



# HARVEST OF THE MONTH

A Yearly Food Guide brought to you by students of the Renee Crown University Honors Program of Syracuse University

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# Introduction to Harvest of the Month: A Yearly Food Guide for Children

**H**ere you will find a simple and healthy easy-to-follow recipe guide that features 12 “Harvests of the Months” for children and their families of the Syracuse Community.



**We hope that** this food guide will provide a better understanding on seasonality in the Central New York region, and will provide yummy recipes for all to enjoy.



**For each month,** there is a highlighted fruit or vegetable, along with a healthy, easy recipe for that harvest, in addition to some fun facts about the feature.



**We want to thank** the Wilson Park Community Program for letting us get involved with their programming, as well as the Renee Crown University Honors Program for their support of this project. Lastly, a thank you to the Campus Copy Center for their generosity in working with us.



**Enthrall yourself in the contents** of this food guide and remember: ask for adult assistance when preparing any of these recipes...and most importantly: **ENJOY!**



Experience the local fruit and vegetable recommendations that you will find in this guide!

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# ONION & GARLIC

*January & February*

Part I: Onion

## Onion Dip Recipe

### Ingredients



- 1 large onion
- 5 cloves of garlic
- 1 tablespoon extra-virgin olive oil
- 1 16-ounce container sour cream
- 1 lemon for juice
- 1 teaspoon paprika
- salt for taste

### Directions

1. With the help of an adult, finely chop the onion and garlic
2. Using a medium pan, heat the olive oil over medium-high heat
3. Add the onion-garlic mixture to pan and cook until softened, for about 5 minutes
4. In a bowl or food processor, mix this combination with the sour cream, lemon juice, paprika and salt until well-mixed.
5. Refrigerate until ready to eat!

### Remember:

- Do not use kitchen utensils without the assistance of a parent or guardian!
- Wash your hands before and after cooking!
- Onions may bring tears to your eyes while preparing them, so make sure you ask an adult for help!



### THE ONION

GOOD AND GOOD FOR YOU!

### FUN FACTS ABOUT THE ONION

Onions are the perfect vegetable to highlight for the winter time in Central New York. This vegetable can be harvested and stored throughout the year despite the harsh climate changes during this month!

Onions bring lots of flavor to any dish, and there are a variety of different types that you can enjoy!

Onions are native to Asia and the Middle East. This vegetable has been cultivated for over 5,000 years! This historic vegetable is very good for your bones and heart!



# ONION & GARLIC

January & February

Part 2: Garlic



## GARLIC

GOOD AND GOOD FOR YOU!

## Fresh Homemade Salsa



### Ingredients

- 4 cloves of garlic
- 1/2 of a large white onion
- 2 large ripe tomatoes
- salt and pepper to taste
- 1 lime for zest and juice
- olive oil for drizzle

### Directions

1. With the help of an adult, finely chop the onion, garlic and tomato, removing the seeds from the tomato
2. Zest the lime and set the skin aside
3. Strain or pat these three ingredients to remove some of the liquid
4. Add this mixture in a bowl, combining with a sprinkle of salt and pepper, as well as with the juice and zest of the lime
5. finish with olive oil: mix thoroughly for the flavors to blend
6. Refrigerate until ready to eat! This recipe is great as a simple dip for chips or over chicken and rice for dinner!

### Remember:

- Do not use kitchen utensils without the assistance of a parent or guardian! Zesting can be difficult without the help of an adult!

### FUN FACTS ABOUT GARLIC

Garlic is another vegetable that can be grown and stored in the cold Central New York winter weather!



Garlic is a small vegetable with BIG flavor and BIG health benefits! It is mostly incorporated into recipes rather than being eaten alone.



Onions are native to Central Asia and has been grown for over 5,000 years!

This historic vegetable is low in saturated fat and a great source of calcium and Vitamins B & C! Garlic also has many antibacterial and antiviral

properties, which will help you continue to be healthy and strong!



