Produce Items of the Month are PERSIMMONS and TURNIPS

HEALTHY MINDS = HEALTHY BODIES = HEALTHY STUDENTS

At St.Vincent we believe in treating the mind, body and spirit. Therefore, you will find that these newsletters do the same thing...you’ll be offered information addressing all three of these aspects. This newsletter strives to make a connection between the classroom, cafeteria, home and community to motivate and support students in making healthy decisions.

Peyton Manning Children’s Hospital at St.Vincent is here to help you, your school and your students reach whatever health and wellness goals you have. Please don’t hesitate to let us know how we can help. For information or resources, contact Karen Terrell, School Wellness Coordinator at kterrel@stvincent.org or (317) 338-2336.

We hope you enjoy the newsletters and that you find them useful for your students and their families (and you, too!). Thank you for reading!

HEALTHY BODY FOCUS: TOGETHER WE CAN INSPIRE HOPE FOR OTHERS!

The 2014 St.Vincent Cancer Walk will take place on Saturday, September 20 at Lions Park in beautiful Zionsville, IN. Choose from our 10 Mile Challenge Walk or the 3 Mile Family Walk, there is something for everyone at this year’s Walk.

Everything you need to know to get you ready for Walk day.

Who: People who want to Inspire Hope for Others!

What: Scenic 10-Mile Challenge Walk and 3-Mile Family Walk through Zionsville, Indiana

When: Saturday, Sept. 20, 2014

7:15 a.m. — Opening Ceremony
7:30 a.m. — 10-Mile Challenge Walk start
9:15 a.m. — Opening Ceremony
9:30 a.m. — 3-Mile Family Walk start
11:15 a.m. — Finish Celebration

Where: The Walk starts and ends at Lions Park in beautiful Zionsville IN. Lions Park is located about 1 mile west of the intersection at 116th Street and Michigan Road.

Why: Funds raised at the St.Vincent Cancer Walk provide programs and services to support cancer patients and their families, and improve access to life-saving screenings for the poor and underserved in our community.

How: Register to walk, join a team or create a team. Registration is $50 per participant for the 10-Mile Walk and $30 per participant for the 3-Mile Family Walk (no fee for children 5 and under). Participants will receive a 2014 St.Vincent Cancer Walk T-shirt, their own personal fundraising page, and the potential to earn great prizes and incentives based on their level of fundraising achievements.
PRODUCE SELECTION

Persimmons:
- Look for persimmons that are smooth, brightly colored, plump, well-rounded and still have their leaves attached. Choose persimmons that feel heavy for their size.
- Avoid persimmons that have bruises, blemishes or yellow patches, which can indicate an unripe fruit.
- Store at room temperature until soft and ripe. Refrigerate ripe persimmons up to three days.
- Handle persimmons with care as they can bruise easily.
- There are basically two types of persimmons: Fuyus and Hachiyas. Fuyus can be eaten when still crisp, as they are a nonastringent variety; however, Hachiyas are ready to eat when they are so soft, the skin is ready to burst.

Turnips:
- Look for a firm, blemish-free exterior with vibrant green tops, which are many times removed and sold separately.
- Larger turnips tend to taste “woody,” so try to select smaller ones.
- Because of their high water content, turnips deteriorate quickly. Store them, unwashed, in a plastic bag in the refrigerator for up to one week.
- Avoid soft, shriveled turnips as this means they have been stored too long and are in the process of rotting.

GETTING PHYSICAL:

Start the year off right by letting your students know that Brain Breaks will be a regular part of their day. To begin, create cute brain break option sticks like the picture below:

To make them, simply find an image you like, copy it onto paper and cut it out in a circle, mount them on construction paper, laminate them since they’ll get quite a bit of use, and hot glue a popsicle stick to the back.

Select activities such as plank, side bends, sit-ups, running in place, etc. Allow designated students to pick a stick whenever you’d like to do a brain break.

