

Harvest of the Month

Network for a Healthy California

June

The Harvest of the Month featured fruit is **peaches**



Helping Your Child Eat Healthy

- Slice fresh peaches over whole grain breakfast cereals.
- Use fresh or frozen peaches to make smoothies — blend with nonfat milk, yogurt or orange juice and ice.
- Combine peaches, lowfat yogurt and granola for a healthy snack.
- Eat rinsed, whole peaches with your child as a snack.
- Top lowfat ice cream or lowfat frozen yogurt with sliced peaches for dessert.
- Eat the skin! Fruit and vegetable skins contain fiber and many essential vitamins and minerals.
- Take your child to a farmers' market to select California grown peaches at their peak — in-season produce costs less and tastes better.

For more information, visit:
www.cachampionsforchange.net

Health and Learning Success Go Hand-in-Hand

Enjoy what California has to offer in the summer — a bounty of fresh fruits and vegetables and hundreds of parks.

Eating a variety of colorful fruits and vegetables and getting daily physical activity will help your child to learn and focus better in school. Use **Harvest of the Month** to help your family eat healthy and be active.

GOOD MORNING COBBLER

Ingredients:

(Makes 4 servings at 1 cup each)
2 medium peaches, sliced (or 1 15-ounce can sliced peaches, drained*)

1 (15-ounce) can pear halves, drained and sliced*

¼ teaspoon almond extract

¾ cup lowfat granola

¼ teaspoon cinnamon

*Fruit packed in 100% fruit juice.

1. Combine peaches, pears and almond extract in large microwave-safe bowl.
2. Top fruit mixture with granola.
3. Microwave on high for 5 minutes. Let cool for 2 minutes.
4. Spoon into bowls and serve warm.

Adapted from: *Kids...Get Cookin'!*,
Network for a Healthy California, 2008.

Produce Tips

- Choose peaches that are fragrant and firm to slightly soft when pressed.
- Look for fruits with a bright yellow background (not red). This indicates ripeness and flavor.
- Ripen firm peaches in a brown paper bag at room temperature. Store up to three days.
- Store ripe peaches in a plastic bag in refrigerator for up to five days.

Nutrition Facts	
Serving Size:	1 medium peach (150g)
Amount per Serving	
Calories 59	Calories from Fat 3
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	9%
Sugars 13g	
Protein 1g	
Vitamin A 10%	Calcium 1%
Vitamin C 17%	Iron 2%
Source: www.nutritiondata.com	

Nectarines are a type of fuzzless peach with a smooth skin. Visit www.harvestofthemonth.com to review the Nutrition Facts label for nectarines.

Let's Get Physical!

- Participate in outdoor activities and take advantage of more hours of daylight.
- Visit one of California's almost 300 state parks. Or visit a regional or local park. These are family-friendly and free to the public.*
- Parks provide dozens of recreational opportunities — from water sports, hiking and biking to exploring California's nature, history and cultures.

*While most parks are free to use, many charge a parking fee.

To find a park near you, visit:
www.parks.ca.gov/parkindex/

How Much Do I Need?

A serving of peaches or nectarines is one medium fruit. This is about the size of a baseball. Eat a variety of colorful fruits and vegetables throughout the day to reach total daily needs.

Recommended Daily Amounts of Fruits and Vegetables*		
Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.

Summer/Fall
2010



a free
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ecology center



Everyone knows or has heard of a farmers' market before; they sell fresh produce from local farms, and a majority of the customers use cash to buy that produce. But did you know that many farmers' markets accept Electronic Benefits Transfer? Electronic Benefits Transfer—more commonly known as EBT—started as a replacement for paper food stamps given to needy families. The Berkeley Farmers Market was the first farmers market to implement the usage of EBT, and served as a model for farmers markets across the nation looking to introduce EBT into their programs. Prior to EBT, many farmers markets accepted paper food stamps, but since the implementation of EBT it has been more difficult for food stamp recipients to use their benefits at farmers' markets because of the new technology required to process EBT.

FFC specializes in Food Justice and helps low-income families become healthy by setting up fresh produce stands at different locations around Berkeley. FFC is a program of the Ecology Center and sources produce for their stands from the Ecology Center's Berkeley Farmers' Markets. FFC encourages that people use EBT when visiting the produce stands and take advantage of their access to fresh organic
by Rashawn Moore

ROOTS ACROSS THE NATION

Once again, this year FFC has had the wonderful opportunity to send our youth to the "Rooted in Community" (RIC) National Conference. RIC is a national grassroots network that strives to encourage youth to step up and take leadership in their communities. It brings youth-driven programs from across the nation together, to connect and share the work they have been doing in their communities in hope that they can learn from each other and take back resources from different organizations to apply to their work.

