers are very pointy and sharp.
- Squeeze the lower part of the bag into a stem shape. Do not twist it, just squish it.
- Grab the neck of the mushroom with one hand and flatten the top with your other hand. Rotate your mushroom a bit while doing this.
- Once that step is completed, push the corners of the bag inward. This gives the mushroom a more rounded appearance so it doesn't have square corners.
- Using your thumbs and forefingers, pinch and rotate the underside of the mushroom cap. This gives it a better mushroom shape.
- Put one rubber band all the way to the top of the stem. Place another rubber band toward the bottom of the stem. These rubber bands keep the mushroom from bulging out if they get wet or rained on. (note: if rubber bands are not available, you can use masking tape.)
- Open the bottom of the mushroom a little bit and squirt a drop of hot melt glue into the base of the stem. Make sure the glue comes in contact with the bamboo skewer and the paper. (note: you can also use white glue, but it will take longer to dry and will not withstand rain.)
- Pinch the bottom of the mushroom to squish the glue to the paper and skewer. Without the glue, your mushrooms will fly off the stick in a gust of wind.
- The mushroom is now complete! Carefully place it into the ground. The children can put them in a pattern or make a natural looking crop of mushrooms. They can paint or decorate them however they want.
- To see a tutorial on how to make the mushrooms, please see this youtube video: [youtu.be/CuNOncEFM4](https://youtu.be/CuNOncEFM4)