

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



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Week of May 2, 2006

## Pediatricians Urged To Add Fitness Checkups

The American Academy of Pediatrics wants to turn children's doctors into activity police, encouraging them to routinely monitor how active patients and even their parents are each day to help conquer obesity.

Boosting daily physical activity from infancy through the teen years is a key to fighting fat, and parents need to set good examples by also adopting active lifestyles, the group says in a new policy statement published in May's Pediatrics magazine.

The policy says pediatricians should ask patients and parents at regular office visits how active they are. They also should document how much time patients spend each day on sedentary activities and urge them to follow AAP guidelines recommending no TV for children under age 2 and no more than two hours daily of TV, video games and other "screen time" for older children.

Also, schools should reinstate mandatory daily physical education from kindergarten through high school. These classes should allow participation by all children, including the disabled. Overweight and obese children should be encouraged to participate in activities such as water-based sports and strength-training rather than weight-bearing activities, including jogging, that may be more difficult for them, the policy says.

Parents are encouraged to "become good role models by increasing their own level of physical activity" and to make active pursuits a part of the family lifestyle starting when children are infants, with regular walks to the park or zoo and by routinely engaging in physical play with them.

Preschoolers should take part in unorganized outdoor activities and begin walking "tolerable distances" with family members. Older children and adolescents should be

physically active for at least an hour daily, and organized sports may be started when children are school-age, the policy says.

"I've been giving this advice for a long time. Most of the time parents don't feel that it is an imposition," said policy co-author Dr. Jorge Gomez, a pediatrician at the University of Texas Health Science Center in San Antonio.

For parents who say busy work schedules and other lifestyle factors make it hard for the family to be active, "we sit down and troubleshoot," Gomez said. "A little is better than nothing. You don't have to play with your child every day, but on your day off, make a point of doing something outside with your child," including taking a walk, flying a kite, or playing ball.

"It doesn't have to be strenuous, it doesn't have to be organized," just "something to promote the habit of being outdoors and active," he said.

Angie Dixon, 38, a writer in Little Rock, Arkansas, agreed that physical activity is important, but said the recommendations "certainly could become intrusive" if doctors aren't sensitive to families' constraints.

"With two kids, there's not much time when I don't have somebody bothering me," Dixon said. Still, she said she tries to walk for exercise several times weekly and encourages her 8-year-old daughter and 10-year-old son to be active, too.

She said she supports having pediatricians voice the same recommendations.

"I'm not sure how effective it will be, but I think it's worth a try," Dixon said.

*(Continued on page 2)*

### Harvest Blend Regular

- Lacinto Kale
- Baby Carrots
- Spinach
- Red Onions
- Red Potatoes
- Green Bell Peppers
- Yellow Squash
- Fuerte Avocado
- Gold Delicious Apples
- Valencia Oranges
- Bananas
- Kiwi
- Ruby Grapefruit

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

### OO Reminder

Now that warmer days are upon us, please remember it is your responsibility to leave a cooler outside your door if you are not home to receive the delivery.

This is especially important if you are receiving dairy with your produce.

While we have, in the past, left the thermal bags at your door, we would really prefer not to do so, as the return rate on these bags is often a problem for us.

A cooler is also better for you because ice packs in the cooler will do a better job of keeping your food fresh in the ambient temperature than our bags without any ice.

Thank you for your business, and let us know if you have any questions.

(Continued from page 1)

Government figures published in April show that more than one-third of U.S. children are overweight and about 17 percent are obese.

Dr. Peter Belamarich, a pediatrician with Children's Hospital at Montefiore in New York, said the academy is right to be urging doctors to intensify their efforts to curb the problem.

"I think it's fantastic. I think we should be taking a leadership role in this area," Belamarich said. "This is a national health problem

that is going to just overwhelm us as a society if we don't attend to it."

Dr. Claire LeBlanc, a policy co-author and pediatrician at Children's Hospital of Eastern Ontario in Ottawa, Canada, said rising obesity rates affect children globally and prevention "is really the key."

"Physical activity is certainly one of the pieces of the puzzle that could be an effective part of the solution," LeBlanc said.

