

Seasonal Menu Planning

Farm to School Webinar
January 16, 2017

**MAKING
MICHIGAN
RECIPES
WORK**

Michigan Seasonality

MAKING MICHIGAN RECIPES WORK

SEASONALITY

SOME FOODS HAVE A SHORT SEASON

Many Michigan fruits and some vegetables are only available in fresh form for a short time during the year. These include asparagus, green beans, broccoli, Brussels sprouts, cauliflower, sweet corn, cucumbers, eggplant, kohlrabi, peas, tomatoes, zucchini, summer squash, tomatoes, blackberries, blueberries, melons, cherries, cranberries, peaches, raspberries, rhubarb and strawberries.

SOME FOODS ARE AVAILABLE ALL OR MOST OF THE SCHOOL YEAR

Some Michigan foods are available in fresh form for all or most of the school year in some areas of Michigan from lettuce that grows in greenhouses, potatoes, onions, parsnips, potatoes, winter squash, sweet potatoes, pumpkins and apples.

Other items are available in fresh form for all or most of the school year in some areas of Michigan from lettuce that grows in greenhouses. These include green onions, spinach, fresh herbs, arugula, A side greens, beans, kale, chard and basil.

Summer food service has even more fresh items available for the entire of the program. These include green beans, tomatoes, kale, other greens, green onions, radishes and salad greens.

Summer food service has even more fresh items available for the entire of the program. These include green beans, broccoli, cauliflower, butternut, cucumbers, eggplant, peppers and tomatoes.

MICHIGAN PRODUCE AVAILABILITY

CRDP	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Arugula												
Ashe Greens (Mons. Per Che. Tates, etc.)												
Asparagus												
Beans, Fresh (Green or Wax)												
Edamame (Green Soybeans)												
Beans												
Broccoli												
Brussels Sprouts												
Cabbage												
Carrots												
Cauliflower (Inc. Romanesco)												
Celery												
Chard and Beet Greens												
Corn												
Cucumbers												
Eggplant												
Garlic												
Green (Beet, Collard, Mustard, Turnip)												
Kale												
Kohlrabi												
Lettuce (and iceberg, Romaine, Bibb, etc.)												

WHAT DO THE DIFFERENT COLORS MEAN?

- YELLOW** indicates "extended season," which also means the crop is harvested and sold shortly thereafter. It also means techniques were used that allowed the plants to grow when they normally would not grow outdoors in Michigan. One popular technique is to grow the plants in a hoophouse, or high tunnel. Unlike greenhouses, hoophouses do not require electricity or gas for heat, using only the sun's light beaming down through the clear plastic tunnels. Hoophouses produce a warm, protected environment for plants to thrive during the colder months.
- PURPLE** indicates "storage," which means the fruit or vegetable was harvested and then placed in a climate-controlled storage environment to keep the food fresh until it is ready to be sold. Many root crops, apples and winter squash can be kept fresh in storage for months given the correct conditions.
- GREEN** indicates "field fresh," meaning the crop is harvested and sold shortly thereafter.



Produce stories



Ideas to use more Michigan products

SUBSTITUTION

Easy switches

Salad and sandwich toppers

Soups

Roasted vegetables

Steamed vegetables

Pizza toppings



SUBSTITUTIONS AND FLEXIBLE MENUS

Work with your food service director to determine acceptable ways to substitute seasonal Michigan foods in your menu. Sometimes a substitution can be as easy as using a local version of a vegetable or fruit when it is in season. Another form of substitution is to use different local vegetables or fruits in the same recipe throughout the year, depending on what they are available locally. This gives you flexibility in your local farmers to bring you different, but similar products if your original requested item is unavailable. An example of this is the Michigan Soup recipe, which calls for a total of 4 cups of fresh greens. The original recipe was written to use iceberg and romaine lettuce. For this curriculum, the recipe is adjusted to use kale. Other leafy green substitution options could include field greens, arugula, mesclun or arugula baby leaf blend.