This year, the national conference was held in Durham, North Carolina. The youth left on July 21st and arrived in North Carolina the very same day. None of FFC's youth had ever been to North Carolina, and were particularly ecstatic to meet people their age doing similar work. The youth also planned on enjoying the knowledge the locals had to offer. The conference had an estimated attendance of around 130 youth and adults who would be working together for the next five days, all while having an enormous amount of fun.

The conference consisted of farm trips in the local area, a trip to Dillard Academy, lovely organic meals, and several youth-led workshops ranging from open mic sessions to chant and poster creation workshops.

Upon returning, the youth all shared their excitement about the trip and how it motivated them to continue working hard here at FFC and keep up an open network with some old allies and newly discovered ones. FFC appreciates being able to allow its youth to participate in you focused conferences because it gives our youth perspective on how important the work they are doing really is, not only locally but nationally.

By Kad Smith



Pictured (From left to right): Nakia, Wendy, Tenise, Terrance, and Gera as they arrive at the airport in Durham, North Carolina.

WHAT'S FRESH?

9/10/2010 Berkeley Food Policy Council (9-1pm)

9/12 Recycling at Solano Stroll (12 pm)

9/15 Leadership meeting at City Hall (4-6 pm)

9/18 Childrens Hospital Fair (10-3pm)

Artspark Festival at San Pablo Park (11-4pm)

9/19 AALC Founding Meeting feat. Rev. Jeremiah Wright

9/25 BUSD Annual Black Family Reunion (11-3pm)

10/2 Watershed Poetry Festival

10/2-3 World Vegetarian Day (San Francisco Ca)

10/14-17 Bioneers "Just us for Justice" (9-6pm)

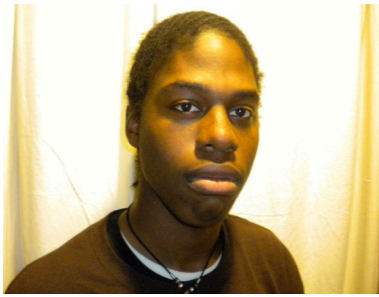
10/23 Heart to Heart Van (10-12pm)

Farm Fresh Choice 510-848-1704

ffc@ecologycenter.org

www.ecologycenter.org/ffc

NEW KIDS ON THE BLOCK: AN INTRODUCTION TO OUR NEW CREW



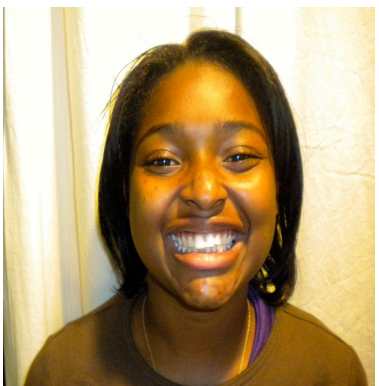
Johnathan Hill, now a senior at Berkeley High School, has always been about school. Though now through time, he has found ways to channel fun into his daily act. For example, he has taken jobs in his school community and found ways to be serious yet social at the same time, which has worked well during seminars, projects, and presentations. He also loves cooking. Over the years, when he would cook he'd prepare food that wasn't necessarily helping fight illnesses such as diabetes or heart disease. But nonetheless, Jonathan knows his family cooks a lot of healthy food and over time he has learned new things about eating healthy food and has started to change his position on food. He gives to his mom for his new found eating habits. She helped him really become aware of eating healthy.

Eric Weinstein is a senior at St. Mary's High School, and is characterized as a fun energetic person who loves life. He likes to surf and to explore new highs. He got interested in FFC because it relates to a lot of things he enjoys. He now enjoys working with Farm Fresh Choice because the experience has been satisfying, and he didn't know programs like it could impact so many people. He is having a lot of fun here this summer, and he always reminds the crew he is glad he was chosen to work here.



Sharlana Turner is a sophomore at BCC and is now an FFC intern. As an intern at FFC, she works to improve, inform, and create relationships with the community and local farmers. Her focus is to increase awareness and support of local sustainable agriculture. She believes everyone should have access and the right to eat affordable nutritious food. She also wants to promote food justice, and knows that with an active community supporting healthy alternatives, we can change the world starting right here in our neighborhood!

