



Enjoy the Bountiful Harvest of Fall Vegetables

Do you enjoy the green leaves turning gold, red and orange? Nature's changing colors can be a cue to add color to your plate. How about some roasted carrots, potatoes, onions, beets and rutabagas?

Vegetables provide fiber, vitamins A, C (and others), and minerals such as selenium and potassium. In general, adults and kids need about 2½ cups of vegetables daily. Selecting vegetables at their best and storing them properly can help you get the best value for your money – and colorful, delicious food on your plate!



When you select vegetables, which of these tips do you already use?

- ☐ I buy in season. Vegetables that are purchased in season usually will be the best quality and give you the best buy.
- ☐ I consider the storage available, and I buy only what I can store and use within the recommended time.
- ☐ I handle produce gently because the bruised parts are most likely to spoil.
- ☐ I choose high-quality vegetables without bruises.
- ☐ I pick frozen vegetables that are frozen solid and get them to my freezer as quickly as possible.
- ☐ I buy canned vegetables in cans without sharp dents in the seams.
- ☐ I buy dried vegetables in tightly sealed, undamaged packages.

When you store vegetables, which of these tips do you already use?

- ☐ I store vegetables properly. Most fresh vegetables should be kept cold and humid.
- ☐ To increase storage humidity, I keep vegetables in a plastic bag or in the hydrator (crisper) compartment of the refrigerator, or both.
- ☐ I do not refrigerate potatoes, sweet potatoes and hard-shell (winter) squash. Cold temperatures convert the starch into sugar, which affects the flavor. Store them at cool room temperatures; about 50 degrees Fahrenheit is best. Potatoes should be kept in a dark, dry place.
- ☐ I sort vegetables before storing and remove any with bruises or soft spots.
- ☐ I store frozen vegetables at 0 F or lower; they can be stored for eight to 12 months.
- ☐ I store canned vegetables in a cool, dry place.
- ☐ I store dried vegetables in an airtight container in a cool, dry place. I use them within a few months.

See www.ag.ndsu.edu/foodwise for more information.

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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My family tends to get sick with colds and the flu in the fall. What can we do to stay healthy?

We need to take care of our immune system. This body system includes a variety of disease-fighting cells and organs, including your spleen and bone marrow. **Consider these tips to keep you and your family healthy this fall:**

- Wash your hands for at least 20 seconds. Handwashing is considered the single most important way to prevent the spread of infection. If you are not close to a sink, use an alcohol-based hand sanitizer according to the directions.
- If you have a cold, be sure to cover your cough with your arm, not your hands. Better yet, stay home when you are ill and recuperate.
- Eat a healthful diet full of colorful fruits and vegetables, with lean protein, healthful fats, low-fat dairy and whole grains to round out your plate. Drink plenty of water, too.
- Be active at least five days per week, aiming for at least 30 minutes of physical activity per day.
- Get plenty of rest. In general, people need seven to eight hours of sleep per night.



For more information, see www.ndsu.edu/boomers and click on "Immune System."

FoodWi\$e Tip of the Month

Enjoy Onion Flavor Without the Tears!

Onions add lots of flavor to foods, but does cutting an onion make you cry? Try these tips to help prevent the sulfur compounds from irritating your eyes:

- Chill onions in your freezer for about 10 minutes before you cut them.
- Cut off the top and peel the outer layers, but leave the root end intact.



Remember to use medium or low heat when sauteeing onions to prevent them from becoming bitter-tasting. You can remove the smell of onions from your hands by rubbing them with lemon juice. How about onion breath? Try chewing on fresh parsley.

Just for Fun

How many carrots can you put in an empty sack?

One. After that, the sack isn't empty anymore!



Here's a recipe courtesy of Colorado State University Extension to enjoy the delicious veggies of fall.

Roasted Root Vegetables

- 1 onion, quartered and layers separated
- 1 medium-size white potato, peeled (optional) and diced into ½-inch cubes
- 1 medium-size sweet potato, peeled and diced into ½-inch cubes
- 3 to 4 medium-size fresh beets, peeled and diced into ½-inch cubes
- Nonstick vegetable spray
- 4 tsp. olive oil, canola oil or other salad oil, divided
- 1 tsp. salt, divided



(Note: You can substitute equal amounts of your favorite vegetables, such as squash, if you see a vegetable that is not your favorite.)

1. Preheat oven to 425 F.
2. Line a large baking sheet with foil and coat with nonstick vegetable spray. With an extra piece of foil, create a separate foil boat to hold the diced beets. Coat with nonstick spray and place it on top of the baking sheet.
3. Peel off dry outer onion layers. Quarter and separate the onion layers.
4. Toss onion pieces with 1 tsp. oil and ¼ tsp. salt. Place on baking sheet.
5. Wash, scrub, peel and dice white and sweet potatoes.
6. Toss white and sweet potatoes with 2 tsp. oil and ½ tsp. salt. Place on baking sheet.
7. Wash, peel and dice beets. Caution: Beet juice can stain your hands, cutting board and the counter.
8. Toss beets with 1 tsp. oil and ¼ tsp. salt. Place in foil boat on baking sheet.
9. Bake uncovered for 25 to 30 minutes or until vegetables are soft and the edges are a light brown.

Makes six servings. Each serving has 90 calories, 3.5 grams (g) fat, 2 g protein, 16 g carbohydrate, 2 g fiber and 420 milligrams sodium.

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Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