# CARROT

*March*

## Easy Glazed Carrots (Microwave Style)

### Ingredients



- 1 lb. carrot
- 3 tablespoons butter
- 1 teaspoon orange zest
- 1 tablespoon brown sugar

### Directions

1. On a cutting board, peel and wash carrots, cutting them into 1/4 inch thick stalks with the assistance of an adult!
2. Melt the butter in a microwave-safe container, that is large enough to hold all the carrots, add the rest of the ingredients and toss to combine.
3. Cover and cook 5-8 or until carrots are crisp-tender. Serve and garnish with more orange zest, as desired - enjoy!

### Remember:

- When zesting, ask an adult for assistance!



## CARROT

GOOD AND GOOD FOR YOU!

### FUN FACTS ABOUT CARROTS

The carrot is a veggie superhero, packed full of nutrition! This vegetable gets its orange color from beta-carotene, which is an excellent source of Vitamin A!



Vitamin A helps eyesight and contributes to fighting diseases.



Cooking carrots breaks down the fiber and sugar, which makes the nutrients more available and the taste sweeter!



# LETTUCE

*April*

Featured Lettuce: Spinach

## Buttery Lemon Spinach (Microwave Style)

### Ingredients



- 10 ounces fresh spinach
- 5 tablespoons butter
- 2 tablespoons lemon juice
- 2 tablespoons garlic, minced

### Directions

1. Wash the spinach and place leaves in a microwave-safe dish
2. Add the butter, lemon juice and garlic
3. Cover and cook in microwave for 2-3 minutes, until spinach is wilted and butter is melted.
4. Serve as a delicious side dish with an extra wedge of lemon for squeezing, and enjoy!

### Remember:

- To wash the spinach thoroughly before cooking begins!



### FUN FACTS ABOUT SPINACH

Spinach is nicknamed a “superfood” because it is full of vitamins and minerals!



Eating Spinach can help better your vision because it contains so much Vitamin A. Spinach is heart healthy and can protect against different types of cancers.



Lettuces in general are a great wintertime option in upstate NY! Spinach is tasty and can be prepared raw or cooked!



# ASPARAGUS

*May***ASPARAGUS**

GOOD AND GOOD FOR YOU!

## Asparagus with Creamy Mustard Sauce

### Ingredients



- 1 lb. asparagus spears, trimmed
- 1/2 cup plain fat-free yogurt
- 1 tablespoon dijon mustard
- 2 teaspoons lemon juice
- salt and pepper to taste
- 2 cups water

### Directions

1. Mix yogurt, mustard, lemon juice, salt and pepper in a bowl until smooth, set aside.
2. Bring water to a boil in a skillet over high heat and add asparagus, return to a boil.
3. Reduce heat, cover tightly and simmer for 3 minutes or until just tender-crisp. Drain and place asparagus on serving platter.
4. Serve as a delicious side dish by spooning sauce atop asparagus, finish with a touch of black pepper, enjoy!

### Remember:

- To work with an adult while cooking asparagus!



### FUN FACTS ABOUT ASPARAGUS

Asparagus can take the pain out of bee sting by crushing and rubbing it against the affected area! This veggie is full of vitamin C, Calcium and Vitamin K.



Asparagus has different shades of colors (purple and red) it turns green when cooked. The name, asparagus, comes from the Greek language and means "sprout" or "shoot" (which makes sense when looking at the stalk of the vegetable).



# STRAWBERRIES

June

## Strawberries with Cream Cheese

### Ingredients



32 fresh strawberries (number depends on how many you are serving)

12 ounces of softened whipped cream cheese

1/2 cup of brown sugar

### Directions

1. Cut then slice from stem end, allowing berry to stand upright on flattened end, cut each berry into 4 wedges, not through to bottom. Fan wedges slightly - set aside.
2. Mix cream cheese and brown sugar in a mixing bowl until light and fluffy
3. Fill or 'stuff' strawberries with the mix
4. Cover and chill until ready to serve and enjoy!