COOKING IN CLASS:

PERSIMMON SALAD - This recipe makes 36 “tastes” of ¼ cup each

- 9 cups of spinach, washed
- 9 Fuyu persimmons, sliced
- ¼ cup dried cranberries
- 4 ¼ tablespoons of olive oil
- ¼ cup orange juice
- ¼ cup rice vinegar
- Salt to taste (optional)
- Small plates & forks

Combine oil, orange juice, vinegar and salt in a bowl for the dressing. In a large bowl, mix together the spinach, persimmons and cranberries. Toss the dressing into the salad and enjoy!
When eating fruits and vegetables, it's important to remember to encourage children to eat a rainbow of colors.

**Eat Your Colors!**

<table>
<thead>
<tr>
<th>Color</th>
<th>Benefits</th>
<th>Examples</th>
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<tbody>
<tr>
<td><strong>RED</strong></td>
<td>Help maintain a healthy heart, memory function and urinary tract health</td>
<td>Strawberries, red pears, red grapes, beets and tomatoes</td>
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<tr>
<td><strong>ORANGE</strong></td>
<td>Help maintain heart health, healthy vision and healthy immune system</td>
<td>Oranges, tangerines, grapefruit or apricots</td>
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<tr>
<td><strong>YELLOW</strong></td>
<td>Help maintain heart health and cholesterol levels that are already healthy</td>
<td>Squash, garlic, jicama, alfalfa sprouts</td>
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<tr>
<td><strong>TAN</strong></td>
<td>Help maintain healthy vision and strong bones and teeth</td>
<td>Cabbage, Chinese and savoy cabbages, kale and broccoli</td>
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<tr>
<td><strong>WHITE</strong></td>
<td>Help maintain healthy aging, memory function and urinary tract health.</td>
<td>Blueberries, purple and red cabbages, eggplant, dried plums, figs</td>
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<tr>
<td><strong>BROWN</strong></td>
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**How Much Do I Need?**

Recommended Daily Amounts Of Fruits & Vegetables*

- **Kids, Ages 5-12**: 2½ - 5 cups per day
- **Kids, Ages 13-18**: 3½ - 6½ cups per day
- **Adults, 19+**: 3½ - 6½ cups per day

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

For more information, visit www.fruitsandveggiesmatter.gov
HISTORY

The persimmon originated in China, where over 2,000 different varieties have been cultivated for centuries. Commodore Perry bought seeds back to the United States from Japan after his 1852-1854 expedition. The seeds were first planted in the area around Washington, D.C., but were killed by an early frost. In 1870, the persimmon tree was brought to California and proliferated until 1920. By 1930, California had over 200,000 trees.

Turnips are thought to have originated in N. Europe around 2,000 BC and were one of the first vegetables to have been cultivated. Both the Greeks and Romans thought highly of the turnip and developed several new varieties. Its widespread popularity in Europe has continued, although since the advent of the potato, it is less widely cultivated than it once was.

Turnips were introduced into North America by the early European settlers and colonists. They grew well in the South and became a popular food in the local cuisine of this region. Turnip greens, which became an integral part of Southern African-American cuisine, are thought to have been adopted into this food culture because of the role they played during the days of slavery. Supposedly, the slave owners would reserve the turnip roots for themselves, leaving the leaves for the slaves. As Western African cuisine traditionally utilizes a wide variety of green leaves in its cooking, the African slaves adopted turnip greens as a substitute and incorporated them into their food customs.

LITERATURE LINKS

Elementary: The Enormous Turnip by Alexia Tolstoy
The story: Man plants turnip. Man admonishes turnip to grow. Turnip obeys. Now what? Turnip is simply so big that man must enlist help of grandmother, who enlists help of granddaughter, who enlists help of dog, who enlists help of cat, who enlists help of one of the largest mice I’ve ever seen to finally unearth the turnip.

Middle: The Life & Times of Persimmon Wilson by Nancy Peacock
When the book opens, Persimmon Wilson is in jail awaiting a hanging that is soon to take place - his own. Persy has been beaten, practically starved, nearly frozen to death, shot, and almost drowned. A former slave on a sugar plantation who later became a Comanche Indian, Persy has led quite an interesting and hard life. In jail, he’s writing his story, a story that needs to be told to set the record straight.