

# theproducelady.org

JANUARY 2013 E-NEWS

Happy New Year! As we kick off 2013 we want to thank you for subscribing to our e-newsletter. In addition, we're now publishing more frequently on our **blog** along with regular **Facebook** updates. Make sure to friend us on Facebook and sign up for the RSS feeds to get the latest updates on our blog. In addition, we'll be posting new material on our website. We recently added new videos to the site so take a look for quick, easy, healthy tips for adding more fruits and vegetables to your diet.

## THE PRODUCE BASKET

A new year is a great time to reflect and to plan. If eating healthy is on your list, we're here to help. Eating more fruits and vegetables is a great way to start the year. USDA's **ChooseMyPlate.gov** recommends filling half your plate with veggies. Our website provides more than 50 videos and lots of recipes to help you add more fruits and veggies to your meals.

Research provides compelling reasons to eat more fruits and vegetables. Here are just a few of our favorites based on research at the N.C. State University **Plants for Human Health Institute** at the N.C. Research Campus in Kannapolis.

- **Need muscle?** Mustard greens, cabbage, cauliflower, kale, broccoli, broccoli rabe, turnips, rutabagas, Brussels sprouts and kohlrabi – all members of the *Brassica* family – trigger a physiological response in rats that is similar to anabolic steroids. Rats that ate the plant steroid ended up with more muscle protein and a leaner body mass than rats that weren't fed the plant substance. Dr. Debora Esposito and Dr. Slavko Komarnytsky hope these substances can be used to provide effective, natural and safe alternatives for age- and disease-associated muscle loss, or be used to improve endurance and physical performance. See the **recent blog post** for more details.

- **Interested in cancer-fighting foods?** Broccoli is a super-food with high levels of anti-carcinogenic compounds. Dr. Allan Brown is developing broccoli that has higher levels of these helpful compounds and will be even more powerful in enhancing the body's defense systems. See our **video** about Dr. Brown's research.

- **How about a boost to overall health?** Strawberries are rich in phytonutrients and vitamin C so you gain helpful compounds that help reduce the risk of heart disease, cancer and diabetes and help promote healthy gums, teeth and bones. Dr. Jeremy Pattison is working to breed a better N.C. strawberry with a longer growing season. Watch a **video** about his work.



## JOIN THE MAILING LIST!

The Produce Lady newsletter  
is distributed quarterly!  
Sign up at [www.theproducelady.org](http://www.theproducelady.org).

## WHAT'S IN SEASON?

Arugula, Apples, Beets, Carrots,  
Green Onions, Leafy Greens, Peanuts,  
Pecans, Spinach, Sweet Potatoes,  
Swiss Chard, Winter Squash

## KEEP IT FRESH

- Add a new fruit or vegetable to your menu each week. There's no need for elaborate recipes. Keep it simple and enjoy.
- Consider growing your own vegetables, even if it's a tomato plant in a pot or spring lettuce in a raised bed. The winter months are perfect for planning!
- If you haven't already, join the 10% Campaign. Spend 10% of your food budget buying from local farmers.

• **Anti-aging help on your list?** Blueberries are chock-full of anthocyanins, which are the pigments responsible for red or deep blue colors. The compounds are associated with anti-aging properties, heart health, neuroprotective benefits, cancer prevention and antidiabetic properties. Watch our **video** with Dr. Mary Ann Lila and learn more about her blueberry research.



Check out The Produce Lady blog at <http://www.theproducelady.org/blog/>

## NEW VIDEOS ON OUR WEBSITE

We recently posted three new videos: Chestnuts, Herbs and Figs. Each video provides selection, preparation, storage and preservation tips.

**DID YOU KNOW?**

These foods are about 100 calories or less:

- A medium-size apple (72 calories)
- A medium-size banana (105 calories)
- 1 cup steamed green beans (44 calories)
- 1 cup blueberries (83 calories)
- 1 cup grapes (100 calories)
- 1 cup carrots (45 calories)
- 1 cup broccoli (30 calories)
- 1 bell pepper (30 calories)

Source: [www.cdc.gov](http://www.cdc.gov)

Writer: Leah Chester-Davis

## GOOD TASTE

We typically feature one recipe each month that is tied to our topic theme. Since this issue is all about eating more fruits and vegetables, including a list of some of the food research projects under way at the Plants for Human Health Institute, we decided to list a few of our favorite recipes that incorporate these and other fruits and vegetables. All of the recipes can be found in the Recipe section of our website, [www.theproducelady.org](http://www.theproducelady.org). If you eat seasonally, save the strawberry and blueberry recipes for spring and summer.

### • Kale Chips

This is a healthy snack that you and your family will love. In fact, we overhear children and teens at farmers markets rave about kale chips.

### • Broccoli Frittata

This is a lifesaver recipe on a busy evening. It's got protein and veggies, and it tastes great! The Produce Lady frequently uses this recipe in her food demos.

### • Tangy N.C. Strawberries and Shrimp

This is a featured recipe of Chef Mark Allison, Johnson & Wales University. He was a partner on the N.C. Strawberry Project. North Carolina strawberries paired with shrimp off our coast are a delectable match!

### • Fruit Blast Smoothie with Blueberries

This is a delightful snack or a refreshing summer breakfast.



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