

Fall Quick Tips



Soup Season Begins!

October will greet us with a chill in the air, letting us know it's time for soup making. Making soup is a great way to use leftovers or vegetables that are past their peak of freshness. Rehydrated beans like black beans, pinto beans, or cannellini beans are good choices too. Use herbs and spices to flavor the soup the way your family enjoys it. Soup can be made to meet anyone's taste, culture, or desire to experiment. Making soup over the weekend may give you an extra dinner meal or lunches throughout the week. Soup also freezes well, so having some stocked in the freezer can make a quick dinner when evening plans change.

- Use a heavy pot: choose a sturdy, thick-bottomed pot to spread heat evenly.
- Start with good stock: skip plain water and weak cubes; use a rich homemade stock or high-quality store brand.
- Sauté aromatics: cook onions, celery, and carrots in oil or butter first to soften them and release deep flavors.
- Stagger cooking times: add fast-cooking ingredients like tender peas or fresh spinach near the end so they do not overcook.



FARMERS' MARKET TIPS

In October, look for apples, pears, pie pumpkins, winter squash, onions, garlic, carrots, and cabbage. Some outdoor markets may begin closing. Be sure to check if your area has an indoor Farmers' Market.



Building Healthy Habits Recipe

Minestrone Soup

Serving size: 1 cup

Makes 10 cups

Ingredients

- 1 medium onion, chopped
- 1 stalk celery, diced
- 1 large carrot, sliced
- 2 tablespoons vegetable oil
- 1 large potato, chopped
- 1 can (15 ounces) chopped tomatoes with juice
- 2 cans (15 ounces each) low-sodium broth
- 1 can (15 ounces) kidney beans, drained and rinsed
- 1 teaspoon basil
- ½ cup uncooked macaroni
- 2 small zucchinis, sliced
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions

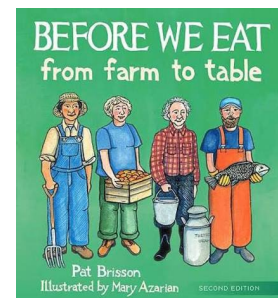
1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a 5-quart saucepan over medium heat, cook onion, celery, and carrot in oil, stirring constantly until onion is soft, but not browned.
4. Add potato, tomatoes, broth, beans, and basil.
5. Bring to a boil then reduce heat. Cover and simmer for 15 minutes.
6. Add macaroni and zucchini. Simmer for another 15 minutes.
7. Taste and adjust seasoning with salt and pepper. Refrigerate leftovers within 2 hours.



Nutrition Facts (per serving): 130 calories, 3.5 g Total Fat, 0g saturated fat, 220 mg sodium, 22g carbohydrates, 4g dietary fiber, 3g total sugars, 0g added sugar, 5g protein, 40mg calcium, 405mg potassium, 2mg iron

Kid's Book Club

Head to the public library with your child and borrow "Before We Eat, From Farm to Table" by Pat Brisson. Talk with your child about the different jobs and people it takes to run a farm. Visit a local market!



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