## Recipes

### Mashed Potatoes with Kale

- 1/2 cup milk
- 4 tbsp butter
- 1 small carrot, peeled, diced
- 1 large bay leaf
- 1/2 large onion, chopped
- 1/2 large bunch kale, rinsed, coarsely chopped
- 2 lbs potatoes, peeled, cut into 1-inch pieces

Combine milk, 1 tbsp butter, carrot and bay leaf in medium saucepan; bring to simmer. Remove from heat; let steep while preparing kale and potatoes. Melt 1 tbsp butter in large Dutch oven over medium heat. Add onion; sauté until light brown, about 8 minutes. Add kale; cover and cook until tender, stirring often, about 25 minutes.

Meanwhile, cook potatoes in large pot of boiling salted water until tender, about 25 minutes. Drain well. Return to same pot; mash with hand masher. Add kale mixture to potatoes. Strain in enough milk to produce moist, fluffy potatoes. Season with salt and pepper. Melt remaining butter in small saucepan. Mound potatoes in large bowl. Using spoon, make well in top of potatoes. Pour butter into well. Serve hot.

### Dijon Chicken Stew With Potatoes and Kale

- 4 tsp olive oil (divided)
- 2 cups sliced leek
- 4 cloves garlic, minced
- 1/3 cup plus 1 tablespoon all-purpose flour (divided)
- 1 pound skinless, boneless chicken thighs, bite-size pieces
- 1/2 pound skinless, boneless chicken breasts, bite-size pieces
- 1/2 tsp salt (divided)
- 1/2 tsp freshly ground black pepper (divided)
- 1 cup dry white wine
- 3 cups fat-free, reduced-sodium chicken broth (divided)
- 1 1/2 cups water
- 2 tbsp Dijon mustard
- 2 cups peeled, cubed (1/2-inch) white potato (about 1 pound)
- 8 cups loosely packed torn kale (about 5 ounces)
- crushed red pepper flakes (optional)

Heat 1 tsp oil in a Dutch oven over medium-high heat. Add leek and sauté 6 minutes, or until tender and golden brown. Add garlic; sauté 1 minute. Spoon leek mixture into a large bowl.

Place 1/3 cup flour in a shallow bowl or pie plate. Dredge chicken in flour, shaking off excess. Heat remaining 3 tsp oil in pan over

medium-high heat. Add half of the chicken mixture; sprinkle with 1/8 tsp salt and 1/8 tsp black pepper. Cook 6 minutes, browning on all sides. Add browned chicken to leek mixture. Repeat procedure with remaining chicken mixture, 1/8 tsp salt and 1/8 tsp black pepper.

Add wine to pan, scraping pan to loosen browned bits. Combine 1 cup broth and remaining 1 tablespoon flour, stirring with a whisk until smooth. Add broth mixture, remaining 2 cups broth, water and mustard to pan; bring to a boil. Stir in chicken mixture, remaining 1/4 tsp salt and remaining 1/4 tsp black pepper. Cover; reduce heat and simmer 30 minutes. Stir in potato. Cover and simmer 30 minutes or until potato is tender. Stir in kale; cover and simmer 10 minutes. Garnish with crushed red pepper flakes, if desired.

### Crustless Yellow Squash, Pepper, and Spinach Pie

- 1/2 tsp butter
- 1/4 cup dry bread crumbs
- 1 tsp olive oil
- 1 bell pepper, cut into 1/2-inch dice
- 4 large garlic cloves, minced
- 3 medium yellow squash, thinly sliced
- 1 bunch spinach, stems discarded and leaves torn
- 3 large eggs
- 1/4 cup milk
- 1/4 tsp salt
- black pepper
- 1 1/2 cups grated Swiss cheese

Slather the butter all over the inside of a 9-inch pie plate. Sprinkle the bread crumbs on the plate, then rotate the plate so the crumbs adhere to the sides and bottom. A thicker layer of crumbs on the bottom is okay. Heat the oil in a large skillet over medium heat. Add the red pepper and cover the pan. Cook 5 minutes, tossing occasionally. Add the garlic and cook, uncovered, for 2 minutes. Mix in the squash and sauté, tossing often, until the squash is tender, about 10 minutes.

Pile on spinach and cover the pan. Cook 2 minutes, or until the spinach wilts. If any juices are on the bottom of the pan, raise the heat and let them evaporate. Let the mixture cool.

Preheat the oven to 375 degrees. Beat the eggs in a large bowl. Stir in the milk, salt, pepper, and cooled vegetables. Spoon half the mixture into the prepared pie plate. Sprinkle on 1 cup cheese. Spoon on the remaining mixture and top with the remaining cheese. Bake 30 minutes, or until a knife inserted in the center comes out clean. Cool 15 minutes before cutting the pie into wedges.