

# Making America Organic...One Home At a Time!



P.O. Box 1138, Clarcona, FL 32710 407-522-1502 <http://www.orlandoorganics.com>

## Plan To Train Kids About Eating Healthy

Choose food portions no larger than your fist. Eat "go foods" -- like lowfat milk, oatmeal and veggies -- every day and save chips and other "whoa foods" for special occasions.

This advice is part of a new government campaign to use kid-friendly nutrition tips to prevent preteens from getting fat.

Simple training did get 8- to 10-year-olds to eat healthier for three years, concludes the biggest study ever to track the impact of childhood nutrition education. But there's more work to do: Snacks, desserts and pizza still made up an astonishing one-third of those youngsters' diets.

Nevertheless, "kids can learn to take small, positive, healthy steps," said Dr. Elizabeth Nabel, chief of the National Heart, Lung and Blood Institute, which sponsored the research and on Wednesday begins the "We Can!" program to spread the results. "It suggests that kids who learn to eat healthy during their adolescence will continue to eat healthy."

One key: Don't forbid the foods that children find yummy, but teach balance. For example, eating a healthy breakfast is important for staying fit. Unsweetened whole-grain cereal, like oatmeal, is a go-food choice. Prefer waffles or pancakes? Those are "slow foods," perhaps for the weekend. Croissants, doughnuts or sweetened breakfast cereals are "whoa foods," maybe for a holiday or vacation treat.

Getting grade-school children in the habit of drinking lowfat milk instead of whole milk, eating an apple a day, or choosing carrot sticks or raisins as an after-school snack makes them more likely to continue those habits when they're old enough to choose foods on their own, said Northwestern University dietitian Linda Van Horn, who led the

new study.

But children must have access to tasty, healthy choices, stressed Van Horn: If only hot dogs are served at the baseball game, that's what they'll eat. Noses turn up when the only vegetable choice at the school lunch program is mushy beans.

Already, the nation has 9 million children ages 6 to 16 who are overweight, according to federal health officials. Overweight children usually grow into overweight adults, at increased risk of heart disease, diabetes, asthma and other disorders -- not to mention the childhood turmoil of being teased and left out of sports and other fun activities.

The new study tracked 595 children, half of whom had received, with their parents, special education on how to make healthier food choices. Three years later, kids who had at-

tended the nutrition classes were eating more "go" foods than their peers in every food group except fruit, Van Horn reports in the June issue of the journal *Pediatrics*. They also ate fewer "whoa" foods, with one exception: pizza. And for desserts, they were more likely to pick lower-fat options like frozen yogurt.

Still, neither group ate enough fruits or vegetables, and the high amount of daily snacking and pizza was stunning, said Van Horn.

The \$2.6 million "We Can!" campaign aims to extend those food lessons -- along with encouraging more physical activity -- to all 8- to 13-year-olds.

It's a two-pronged program. First, more than

*(Continued on page 2)*

June 7-9, 2005

### Harvest Blend Regular

- Celery
- Carrots
- Yellow Corn
- Cilantro
- Spinach
- Yellow Onions
- Yellow Squash
- Roma Tomatoes
- Strawberries
- Valencia Oranges
- Bosc Pears
- Bananas
- Cantaloupe

See the web site for details on our other options. Produce bag contents are subject to change based on availability.

### You Don't Say

"The thought of two thousand people crunching celery at the same time horrified me." - George Bernard Shaw (1856-1950), explaining why he had turned down an invitation to a gala vegetarian dinner.

### Organic Poultry Available Now

Due to extremely popular demand, we're now offering organic chicken and turkey.

Because this will be special ordered, you will need to place any poultry orders by Friday at 9 am, *the week before delivery*, to ensure you receive your chicken.

Chicken legs are available in 10# bags, and whole chickens and turkeys are also available, averaging four pounds each.

(Continued from page 1)

35 communities so far have signed up to offer youth and parent education materials, or to offer hands-on activities such as summer camps that teach nutrition and afterschool programs that promise healthy snacks.

