

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



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Week of July 11, 2006

At Home And School, Kids Are Sedentary

At home, the phrase "Go watch TV" to kids has replaced "Go outside and play" in many families. At school, the daily hour of recess is dwindling. The combination is contributing to many kids not getting enough exercise, according to some experts.

"Parents are not allowing their kids to play after school because of the safety issue and all of the child abuse issues we've seen over the last 15 to 20 years," said Steve Virgilio, a physical education professor at Adelphi University in New York. "Parents are happy to have children in front of the TV or DVD or the computer because they know they're safe."

But throw in an almost daily dose of junk food and you've got a recipe for childhood obesity.

A 2003-2004 survey by the Centers for Disease Control and Prevention found that about 17 percent of children between the ages of 2 and 19 were overweight.

Compare that with figures from just a generation ago: Federal data from the late 1970s showed that 7 percent of 6- to 11-year-olds and just 5 percent of 12- to 19-year-olds were overweight.

"Children are inherently physically active, but it's up to the adult population, whether it's caregivers at preschools or teachers or parents or grandparents, to make sure that they understand that physical activity is a big part of their life," Virgilio said.

A newly released study conducted by the U.S. Department of Education found that 99 percent of public elementary schools had some scheduled physical education in 2005.

But how often activity is scheduled varies. Between 17 and 22 percent of students had P.E. every day; about half had one or two days each week.



The average amount of time spent at recess and physical education was about 221 minutes per week for first-graders

and 214 minutes for sixth-graders.

And participation in gym class drops steadily in high school, according to the CDC. In 2003, almost 38 percent of freshmen had daily P.E. classes, but that number dropped to about 18 percent for seniors.

Sixty-eight percent of freshmen said they exercised hard enough to sweat and breathe hard in at least three of the past seven days compared to 55 percent of seniors. But more than 9 percent of freshmen and 12 percent of seniors said they had participated in no vigorous or moderate activity during that period, the CDC found.

Bill Modzeleski, who heads the U.S. Department of Education's safe and drug-free schools department, said the agency is working with schools to help children develop life-long habits.

"This is about educating kids about healthy eating and healthy habits as well as just physical fitness," he said. "We're talking about getting kids at a very early age to

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Harvest Blend Regular

- Cauliflower
- Baby Carrots
- Celery
- Red Leaf Lettuce
- Red Onions
- Jewell Sweet Potatoes
- Grape Tomatoes
- Spinach
- Blueberries
- Strawberries
- Valencia Oranges
- Bananas
- Santa Rosa Plums

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.

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understand that exercise is not only important, but it can be fun."

Virgilio said that preschoolers need at least an hour and a half of activity each day.

"One of the guidelines is that children should not be sedentary for more than 60 minutes at a time. In other words, after 60 minutes they should be up and moving for 10 minutes blocks of time," he said. "As children move into elementary school, they shouldn't be sedentary for more than 90 minutes at a time."

But that doesn't mean that they have to be running, or hitting the gym -- anything that gets their big muscles involved will work.

Even an old shoe and a piece of rope can be turned into a fun fitness tool in a pinch.

"You tie a shoe to the end of a piece of rope and then you just twirl it around and the children try to jump over the shoe," Virgilio said. "That's something that you can do for 10 minutes that children can have fun with.

Even marching around the room for five minutes, pretending to be in a band is fine, he said.

"They don't have to go out and run, they don't need to get down and do sit-ups and push-ups and so on -- they just need good physical activity."

Recipes

Sweet-Potato Waffles with Blueberry Syrup

- 1/3 cup peeled and diced sweet potato
- 3/4 cup all-purpose (plain) flour
- 1/4 cup whole-wheat (whole-meal) flour
- 1/4 cup cornmeal
- 1 tsp baking powder
- 1/2 tsp salt
- 1/8 tsp ground cinnamon
- 1/8 tsp ground ginger
- 1 cup plain soy milk
- 2 tbsp olive oil
- 1 egg white



For the syrup:

- 1 1/2 cups fresh blueberries
- 2 tbsp water
- 1 tbsp fresh lemon juice
- 1 tsp grated lemon zest
- 1 tbsp dark honey
- 3 tbsp light molasses
- Pinch of ground cloves

To make the syrup, in a saucepan, combine the blueberries, water, lemon juice and zest, honey, 1 tbsp of the molasses, and cloves. Bring to a boil over medium-high heat, then reduce the heat to low, cover and simmer until the berries burst and the juices are slightly thickened, about 5 minutes. Set aside and keep warm.

Bring a small saucepan half full of water to a boil. Add the sweet potato, return to a boil, then reduce the heat to medium-low and simmer until very tender, about 10 minutes. Drain and puree in a food processor or mash with a potato masher until smooth. Set aside.

In a small bowl, sift together the flours, cornmeal, baking powder, salt, cinnamon and ginger. In a large bowl, whisk together the soy milk, sweet potato puree, olive oil and the remaining 2 tbsp molasses. Add the flour mixture and stir just until combined.

Using an electric mixer on high speed, beat the egg white until

stiff peaks form. Make sure that the mixing bowl and beaters are spotlessly clean and free of fat. Even a small amount of fat, such as egg yolk or oil, can prevent the egg whites from whipping properly. Once whipped, gently whisk 1/3 of the egg white into the batter to lighten it. Using a rubber spatula, gently fold the remaining egg white into the batter, mixing just until incorporated.

Place a baking sheet in the oven and preheat to 225 F. Preheat a waffle iron. Spoon or ladle about 1/2 cup batter into the waffle iron, depending on the size of the iron. Spread evenly and cook according to the manufacturer's instructions. If the batter thickens, thin with a little soy milk. Transfer the waffle to the baking sheet in the oven to keep warm. Repeat with the remaining batter to make 6 waffles. Serve topped with the syrup.

Blueberry-Sweet Potato Bread

- 2 large sweet potatoes, unpeeled
- 4 cups flour
- 2 tbsp baking powder
- 1/2 tsp baking soda
- 5 tsp cinnamon
- 1/2 tsp nutmeg
- 2 cups sugar
- 2 eggs, beaten
- 1/2 cup vegetable oil
- 2 cups blueberries

Scrub sweet potatoes, and cook in boiling water for 20 minutes, or until soft. Drain, reserving 1/4 cup liquid; set aside. Peel and mash enough sweet potatoes to measure 2 cups; set aside to cool completely.

Sift together next 5 ingredients in a large bowl; set aside. In another large bowl, combine by hand the mashed sweet potatoes, 1/4 cup liquid, sugar, eggs, and oil. Add flour mixture to sweet potato mixture, and stir just until moistened. Fold in blueberries. Spoon mixture into 2 greased 11x7x4 loaf pans.

Bake at 350F for 50-60 minutes, or until wooden toothpick inserted in centers comes out clean. Cool in pans for 10 minutes.