SUBSTITUTION IDEAS

EASY SWITCHES

Using locally grown vegetables in these dishes or using a different local vegetable in its place is a simple way to add local products to your meals without having to calculate conversions or adjust your recipes.

SALAD AND SANDWICH TOPPERS:
Beet, cucumber, tomato, young zucchini or summer squash, radish, tomato, jalapeno pepper, leaf pepper

Beet, sliced or shredded carrot, onion, young zucchini or summer squash, cucumber, tomato, red cabbage, radish, radish, tomato, lettuce, lettuce, leaf

SOUP INGREDIENTS:
Greens like, leafy chard, salad greens, spinach, cooked greens, bean greens, baby greens, cabbage

ROASTED VEGETABLES:
Celery root (parsnip), winter squash, carrot, parsnip, sweet potato, potato, broccoli, cauliflower, garlic, onion, bell pepper, onion, asparagus, eggplant, mushrooms, kohlrabi, green beans, lentil, rutabaga, Brussels sprouts, Boursin cheese, radish

STEAMED VEGETABLES:
Carrot, broccoli, cauliflower, asparagus, green beans, sweet corn

SWITCHES THAT MAY REQUIRE RECIPE ADJUSTMENTS

Substitution should not impact meal portion requirements or bring you any variety of the same size and staying within the same vegetable subgroup. Depending on the recipe, preparation may need some minor adjustments based on cooking time if the vegetable item is being substituted for another. Asparagus cooks very quickly while root vegetables require longer cooking times to become soft.

SOUP, STEW OR BEEF STEW INGREDIENTS
Chopped or ground celery root (parsnip), leafy greens, carrot, potato, sweet potato, parsnip, green beans, garlic, onion, leafy greens, leafy asparagus, eggplant, mushrooms, broccoli, cauliflower, sweet corn, lentil, rutabaga, Boursin cheese, radish



Examples of easy swaps



Ideas to use more Michigan products

SUBSTITUTION

Slightly harder switches

Entree ingredients

Soup ingredients



SUBSTITUTIONS AND FLEXIBLE MENUS

Work with your food service director to determine acceptable ways to substitute seasonal Michigan foods in your menu. Sometimes a substitution can be as easy as using a local variety of a vegetable or fruit when it is in season. Another form of substitution is to use different local vegetables or fruits in the same recipe throughout the year, depending on what they are available locally. This gives you flexibility in your local farmers to bring you different, but similar products if your original requested item is unavailable. An example of this is the Michigan Sals recipe, which calls for a blend of local fresh greens. The original recipe was written to use iceberg and romaine lettuce. For this curriculum, the recipe is adjusted to use kale. Other leafy green substitution options could include field greens, arugula, mesclun or curly leafed chard.

SUBSTITUTION IDEAS

EASY SWITCHES

Using locally grown vegetables in these dishes or using a different local vegetable in its place is a simple way to add local products to your menu without having to calculate conversions or adjust your recipes.

SALAD AND SANDWICH TOPPERS

Spinach, cucumber, tomato, young cucurbit or summer squash, radish, tomato, jalapeno pepper, leaf pepper

Shred, sliced or shredded carrot, onion, young cucurbit or summer squash, cucumber, tomato, and cabbage, radish, radish, tomato, lettuce, lettuce, leaf

SOUP INGREDIENTS:

Greens like, leafy chard, collard greens, spinach, cooked greens, bean greens, baby greens, cabbage

ROASTED VEGETABLES:

Celery root (parsnip), winter squash, carrot, parsnip, sweet potato, potato, broccoli, cauliflower, garlic, onion, bell pepper, carrot, asparagus, eggplant, mushrooms, kohlrabi, green beans, lentil, rutabaga, Brussels sprouts, Bitter melon, pumpkin, radish

STEAMED VEGETABLES:

Carrot, broccoli, cauliflower, asparagus, green beans, sweet corn

SWITCHES THAT MAY REQUIRE RECIPE ADJUSTMENTS

Substitution should not impact food portion requirements as long as you are identical of the same size and staying within the same vegetable subgroup. Depending on the recipe, preparation may need some minor adjustments based on cooking time if the vegetable that is being substituted for another vegetable cooks very quickly while your vegetable require longer cooking time to become soft.

