

Parent's Page

A Look at Our Book

Today your child enjoyed the book *A Visit to the Farmers' Market* by Peggy Sissel-Phelan. This easy-to-read picture book about the benefits of shopping at the Farmers' Market stresses the importance of variety, color, and freshness of foods. With so much to see and taste, "*A Visit to the Farmers' Market*" is a healthy and fun connection between good food and good nutrition!

Ask your child about the healthy snack they prepared along with this story.

Make time to read together with your child. Remember these tips when sharing a story:

- Make it a special time together.
 - Follow the story, but take time for your child's questions or remarks.
- Put variety and "life" into your reading voice—show you enjoy reading, too!
- Include older children and other family members—we are never too old to hear a good story.
- Show your child how to handle books carefully—use a bookmark to mark page, and turn pages gently.
- Most importantly—**HAVE FUN!**



Read All About It!

Here are some additional books you might enjoy sharing with your child!

Eat Your Peas Louise by Pegeen Snow
Eat Your Peas, Ivy Louise by Leo Landry
I Will Never Not Ever Eat a Tomato by Lauren Child
Harvest Year by Cris Petersen
Rabbit Food by Susanna Gertz
The Ugly Vegetables by Grace Lin

Check for these titles at the public library!



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Five "Peas" for Raising a Veggie-Loving Child by Connie Evers, MS, RD

<http://nutritionforkids.com>

Promotion: Keep vegetables visible to help assure they will get eaten. Keep plenty of cleaned, ready-to-eat vegetables at eye-level in the refrigerator. Set out a bowl of crisp veggies as a pre-supper snack when everyone is "starving."

Persistence: Even if your child is "anti-vegetable," it is important to continue to serve vegetables at the family table. Remember, you are setting an example—are YOU enjoying vegetables?

Personalize: Try serving vegetables in a variety of ways. Does your child prefer fresh and crunchy vegetables? Or is lightly steamed and brightly colored better accepted? Mixed dishes such as stir fry or salsa may be the most appealing choice for some children.

Plant: Gardening is a great way to get kids interested in trying new vegetables. Or try a trip to the Farmers' Market to meet the growers and spread the love of locally-grown fruits and vegetables.

Produce Story Books: Enjoy fun children's books together that feature an "eating vegetables" theme. The positive messages within the stories may help convince a child that eating vegetables can be a very good thing!

Farmers' Market Stir Fry

1. Heat electric skillet or wok.
2. Add 1 tablespoon vegetable oil.
3. If desired, stir in 1 teaspoon chopped garlic.
4. Add 3 to 4 cups prepared vegetables. Choose a variety of vegetables that have been washed and diced, sliced or chopped.

Suggested choices: carrots*, onion, broccoli, cauliflower, celery, yellow squash, zucchini, sweet potato*, peas, cabbage, green or red pepper.

5. Add 1 to 2 tablespoons low-sodium soy sauce if desired.
6. Stir constantly for 5 to 7 minutes or until vegetables are tender but firm.
7. Serve as is, or over rice, or rolled in a tortilla!
8. Refrigerate leftovers.

**For successful stir-frying, be sure to add "hard vegetables" such as carrots, sweet potato or broccoli stems as the first ingredients to be cooked. Small, uniform pieces such as matchstick-size or thin slices will help with even, quick cooking.*

Nutrition Facts	
Serving Size (59g)	
Servings Per Container 8	
Amount Per Serving	
Calories 30	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 1g	
Vitamin A 70%	• Vitamin C 80%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	