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Enjoy Oregon's Healthy Harvest



Visit local farmers markets, farms, and orchards to select and pick your own fruits and vegetables!

- Be active. Play "I spy" or have a scavenger hunt with veggies.
- Share the adventure. Try something new like kohlrabi (photo above)!
- Cook together. Everyone can help prepare the harvest!

Harvest veggies like squash, peppers, and carrots work great in any meal.

- Mash them with potatoes for dinner.
- Roast them for a snack.
- Shred them into pancakes for breakfast.
- Bake them as a side dish to enjoy as part of your favorite meal!



Have a picky eater?

Kids who help choose, wash and cook new foods, are more likely to try them.*

Kids often love to eat what they help cook!



Kids can...

- ★ Add vegetables to recipes
- ★ Peel and wash harvested veggies and fruits
- ★ Make a list of new foods they like

Monthly Hero Checklist

- Eat a vegetable for a snack.
- Pick a fruit or vegetable for dessert.
- Try a new fruit or vegetable.
- _____

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FoodHero.org

Oregon State UNIVERSITY **OSU** Extension Service

*Nutrition Matters, Inc-adapted and reprinted with permission



Roasted Vegetables

Ingredients

- 1 cup **fresh vegetables per person** (choose one vegetable or a mix)
- ½ teaspoon **oil** (per cup of vegetables)
- Sprinkle of **salt and pepper**

Directions

1. Wash vegetables, peel if desired, and cut into similar sized pieces. Smaller pieces (about ½ inch thickness) brown more and cook more quickly. Long thin pieces (asparagus or beans) can be left whole.
2. Preheat oven to 425 degrees.
3. Prepare a baking sheet that will hold the vegetables in a single layer. A metal baking sheet without sides allows more browning. A covering of foil will make cleanup easy.
4. Toss the vegetable pieces with just enough oil to make them shine.
5. Spread the vegetables on the baking sheet in a single layer.
6. Roast until tender and slightly browned on the edges. Baking time will depend on the thickness of the pieces. Thin pieces (asparagus or beans) may take 5 minutes; pieces about ½ inch thick take about 15 minutes.
7. Stir or turn about halfway through the roasting to obtain more even browning.
8. Remove to a serving dish and sprinkle lightly with salt or seasoning of your choice.
9. Refrigerate leftovers within 2-3 hours.

Note:

- Try vegetables like: Brussels sprouts, carrots, onions, sweet potatoes, peppers, asparagus, broccoli, cauliflower, green beans, squash and more.
- Try additional seasonings like: thyme, rosemary, oregano, balsamic vinegar, lemon juice.

Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 3g	
Vitamin A 10%	• Vitamin C 160%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more recipes and tips on eating well for less, visit www.foodhero.org