SOUP, STEW OR ONE-DAY INGREDIENTS

Chopped or sliced Celery root (parsnip), sweet potato, carrot, parsnip, sweet potato, potato, green beans, garlic, onion, bell pepper, carrot, asparagus, eggplant, mushrooms, broccoli, cauliflower, sweet corn, lentil, rutabaga, butternut squash, celery

MAKING MICHIGAN RECIPES WORK FROM MENU TO TRAY



A MENU AND MARKETING GUIDE TO SEASONAL MICHIGAN VEGETABLES AND FRUITS FOR SCHOOL NUTRITION STAFF



Examples of harder swaps




Ideas to use more Michigan products

FLEXIBLE CYCLE MENUS

Seasonal vegetable

Seasonal fruit

Seasonal side dish (salad, sauce,
etc.)




USING CYCLE MENUS TO YOUR ADVANTAGE

Cycle menus provide plenty of opportunities to use local foods in your meal program when they are in season.

HERE ARE A FEW IDEAS ON HOW TO FIT LOCAL FOOD INTO YOUR CYCLE MENU:

- 1 Some Michigan foods are available for all or most of the school year, including carrots, garlic, leeks, mushrooms, potatoes, onions, parsnips, potatoes, winter squash, sweet potatoes, turnips and apples. These can be staples on your menu cycle.
- 2 Other items are available for all or most of the school year in some areas of Michigan from farmers that have hoophouses. These include green onions, spinach, fresh herbs, arugula, Asian greens, beets, Swiss chard and beet greens, kale, other greens, spring onions, radishes and salad greens.
- 3 Summer food service cycle menus have even more items available for the extent of the program. These include green beans, broccoli, cauliflower, Romanesco, cucumbers, eggplant, peppers and tomatoes.
- 4 Talk to your food service director about flexible cycle menu options. Could you try experimenting with keeping half of the menu flexible to allow for substitutions? Could you allow for substitutions in easy places like soups and side dishes? One way to do this is to include a "seasonal vegetable" on your cycle menu to provide more flexibility.



MAKING MICHIGAN RECIPES WORK FROM MENU TO TRAY

A MENU AND MARKETING GUIDE TO SEASONAL MICHIGAN VEGETABLES AND FRUITS FOR SCHOOL NUTRITION STAFF

MAKING MICHIGAN RECIPES WORK

How much to buy?

Handy chart based on USDA Food Buying Guide

How many pounds in a common wholesale unit of each farm product (ex. bushel)

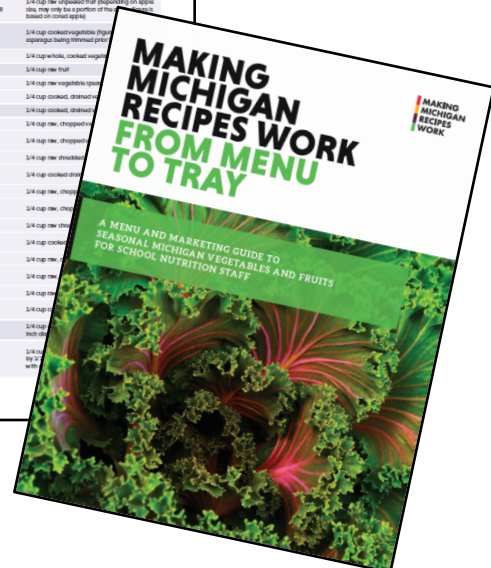
Serving size per meal contribution

Approximately how many servings per wholesale unit

HOW MUCH TO EXPECT?

When using local fruits and vegetables in your recipes, you may want to know how many pounds you are getting. This chart can help you know how many pounds of produce come in common sale units such as bushels and crates, and how that translates to serving sizes as per the USDA Food Buying Guide for School Meal Programs.