Second, a government Web site aimed at parents -- <http://wecan.nhlbi.nih.gov> -- provides education on ways to fight obesity, including such tips as:

# Make it easier to get healthy snacks and harder to get unhealthy ones. Don't keep chips in the house, but keep a bowl of fruit within reach on the kitchen counter. Choose a checkout line without the candy display.

# Limit TV or video games to two hours or less a day. Don't just sit and watch -- challenge your children to a jumping-jack contest during commercials.

# Go on an after-dinner family walk or bike ride; make outdoor play, or visits to gyms or recreation centers, routine.

Many children live in communities where traffic, distance or crime make outdoor play or getting to a park or gym impossible. The National Institutes of Health is bringing together researchers Wednesday to debate how much a child's environment increases the risk for obesity, and how to help.

## Recipes

### Better Than Granny's Creamed Corn

- 1/2 onion, diced
- 1/2 tbsp butter
- 1 pinch kosher salt
- 2 ears fresh corn
- 1 sprig fresh rosemary, bruised
- 1 tsp sugar
- 1/4 teaspoon turmeric
- 2 tsp yellow cornmeal
- 1/2 cup heavy cream
- Fresh ground black pepper

In a saucepan over medium heat, sweat the onion in butter and salt until translucent.

In a large mixing bowl, place a paper bowl in the middle of the bowl. Resting the cob on the bowl in a vertical position remove only the tops of the kernel with a knife, using long smooth downward strokes and rotating the cob as you go. After the cob has been stripped, use the dull backside of your knife to scrape any remaining pulp and milk off the cob.

Add the corn and pulp mixture to the saucepan and cook over medium high until the juice from the corn has tightened. Add the rosemary. Sprinkle the corn with the sugar and turmeric. Stir constantly for about 2 minutes.

Sprinkle the cornmeal onto the corn, using a whisk to combine well. Add the heavy cream and cook until the corn has softened, about 2 to 3 minutes. Remove the rosemary. Season with freshly ground black pepper.

### Cilantro Corn Pancakes

- 1/2 cup flour
- 1 tbsp baking powder
- 1/2 tsp baking soda
- 1 tbsp sugar
- 1/4 tsp salt
- 1/3 c cornmeal
- 1 egg

- 1 cup buttermilk -or- fresh plain yogurt
- 2 tbsp vegetable oil
- 1 cup corn kernels, cooked and drained
- 1/4 cup mild chiles, roasted, chopped, peeled & seeded
- 1/4 cup fresh cilantro, chopped
- 1/3 cup scallions, chopped
- vegetable oil
- mild salsa
- sour cream

In large bowl, sift together the flour, baking powder, baking soda, sugar and salt. Stir in cornmeal.

In another bowl, lightly beat egg or egg whites, add buttermilk, oil, corn, chiles, cilantro and scallions. Add to dry ingredients; stir until combined.

Place a griddle or large skillet over medium-high heat. When hot, brush with oil, then drop batter by large tablespoonfuls onto griddle. Cook until tiny holes form on each pancake. Turn pancakes; brown on other side. Pass mild salsa and sour cream to spoon over pancakes.

### Spinach and Sweet Corn Mashed Potatoes

- 1 1/2 pounds new potatoes, scrubbed and quartered
- 1/4 teaspoon salt
- 1/2 cup butter, softened
- 1/2 cup heavy cream
- salt and pepper to taste
- 1 tbsp olive oil
- 1 1/2 cups whole kernel corn
- 1 bunch fresh spinach, stems removed
- 1 1/2 teaspoons minced garlic

Place potatoes in a pot and cover with water. Bring to a boil and add 1/4 teaspoon salt. Boil until potatoes are tender, about 15 minutes. Drain water and mash potatoes together with butter and heavy cream until light and fluffy. Season with salt and pepper to taste.

Heat a large skillet over medium heat. Pour in olive oil and sauté corn 2 to 3 minutes. Stir spinach and garlic into skillet and sauté an additional 1 minute, until spinach is wilted. Fold mixture into mashed potatoes. Adjust seasonings and serve immediately.

