

# Harvest of the Month



Network for a Healthy California  
May

The Harvest of the Month featured produce is **avocados**



Hass avocado

## Helping Your Child Eat Healthy

- Use avocados to make guacamole and salsa dips. Serve with baked tortilla chips, potatoes or on salads.
- Add sliced avocados to green salads or vegetable soups.
- Try mashed avocados as a spread on sandwiches in place of mayonnaise or butter.
- Top scrambled eggs with diced avocados instead of cheese.
- Serve green fruits and vegetables to help maintain healthy vision and strong bones and teeth.

For more ideas, visit:

[www.avocado.org](http://www.avocado.org)

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## Health and Learning Success Go Hand-in-Hand

California grown fruits and vegetables are at their peak during the summer months. Studies show that students who eat more fruits and vegetables learn better. Enroll your child in the Summer Food Service Program. It will help your child reach his/her total daily needs for fruits and vegetables. **Harvest of the Month** helps your family learn about California's bounty of fruits and vegetables and ways to eat healthy and be active.

## AVOCADO TORTILLA SOUP

Ingredients:

(Makes 8 servings at 1 cup each)

- 3 (14-ounce) cans low-sodium chicken broth**
- 2 (10<sup>3</sup>/<sub>4</sub>-ounce) cans low-sodium condensed tomato soup**
- 1/2 bunch cilantro, leaves only**
- 3 cloves garlic, finely chopped**
- 1/2 teaspoon ground black pepper**
- 1 ripe avocado, peeled, pitted and chopped**
- 8 corn tortilla chips, crumbled**

1. In a large pot over high heat, combine chicken broth, tomato soup, cilantro, garlic and ground black pepper. Bring to a boil, then reduce heat and simmer for 10 minutes.
2. Cool slightly, then puree small batches in a blender.
3. Return to pot and add avocado. Heat thoroughly.
4. Ladle into soup bowls and sprinkle with crumbled tortilla chips.
5. Serve warm or chilled.

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

## Produce Tips

- Pick avocados that are firm but give to gentle pressure. Hass avocados turn dark green or black when ripe. Other varieties remain green.
- Place unripe avocados in a paper bag for two to three days at room temperature.
- Store ripe avocados in refrigerator up to one week.
- To serve, cut lengthwise around the seed, twist halves open and remove seed. Scoop out fruit or slice.
- Rub lemon or lime juice onto cut fruit to avoid browning.

## Nutrition Facts

Serving Size: 1/4 cup avocado, sliced (30g)

Amount per Serving

**Calories 50** Calories from Fat 39

% Daily Value

**Total Fat** 5g **7%**

Saturated Fat 1g **3%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 2mg **0%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 2g **8%**

Sugars 0g

**Protein** 1g

Vitamin A 1% Calcium 0%

Vitamin C 4% Iron 1%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

## Let's Get Physical!

- May is National Bike Month. Make arrangements for you and your child to ride your bikes to work and school.
- If riding bikes to work or school is not possible, plan a bike ride in your neighborhood or other safe route.
- After dinner, spend family time working in the garden. It will help you and your child unwind in the evening.
- Let each family member pick one new physical activity each week that your family can try together. Do this in addition to your regular activities.

For more ideas, visit:

[www.bikeleague.org](http://www.bikeleague.org)

## How Much Do I Need?

A serving of avocados is one-quarter cup sliced avocado. This is about one-fifth of a medium avocado. Remember to eat a variety of colorful fruits and vegetables throughout the day to help reach your total daily needs.

## Recommended Daily Amounts of Fruits and Vegetables\*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2 1/2 - 5 cups per day	3 1/2 - 6 1/2 cups per day	3 1/2 - 6 1/2 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.



**CHAMPIONS for CHANGE**  
Network for a Healthy California