FRUIT OR VEGETABLE	COMMON WHOLESALE UNIT	APPROXIMATE WEIGHT (LBS. / POUNDS)	SERVINGS PER 1/2-CUP FOOD SERVING (BASED ON WEIGHT)	APPROX. SERVINGS PER WHOLESALE UNIT	SERVING SIZE PER MEAL CONTRIBUTION
Apple	Bushel	48	14.8	712.4	1/4 cup raw unpeeled fruit (depending on apple size, may only be a portion of the apple; figure is based on cooked apple)
	Loose pack	38-42	14.8	582.4 - 625.6	1/4 cup raw unpeeled fruit (depending on apple size, may only be a portion of the apple; figure is based on cooked apple)
	Tray pack	40-46	14.8	592 - 666	1/4 cup raw unpeeled fruit (depending on apple size, may only be a portion of the apple; figure is based on cooked apple)
	Cart pack	37-41	14.8	547.6 - 606.8	1/4 cup raw unpeeled fruit (depending on apple size, may only be a portion of the apple; figure is based on cooked apple)
Asparagus	Crab	30	4.8	144	1/4 cup cooked vegetables (figure asparagus being trimmed prior)
Beans (green)	Bushel	50-60	11.1	622.5 - 666	1/4 cup whole, cooked vegetable
Blackberries	1/2 half-pint basket	6	11.9	71.4	1/4 cup raw fruit
Broccoli	Wirebound crate	20-25	9.8	196 - 245	1/4 cup raw vegetable (sprouts)
	Wirebound crate	20-25	10.2	204-255	1/4 cup cooked, drained
Brussel sprouts	Carton, loose pack	25	6.5	212.5	1/4 cup cooked, drained
	Open mesh bag	50	12.7	685	1/4 cup raw, chopped
	Open mesh bag	50	11.1	555	1/4 cup raw, chopped
	Open mesh bag	50	20.4	1020	1/4 cup raw, shredded
Cabbage	Open mesh bag	50	11.8	690	1/4 cup cooked, drained
	Flat crate (3 1/2 bushel)	50-60	27	855 - 1012	1/4 cup raw, chopped
	Flat crate (3 1/2 bushel)	50-60	11.2	560 - 672	1/4 cup raw, chopped
	Flat crate (3 1/2 bushel)	50-60	20.4	1020 - 1184	1/4 cup raw, shredded
Carrots	Flat crate (3 1/2 bushel)	50-60	13.8	690 - 828	1/4 cup cooked
	Carton, place pack	53	11.7	698.1	1/4 cup raw, sliced
	Carton, place pack	53	11.2	675.6	1/4 cup raw, sliced
	Carton, place pack	53	20.4	1099.2	1/4 cup raw, shredded
Cauliflower	Flat crate (3 1/2 bushel)	53	13.8	731.4	1/4 cup raw, sliced
	Crab	40	5.75	230.2	1/4 cup raw, sliced
Cornish	Open plastic bag	53	10.3	545.9	1/4 cup raw, sliced
	Mesh bag	53	10.3	545.9	1/4 cup raw, sliced



Purchasing quantity example



HOW MUCH TO EXPECT?

When using local fruits and vegetables in your recipes, you may want to know how many pounds you are getting. This chart can help you know how many pounds of produce come in common sale units such as bushels and crates, and how that translates to serving sizes as per the USDA Food Buying Guide for School Meal programs.

