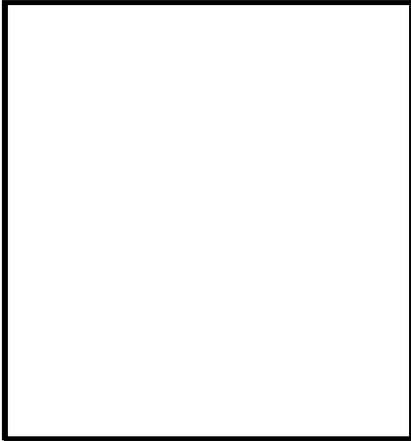


CANTALOUPE SALSA



- ½ large ripe cantaloupe**
- ¾ cup finely diced red bell pepper**
- ¼ cup finely chopped cilantro**
- 3 tablespoons finely chopped green onions, both white and green parts**
- juice of one lime**
- pinch of salt**
- pinch of hot-pepper flakes or cayenne pepper**

Remove seeds and rind from cantaloupe. Chop cantaloupe into very small pieces. Put in bowl. Add red pepper, cilantro, green onions, and lime juice. Stir. Add salt and pepper. Chill. Serve with grilled fish or chicken. Makes four servings.

When Kids Won't Eat Vegetables

- **Keep trying; it may take many tries before your child will accept a new food.**
- **Kids love to dip vegetables. Make a healthy dip out of yogurt, melted cheese, or avocado.**
- **Fruits have many of the same nutrients as vegetables. Your child may prefer fruits.**

WIC FOR YOU

Texas Department of Health

April - May - June 1999

Volume 9/Issue 2

Homegrown, Fresh and Healthy!

Take a Bite Out of Texas Fruits and Vegetables

Fresh fruits and vegetables are healthy foods for you and your family. Fruits and vegetables are low in fat, have no cholesterol, and contain fiber. They provide many vitamins and minerals, such as:

- Vitamin A for good vision, fighting infection, proper growth, and strong bones.
- Vitamin C for the formation of bones, teeth, blood vessels, and skin and to help your body absorb iron.
- Folate, a vitamin that helps prevent certain birth defects.
- Potassium, a mineral that helps nerves and muscles work and helps keep blood pressure normal.

Try some of these healthy Texas-grown fruits and vegetables.

Rich in: Vitamins A and C and potassium

Look for: Yellow-colored skin under a rough, net-like skin, a melon that smells sweet and is a little soft when pressed with your thumb.

To store: Refrigerate and use within three to five days.

Rich in: Vitamin C

Look for: Firm, round fruit, heavy for its size.

To store: Refrigerate and use within seven to 10 days

Rich in: Vitamins A and C and potassium

Look for: Thick, firm potatoes with evenly colored skin

To store: Do not refrigerate. Store in a cool, dry place.

Use within seven to 14 days.

Rich in: Vitamins A and C, folate, and potassium

Look for: Tender, firm stalks with closed, dark-green buds.

To store: Refrigerate and use within three to five days.

Ask WIC?

Q I'm breastfeeding my baby and my mother told me not to eat broccoli, cabbage, or cauliflower because they will make my baby fussy. Is this true?

A Sometimes a food you eat can cause your breastfed baby to be fussy, but this is unusual. All babies are different and babies can be fussy for many reasons, so don't stop eating a food you like unless you are sure that food is really causing the problem. If a certain food you eat seems to make your baby upset, avoid the food for a few days to see if your baby improves. Then try the food again to see if the problem returns.

For more breastfeeding information call toll-free: I-BOO-5 14-6667

Grow vegetables in a container!

Use any container 12 inches deep, such as an old wastebasket, bucket, ice-cream tub, or a dishpan. **Punch** one to three holes in the bottom and cover with small rocks to allow excess water to drain. Then add potting soil.

Choose vegetable seeds or sprouted seedlings that are easy to grow. These include: green beans, tomatoes, squash, cilantro, basil, bell peppers.

Plant one type of seedling or seed in the container. For seedlings, bury the roots in the soil up to the first leaves. For seeds, follow the steps on the seed packets. Place your planted container in a place that gets bright sunlight most of the day.

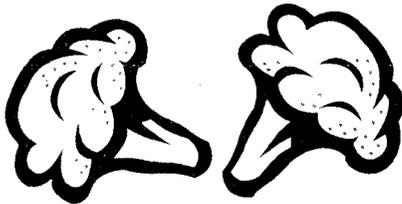
Keep soil moist but not wet. If leaves turn yellow, it may be a sign that you are watering too much. As plants grow, you may need to make room in the container. Gently pull out some of the young seedlings and plant them in other containers filled with soil.

Pick your vegetables when they get ripe. Wash them with a little dishwashing liquid, rinse well with cold water, and enjoy in a fresh, healthy, tasty meal.



JUST FOR KIDS

Color the foods that grow in the garden. Now draw your favorite in the space below.



My favorite fruit or vegetable looks like this!