### Remember:

- To wash strawberries and to ask for assistance from an adult when cutting strawberries!



STRAWBERRIES

GOOD AND GOOD FOR YOU!

### FUN FACTS ABOUT STRAWBERRIES

Strawberries are not really a berry, rather a member of the rose family!



This fruit is an excellent source of Vitamin C.



An average strawberry has 200 seeds and are the only fruit with seeds on the outside! There is a museum in Belgium dedicated to this fruit!





# BLUEBERRIES

*July*



**BLUEBERRIES**

GOOD AND GOOD FOR YOU!

## Blueberry Banana Yogurt

### Ingredients



- 1 quart blueberries
- 2/3 cup sliced ripe bananas
- 1 cup nonfat plain greek yogurt
- 3 teaspoons of sugar
- 1 tablespoon of honey

### Directions

1. Mix all ingredients in a cup except for a handful of blueberries
2. Mix until smooth
3. Finish with remainder of blueberries and enjoy!
4. For a frozen treat, put in the freezer before eating! (optional)

### Remember:

- To wash blueberries thoroughly!



### FUN FACTS ABOUT BLUEBERRIES

Native Americans once called them "star berries" because of the 5 points of blueberry blossoms make a star shape.



Blueberries are one of the only natural foods truly blue in color. This fruit is said to be good for eyesight.



July in America is National Blueberry Month - celebrate with this yummy recipe!



**CUCUMBER***August***CUCUMBERS**

GOOD AND GOOD FOR YOU!

**Cucumber & Tajin****Ingredients**

1 cucumber, any size

Tajin seasoning (chili peppers, sea salt, and lime)

**Directions**

1. Rinse cucumber with cool water
2. place on cutting board and slice cucumber into pieces of desired thickness
3. Sprinkle lightly with tajin seasoning and enjoy!

**Remember:**

- To cut the cucumber with assistance of an adult!
- That a little seasoning goes a long way!

**FUN FACTS ABOUT CUCUMBERS**

Cucumber is one of the oldest vegetables. This veggie is 95% water, a great source to stay hydrated!



It is high in Vitamin B, which provides lots of energy. Its nutrients build strong joints.



Make sure to eat the skin of the cucumber, it contains most of the nutrients!



# CELERY

September



## Celery Salad with Parmesan and Lemon



### Ingredients

- 4 stalks of celery
- 1/4 cup of celery leaves
- 1/2 teaspoon lemon zest
- 1 teaspoon fresh lemon juice
- 1 ounce parmesan
- salt and pepper to taste

### Directions

1. Toss celery, celery leaves, salt, pepper, oil, and lemon zest in medium bowl
2. Toss in parmesan
3. Enjoy!

### Remember:

- Do not use kitchen utensils without the assistance of a parent or guardian! Zesting can be difficult without the help of an adult!



### FUN FACTS ABOUT CELERY

Celery can actually help to clean your mouth and teeth, so it's good to eat at the end of a meal!



It's seeds are smaller than these dots .....



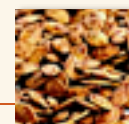
Celery contains vitamin C, which helps keep your heart healthy!

Celery has tons of calcium, which helps make your bones nice and strong!



**PUMPKIN***October*

## Roasted Pumpkin Seeds

**Ingredients**

- 1 1/2 cups raw whole pumpkin seeds
- 1 pinch salt
- 2 teaspoons melted butter

**Directions**

1. Preheat oven to 300 degrees
2. Toss seeds in bowl with melted butter and salt
3. Spread seeds on baking sheet and bake for 45 minutes
4. Serve in bowl and enjoy this tasty snack!

**Remember:**

- Do not work the oven without the help of an adult!

**PUMPKIN**

GOOD AND GOOD FOR YOU!

**FUN FACTS ABOUT PUMPKIN**

Pumpkin seeds are called “pepitas”!