FRUIT OR VEGETABLE	COMMON WHOLESALE UNIT	APPROXNET WEIGHT (U.S. POUNDS)	SERVINGS PER USDA FOOD BUYING GUIDE PURCHASABLE UNIT (POUND)	APPROX. SERVINGS PER WHOLESALE UNIT	SERVING SIZE PER MEAL CONTRIBUTION
Apples	Bushel	48	34.8	730.4	1/4 cup raw unpeeled fruit (depending on apple size, may only be a portion of the apple, figure is based on cornd apple)
	Loose pack	38-42	34.8	622.4 - 622.6	1/4 cup raw unpeeled fruit (depending on apple size, may only be a portion of the apple, figure is based on cornd apple)
	Tray pack	40-45	34.8	592 - 656	1/4 cup raw unpeeled fruit (depending on apple size, may only be a portion of the apple, figure is based on cornd apple)
	Cart pack	37-43	34.8	547.6 - 606.8	1/4 cup raw unpeeled fruit (depending on apple size, may only be a portion of the apple, figure is based on cornd apple)
Asparagus	Crates	30	4.8	144	1/4 cup cooked vegetable (figure is based on asparagus being trimmed prior to preparing)
Beans (green)	Bushel	50-60	11.1	621.6 - 656	1/4 cup whole, cooked vegetable
Blackberries	12, half-pint basket	6	11.0	71.4	1/4 cup raw fruit
Broccoli	Wirebound crate	20-25	9.8	106 - 245	1/4 cup raw vegetable spears
	Wirebound crate	20-25	10.2	204-255	1/4 cup cooked, drained vegetable
Brussels sprouts	Carton, loose pack	25	8.5	222.5	1/4 cup cooked, drained vegetable
	Open mesh bag	50	27.7	885	1/4 cup raw, chopped vegetable
	Open mesh bag	50	11.2	500	1/4 cup raw, chopped vegetable with dressing
	Open mesh bag	50	26.4	320	1/4 cup raw shredded vegetable
Cabbage	Open mesh bag	50	13.8	990	1/4 cup cooked drained shredded vegetable
	Flat crate (1 1/2 bushel)	50-60	27.7	885 - 1062	1/4 cup raw, chopped vegetable
	Flat crate (1 1/2 bushel)	50-60	11.2	500 - 672	1/4 cup raw, chopped vegetable with dressing
	Flat crate (1 1/2 bushel)	50-60	26.4	1320 - 1584	1/4 cup raw shredded vegetable
	Flat crate (1 1/2 bushel)	50-60	13.8	990 - 828	1/4 cup cooked drained shredded vegetable
	Carton, plastic pack	53	177	938.1	1/4 cup raw, chopped vegetable
	Carton, plastic pack	53	11.2	993.6	1/4 cup raw, chopped vegetable with dressing
	Carton, plastic pack	53	26.4	1399.2	1/4 cup raw shredded vegetable
	Carton, plastic pack	53	13.8	731.4	1/4 cup cooked drained shredded vegetable
	Carton, plastic pack	53	13.8	731.4	1/4 cup cooked drained shredded vegetable
Cantaloupes	Crates	40	573	229.2	1/4 cup cubed or sliced fruit (figures based on 5 inch diameter, 30 or cantaloupe)
	Crates	40	573	229.2	1/4 cup cubed or sliced fruit (figures based on 5 inch diameter, 30 or cantaloupe)
Carrots	Film plastic bags	55	10.3	566.5	1/4 cup raw vegetable strips (about 3 strips, 4-inch by 1/2-inch) (figures based on carrots received with green tops removed)
	Mesh or other Cartons holding 48 one-pound film bags	55	10.3	566.5	1/4 cup raw vegetable strips (about 3 strips, 4-inch by 1/2-inch) (figures based on carrots received with green tops removed)

Purchasing quantity example

Let's say you wanted to serve carrot sticks.