Rashawn Moore is 17 years old and a senior at Berkeley High. He takes pride in being a very chill person. He enjoys to write, cook, and take photos. Food is the most important thing to him and that is why he loves everything about it. Rashawn takes pride in letting his peers know, "it's very important that we enjoy food the way it's supposed to be enjoyed and not by adding different man-made chemicals to sustain our living habits now days." Farm Fresh Choice was something he claims to have wanted to be a part of ever since he met the staff at an event. Rashawn is proud that Farm Fresh Choice distributes good information that people need to hear so they can strive for good health and create communities that can empower themselves!



Chantule Taylor came to FFC through the city of Berkeley's Youthworks Program. She will be a senior at Berkeley High, and plans on going to college to major in business and real estate. When she first came to FFC, she didn't know what types of bad food she and her family were consuming. But it seemed like after one week at FFC, she began to realize that there were healthier alternatives that also tasted great. She hasn't always been too concerned with eating the healthiest foods, but she claims the more she works with FFC, the more she is seeing that it is essential to living a longer and healthier life! Our motto "Pay now or Pay later" has really stuck with her and convinced her that she needs to eat better and be more aware of what she is eating!

Biographies written by "The New Crew"

Rain or Shine! Every Tuesday

*BYA 3:30-6:30 PM

Bonar and Allston Way

*B.A.H.I.A. 3:45-6:30

8th and Virginia Street

*Francis Albrier/San Pablo Park

3:15-6:30

Park and Oregon Street

If you haven't already...

Remember to Add FFC on Facebook

Follow us on Twitter @farmfreshchoice



GREEN CUISINE

Sea Salt Restaurant

Berkeley California

2512 San Pablo Ave. Berkeley, CA 94702

This issue's green cuisine profile is focused on one of our neighbors to the north of the Ecology Center which has managed to do a good job, not only satisfy its customers' taste buds, but also ensure that what they are eating is made with love, and with their consumers' health in mind.

Sea Salt, if you haven't guessed by now, prepares sea food dishes as its main cuisine. The menu provides patrons with a complete arsenal of different seafood choices, all particularly friendly to the common seafood lovers taste buds. From their lunch menu to their dinner menu, Sea Salt does an exquisite job of incorporating flavor and texture into their food. Some simple favorites such as Fish and Chips have never ever tasted so good before and often leaves customers wondering "How do they do it?"

But more important than Sea Salt's menu is the way in which it is produced. As a certified "Bay Area Green Business," Sea Salt promotes their food with "health, sustainability, and innovation" in mind. It also helps that they strive to support our community by buying local food, and keeping a vast majority of their food organic. So if you haven't checked Sea Salt out yet, swing by when you get the chance!

By Kad Smith



Become a member of the Ecology Center!

Farm Fresh Choice is a program of the Ecology Center, a community-based nonprofit dedicated to sustainable urban living. The Ecology Center relies on the

support of our members. Become a member today! Visit ecologycenter.org or call 510-548-2220x235

WENDY'S SUMMER SALAD

Avocado Garden Salad

This is one of FFC's Favorite Salads to make. Easy to fix!

Makes 6 servings. 1 cup per serving.

Prep time: ~20mins.

Ingredients

- 5 cups torn or cut mixed salad greens
- 2 medium tomatoes, chopped
- 4 green onions, chopped
- 1 small cucumber, peeled and chopped
- 2 tablespoon lemon juice
- 1/4 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1 large avocado, peeled

Preparation

1. Mix salad greens, tomatoes, onions, and cucumber in large serving bowl.
2. In a small bowl, mix the lemon juice, garlic powder, ground black pepper, and salt. Pour over salad mixture and toss it all together.
3. Cut the avocado in half lengthwise. Remove pit and peel the avocado halves. Slice in thin wedges, about 1/8-inch thick.
4. Arrange avocado slices on top of salad and you're ready to serve it immediately! Enjoy!

NUTRITION INTUITION

DID YOU KNOW

- Peaches are high in Vitamin C, are a great source of Dietary Fiber, and Low in Saturated Fat!
- Peaches have also been proven to help make our skin look healthy, and add color to one's complexion
- Peach Flowers have sedative properties, and can be great for restless children when boiled in water with sugar and honey!

For more info turn the page, and check out our Harvest of The Month!