The “pepitas” have tons of protein! They contain a nutrient, called tryptophan, which will help you get a good night’s sleep!



There is a lot of zinc in the seeds, which helps to keep your bones nice and strong!



# APPLE

*November*



APPLE

GOOD AND GOOD FOR YOU!

## Apples with Greek Yogurt Dip



### Ingredients

- 1 cup Greek yogurt
- 2 tablespoons peanut butter
- 1 tablespoon honey
- 1/4 teaspoon cinnamon
- 1 apple of your choice, set aside

### Directions

1. Mix all ingredients together in a bowl
2. Serve in dish alongside cut apple slices
3. Enjoy this delicious snack!

### Remember:

- Do not cut your apple without the assistance of an adult!



### FUN FACTS ABOUT APPLES

Apples are an excellent source of carbohydrates, potassium and Vitamin C, which give you lots of energy!



An average apple contains more fiber than a bowl of oatmeal! Apples peels are an excellent source of flavonoids, which act like antioxidants to protect your body.



The fruit also contains boron which helps make your bones healthy and strong!



# PEAR

*December*



Pear Salsa



### Ingredients

- 2 pears
- 1 apple
- 1 orange
- 2 tablespoons honey
- 1 teaspoon lemon juice
- cinnamon graham crackers

### Directions

1. On a cutting board, peel orange and core apple
2. Carefully slice all of the fruit into small pieces, with the help of an adult!
3. Mix fruit in a bowl with the honey and lemon juice
4. Serve in a dish alongside graham crackers to scoop up the salsa and enjoy!

### FUN FACTS ABOUT PEARS

The Vitamin C in pears help build strong bones, muscles and teeth!



Pears are a great source of Fiber, which helps reduce constipation and blood sugar spikes. A medium pear is about 100 calories.



The fruit is sodium free, fat free, and cholesterol free, making it an excellent, healthy snack!



### Remember:

- Wash the fruit before prepping!



# Harvest of the Month

N F G B C S V Q U M I O S L L K I G  
C X A B B V T H T P E A R X O L V F  
B P S O R W C R A X G R B A P E Z K  
P C P A N P F A A P F P W L C T Q F  
X U A B C E U G R W P Y Z F E T Q M  
R C R G M O C M A R B L F U L U T R  
W U A A A E N K P G O E E Y E C X Z  
C M G D W R J X Y K I T R B R E Y N  
C B U I C N L U Q G I P S R Y G H L  
O E S F N E X I C O E N O N I O N C  
R R B T A F N I C A Y J D X Y E Z T  
E J B L U E B E R R I E S S W B S W

Find the following words in the puzzle.

Words are hidden ↓ → ↗ and ↘ .

APPLE

ASPARAGUS

BLUEBERRIES

CARROTS

CELERY

CUCUMBER

GARLIC

LETTUCE

ONION

PEAR

PUMPKIN

STRAWBERRIES

SOLUTION

## Harvest of the Month

. . . . . S . . . . .  
. . A . . . T . . P E A R . . L . .  
. . S . . . C R A . . . . . E . .  
. C P . . P . A A P . . . . C T . .  
. U A . . . U . R W P . . . E T . .  
. C R G . . . M . R B L . . L U . .  
. U A . A . . . P . O E E . E C . .  
. M G . . R . . . K . T R . R E . .  
. B U . . . L . . . I . S R Y . . .  
. E S . . . . I . . . N O N I O N .  
. R . . . . . C . . . . . E . .  
. . B L U E B E R R I E S . . . S .