Using the chart you'll see that the typical wholesale pack for carrots is a 55 pound unit packaged in one of three ways:

- Film plastic bags
- Mesh sacks
- Cartons holding 48 one pound film bags

You'll want to confirm this pack size

FRUIT OR VEGETABLE	COMMON WHOLESALE UNIT	APPROXIMATE NET WEIGHT (U.S. POUNDS)	SERVINGS PER USDA FOOD BUYING GUIDE PURCHASE UNIT (POUND)	APPROXIMATE SERVINGS PER WHOLESALE UNIT	SERVING SIZE PER MEAL CONTRIBUTION
Carrots	Film plastic bags Mesh sacks Cartons holding 48 one pound film bags	55	10.3	566.5	1/4 cup raw vegetable strips (about 3 strips, 4-inch by 1/2-inch) (figures based on carrots received with green tops removed)
Carrots (continued)	Film plastic bags Mesh sacks Cartons holding 48 one pound film bags	55	10.6	583	1/4 cup raw, chopped vegetable (figures based on carrots received with green tops removed)
Carrots (continued)	Film plastic bags Mesh sacks Cartons holding 48 one pound film bags	55	15.4	847	1/4 cup raw, shredded vegetable (figures based on carrots received with green tops removed)
Carrots (continued)	Film plastic bags Mesh sacks Cartons holding 48 one pound film bags	55	10.9	599.5	1/4 cup raw, sliced vegetable (5/16-inch slices) (figures based on carrots received with green tops removed)
Carrots (continued)	Film plastic bags Mesh sacks Cartons holding 48 one pound film bags	55	8.16	448.8	1/4 cup cooked, drained sliced vegetable (5/16-inch slices) (figures based on carrots received with green tops removed)

Purchasing quantity example

Next check the last column for the appropriate line item for carrot sticks

FRUIT OR VEGETABLE	COMMON WHOLESALE UNIT	APPROXIMATE NET WEIGHT (U.S. POUNDS)	SERVINGS PER USDA FOOD BUYING GUIDE PURCHASE UNIT (POUND)	APPROXIMATE SERVINGS PER WHOLESALE UNIT	SERVING SIZE PER MEAL CONTRIBUTION
Carrots	Film plastic bags Mesh sacks Cartons holding 48 one pound film bags	55	10.3	566.5	1/4 cup raw vegetable strips (about 3 strips, 4-inch by 1/2-inch) (figures based on carrots received with green tops removed)
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	Film plastic bags Mesh sacks Cartons holding 48 one pound film bags	55	8.16	448.8	1/4 cup cooked, drained sliced vegetable (5/16-inch slices) (figures based on carrots received with green tops removed)

- Serving Size per meal contribution: 1/4 cup raw vegetable strips (about 3 strips, 4-inch by 1/2-inch)

These figures are based off off carrots with the greens removed, so you'll want to confirm this with your supplier as well

The third column shows the approximate number of servings you can expect to get for that 55 pound unit

- 566.5 servings

Michigan Vegetable Subgroups

Dark Green Vegetables

Beet greens
Bok choy
Broccoli
Collard greens
Dark green leaf lettuce
Kale
Mesclun
Mustard greens
Parsley
Romaine lettuce
Spinach
Turnip greens

Red-Orange Vegetables

Carrots
Pumpkins
Red bell peppers
Sweet potatoes
Tomatoes
Winter squash (Acorn,
butternut, hubbard, etc.,
excluding spaghetti squash)

Beans + Peas

Black beans
Great northern beans
Kidney beans
Navy beans
Pink beans
Pinto beans
Red beans
Soy beans
White beans



Michigan Vegetable Subgroups

Starchy Vegetables

Corn
Fresh green peas
Parsnips
Potatoes

Other Vegetables

Asparagus
Beets
Brussels sprouts
Cabbages
Cauliflower
Celeriac
Celery
Cucumber
Eggplant
Garlic
Green beans
Green peppers
Kohlrabi

Other Vegetables

Mushrooms
Onions
Radishes
Rhubarb
Snap peas
Snow peas
Spaghetti squash
Turnips
Wax beans
Zucchini



*Additional tools for planning and
purchasing locally*

Cultivate Michigan



www.cultivatemichigan.org



Carrots



Monthly features



Harvest of the Month



The Harvest of the Month featured vegetable is **asparagus**



Health and Learning Success Go Hand-in-Hand

Start a garden to grow your own fruits and vegetables. This will help you eat more fruits and vegetables and be more active. Eating nutritious foods like fruits and vegetables and being active can also help your child do better in school. Use Harvest of the Month to help your family learn and practice lifelong healthy habits.

