

In Good Health

Johnson County

June 2023
Vol 1 Issue 6

Upcoming Events

Join us for one of our events!

Four Course Living

June 12th 11:00 AM - 1:00 PM
June 22nd 6:00 PM - 7:45 PM

Ice Cream and Frozen Desserts

June 21st 6:00 PM - 8:00 PM

Cooking Camp - Session 1: Cookin' Up Something in the Kitchen [Ages 12-17]

June 27th, 28th, 29th

Dining with Diabetes (at Meadowbrook Park)

June 20th, 27th, July 11th, 18th



Kitchen Restore Donation Drive

15th 10:00 AM - 12:00 PM

Scan the QR code or visit
bit.ly/EMFVEvents
to Register!



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Need a speaker? Have questions about food or
nutrition or our classes? Contact Us!
foodhelp@jocogov.org

Featured Article

June is National Fresh Fruits and Vegetables Month. We are encouraged to eat fruits and vegetables all year round, but this month in particular we focus on the fresh produce found abundantly in your local farmer markets. I am sure you have heard, and if not you will learn now, that we should "eat the rainbow" or "paint your plate". These sayings are an easy way to remind ourselves that we need to eat a variety of fruits and vegetables from all different sections of the color wheel. Our plate would look quite boring if we had only one color of food on it! When we eat we use all of our senses, including our sight. But did you know that beyond adding visual appeal color in fruits and vegetables also provides us certain health benefits? Each color is associated with a powerful phytonutrient, also called phytochemicals or antioxidants, which help keep us healthy and ward off chronic diseases.

- **RED:** Rich in lycopene which protects against prostate cancer and heart disease
- **ORANGE & YELLOW:** Rich in beta carotene which helps protect eye sight and beta cryptoxanthin which may help prevent heart disease
- **GREEN:** Rich in indoles and other compounds which inhibit carcinogens (cancer-causing)
- **BLUE & PURPLE:** Rich in anthocyanins which are antioxidants that support cell health and heart health.
- **WHITE & BROWN:** Rich in allicin which may protect against tumor growth and quercetin which is an antioxidant

Fruits and vegetables are also rich in vitamins, minerals, and fiber which support overall health and maintain blood pressure, muscle contraction, cellular function, and so much more. So how much should you consume? MyPlate.gov recommends adults 19 years and older consume 1.5 to 2.5 cups of fruit and 2.5 to 4 cups per day.

In Good Health,
Chelsea Reinberg, MPH, RD
Nutrition, Food Safety & Health Agent

Recipe of the Month

Salad in a Jar

Serves 1

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1/2 cup carrots, chopped
- 1/2 cup corn
- 1/2 cup zucchini, chopped
- 1/2 cup black beans
- 1 tablespoon feta cheese
- 1/4 cup dried cranberries
- 2 cups leafy greens



Preparation

1. Pour 1-2 tablespoons of your favorite salad dressing in bottom.
2. Add hard chopped vegetables (carrots, cucumbers, peppers, etc.)
3. Add beans, grains, pasta, etc.
4. Add cheese and protein
5. Add soft vegetables or fruit (avocado, tomato, strawberries, dried cranberries)
6. Add nuts, seeds, and lighter grains (almonds, walnuts, quinoa)
7. Add salad greens
8. Put lid on jar and refrigerate up to 3 days.
9. Shake the salad in the jar and then empty into a bowl or plate. Toss again gently if needed to fully coat salad with dressing.

Tips:

- You can make several jars in advance.
- If you are making salads in advance, leave protein and cheese out of jar. Pack in a separate container and mix with salad the day you are eating.



Fun Food Facts

What vegetable is green or purple and its stem and root can both be eaten raw or cooked?! It's Kohlrabi! Kohlrabi is related to its fellow plants of cabbage, broccoli, kale, cauliflower, and brussels sprouts. Kohlrabi is your farmers markets now so get some to try today! It has a sweet and peppery taste and is a mixture of cucumber and broccoli. Don't forget to peel off the outer layer before consuming!



Kitchen Corner

Fresh fruits and vegetables are great, but if you ever have found a moldy cucumber hiding in the way back of your refrigerator you know they can spoil quickly! Here are some tips on maintaining the quality and safety of fruits and vegetables until you are ready to eat them.

- Store garlic and onion on counters at room temperature.
- Store potatoes in pantry (and away from onions as the gases from onions can increase sprouting!)
- Once any produce is cut or peeled, it must be stored in the refrigerator.
- Store tomatoes at room temperature.
- Ripen peaches and pears on counter, then refrigerate.
- Apples >7 days store in refrigerator, <7 days store at room temperature