Word directions and start points are formatted: (Direction, X, Y)

APPLE (SE,9,3)

ASPARAGUS (S,3,2)

BLUEBERRIES (E,3,12)

CARROTS (SE,7,3)

CELERY (S,15,4)

CUCUMBER (S,2,4)

GARLIC (SE,4,6)

LETTUCE (S,16,2)

ONION (E,13,10)

PEAR (E,10,2)

PUMPKIN (SE,6,4)

STRAWBERRIES (SE,6,1)



PUZZLE INFO

# Harvest of the Month

This worksheet was created with the Word Search Generator on Super Teacher Worksheets ([www.superteacherworksheets.com](http://www.superteacherworksheets.com))

!Puzzle Word List:

STRAWBERRIES

BLUEBERRIES

ASPARAGUS

CUCUMBER

CARROTS

PUMPKIN

LETTUCE

CELERY

GARLIC

ONION

APPLE

PEAR

Puzzle Title: Harvest of the Month

Created By:

Date Created: Oct 26, 2013

Direct Link:

<http://www.superteacherworksheets.com/custom/?ws=kiJdM>

Name: \_\_\_\_\_

## Fill in the Blank

Fill in the best answer for each question.

### Word Box

apple peels

celery

pear

asparagus

cucumber

pepitas

beta-carotene

Garlic

strawberry

blueberries

Onions

superfood

1. Carrots get their bright orange color from \_\_\_\_\_, which has lots of Vitamin A.
2. This vegetable is 95% water! \_\_\_\_\_
3. Pumpkin seeds are also called \_\_\_\_\_
4. A medium sized \_\_\_\_\_ is only 100 calories!
5. \_\_\_\_\_ are native to Central Asia and have been grown for over 5,000 years!
6. These are a great source of flavonoids, which act like antioxidants to protect your body. \_\_\_\_\_
7. This vegetable will actually help to clean your mouth!  
\_\_\_\_\_
8. Spinach is known as a \_\_\_\_\_ because it is full of vitamins, minerals, and phytochemicals.

Name: \_\_\_\_\_

9. \_\_\_\_\_ is mostly incorporated into recipes rather than being eaten alone.
10. Have a bee sting? Don't worry, just crush some \_\_\_\_\_ and rub it on the affected area. All better!
11. There are an average of 200 seeds in a \_\_\_\_\_.
12. This fruit was originally named for the 5 points of its blossoms, making it look like a star. \_\_\_\_\_

## ANSWER KEY

### **Fill in the Blank**

1. Carrots get their bright orange color from (beta-carotene), which has lots of Vitamin A.
2. This vegetable is 95% water! (cucumber)
3. Pumpkin seeds are also called (pepitas)
4. A medium sized (pear) is only 100 calories!
5. (Onions) are native to Central Asia and have been grown for over 5,000 years!
6. These are a great source of flavonoids, which act like antioxidants to protect your body. (apple peels)
7. This vegetable will actually help to clean your mouth! (celery)
8. Spinach is known as a (superfood) because it is full of vitamins, minerals, and phytochemicals.
9. (Garlic) is mostly incorporated into recipes rather than being eaten alone.
10. Have a bee sting? Don't worry, just crush some (asparagus) and rub it on the affected area. All better!
11. There are an average of 200 seeds in a (strawberry).
12. This fruit was originally named for the 5 points of its blossoms, making it look like a star. (blueberries)

## WORKSHEET INFO

# Fill in the Blank

This worksheet was created with the Fill in the Blank Worksheet Generator on Super Teacher Worksheets ([www.superteacherworksheets.com](http://www.superteacherworksheets.com)).

Worksheet Title: Fill in the Blank

Date Created: Nov 8, 2013

Direct Link:

<http://www.superteacherworksheets.com/custom/?fi=P63Cb>

# Closing Words

HARVEST OF THE MONTH  
*HNR 240*

**W**e want to thank you for taking part in the Harvest of the Month Program!



**Please remember to** carefully work with the ingredients we have outlined in the recipes. An additional note: the serving sizes are not addressed in the recipes. This is because most of the recipes are meant to act as “side dishes” in meals, as an easy integration into your regular eating habits!



**We hope that this program has enlightened you and your family on healthy and easy eating.** Throughout the seasons, continue to think about eating organic and locally sourced fruits and vegetables. Not only are these better for you, but they help the local economy and are much tastier and fresher! Enjoy!