Produce Tips

- Look for firm, bright green spears with tightly closed tips. Avoid limp asparagus or spears.
- Stand stems up in a container with about one inch of water. Cover loosely with plastic bag. Store in the refrigerator until ready to use.
- Purchase asparagus in the spring to save money.

Healthy Serving Ideas

- Bake, grill, boil, steam, microwave, or stir-fry asparagus spears.
- Dip raw or lightly cooked asparagus spears in lowfat dressing.
- Stir-fry chopped asparagus, sliced bell pepper, sliced onions, and strips of chicken. Serve with brown rice.
- Help your child find a healthy recipe with asparagus. Cook it together.

ROASTED VEGETABLE MEDLEY

Makes 4 servings. 1 cup per serving.
Cook time: 50 minutes

Ingredients:

- nonstick cooking spray
- 1 cup chopped baby carrots
- 1 cup chopped eggplant
- 1 cup chopped asparagus
- 1 teaspoon vegetable oil
- 2 cloves garlic, chopped
- 4 teaspoons dried basil
- 1 cup chopped mushrooms
- 1 small zucchini, chopped

- Preheat oven to 450 F.
- Spray a roasting pan with nonstick cooking spray.
- Add carrots, eggplant, and asparagus to pan. Drizzle with oil and toss until lightly coated. Bake for 20 minutes.
- While baking, spray a large pan with nonstick cooking spray and heat over medium heat.
- Sauté garlic and basil for about 2 minutes. Add zucchini and mushrooms; sauté until tender (about 5 minutes).
- Add roasted vegetables to the pan and sauté 5 minutes more.

Nutrition information per serving:
Calories 50, Carbohydrate 8 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg

Adapted from: *SoFull & Happy: Building Healthy Traditions, Network for a Healthy California, 2006.*

Nutrition Facts

Serving Size: 1/2 cup cooked asparagus (90g)	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 8g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 18%	Calcium 2%
Vitamin C 12%	Iron 0%

How Much Do I Need?

- A 1/2 cup of cooked asparagus is about six asparagus spears.
 - A 1/2 cup of cooked asparagus is an excellent source of folate and vitamin K and a good source of vitamin C, vitamin A, and thiamin.
 - Asparagus is also a source of vitamin E.
 - Vitamin E is an antioxidant that protects your body's cells and helps keep your immune system, skin, and hair healthy.
 - Other good or excellent sources of vitamin E are cooked spinach, nuts, oils, sunflower seeds, and wheat germ.
- The amount of fruits and vegetables you need every day depends on your age, gender, and physical activity level. Look at the chart below to find out how much your family needs. Make a list of your family's favorite fruits and vegetables. Try to add these to meals and snacks to help your family reach their goals.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

*If you are active, eat the higher number of cups per day.
Visit www.choosemyplate.gov to learn more.

Let's Get Physical!

- Spend family time in the garden — planting, raking, pruning, and digging.
- Walk to a local farmers' market. Find new fruits and vegetables.

For more ideas, visit:

www.kidsgardening.com/family.asp



Funded by USDA Supplemental Nutrition Assistance Program through State of Michigan. These institutions are equal opportunity providers and employers. For food help contact the Michigan Food Assistance Program Hotline: (855) ASK-MICH.

More Information

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Resources available at:

<http://www.cultivatemichigan.org/making-michigan-recipes-work>



Activity Instructions

You will need: A weekly sample menu or your menu, sticky notes and seasonality chart

Split into groups of 3 - 4 people

Focus on Entrees first: Identify at least one way to incorporate or substitute a Michigan product for each entree. Write your idea on the sticky note and place it next to the menu item. Aim to use products from each season at least once.

If you finish Entrees, move on to side dishes, vegetables and fruits.

Be prepared to share some of your ideas on how to incorporate more Michigan products into your menu!