

New Horizon Foods Nutrition News

July 2016

July is National Blueberry Month

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Blueberry Month

One Cup Fresh Blueberries

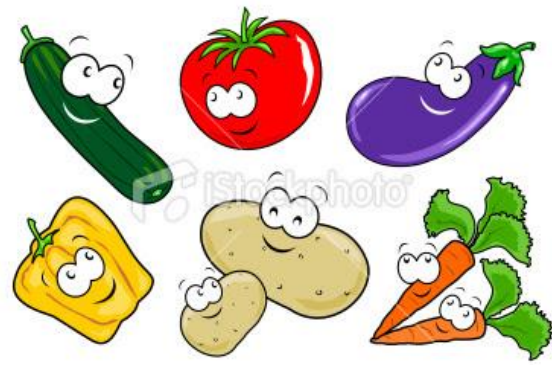
Calories (kcal)	84
Vitamin C (mg)	14
Dietary Fiber (g)	4
Carbohydrates (g)	21
Fat (g)	trace
Cholesterol (mg)	0
Saturated Fat (g)	0
Trans Fatty Acid (g)	0



Blueberries are popular around the world not only for their good tastes but also because they provide numerous health benefits for people. In fact, a recent study has suggested that blueberry is one of the most vital fruit for those who want to maintain their health at the highest level.

The base for all of the blueberries health benefits are in fact that they are extremely rich in Antioxidants. Antioxidants are very important to our body because they help support overall health and immune system.

Fun In The Garden



1. Kid gardens must be kid-based.

Let kids help plan the garden by choosing a few things they want to plant, helping with planting and with maintenance. Grown-up's need to facilitate and show how, but not do everything. Focus on the process of involving them, and they will then take ownership.

2. Develop the garden to be appropriate for the site and regional conditions.

Involve the kids in the site analysis process so they understand how important the light, soil, drainage and other environmental factors are to having a garden. Develop the garden so the features and plant choices are adapted to local conditions, so you are not "working against nature."

3. Focus on functional garden design, not how it will look.

Design the garden by determining what the children want to be doing and learning in the garden. Base the features on the practical functions they will serve, and don't

worry too much about aesthetics. Also remember that the children's sense of what is pretty may not be yours; that's ok because the garden is their space.

4. Be comfortable with dirt.

All kids are washable, so as long as parents have been notified about the gardening activity in advance and haven't sent them in fancy clothing, let them get dirty! Use rules such as "remove your shoes outside" to help control the mess.

5. Bugs and crawly critters are cool.

Children aren't inherently afraid of things that crawl and creep. They learn that these things are bad or scary or icky from adults. Worms, caterpillars, grubs, insects, spiders and all sorts of wondrous creatures are out in your garden as part of the ecosystem. Please see them as integral parts of the system, and the kids will be amazed and curious, not afraid.

6. No chemicals.

Given that you are gardening with children, be careful to avoid using chemical fertilizers or pesticides in the garden.

7. Grow some things to eat.

Children are much more willing to try and consume fresh fruits and vegetables that they have grown. In fact, they likely will try things they never have eaten before because they have tended the plants themselves. Their involvement in helping with the garden can greatly help increase their intake of fruits and vegetables!

8. Reinforce the lessons from the garden while indoors.

Prepare the kids for their gardening experience by asking questions like, "What will we see today?" or "How much do you think things have grown since last week?" Engage kids in keeping journals and/or scrapbooks of their garden to monitor its progress through the season and over the years.

9. Keep it fun.

10. Gardening is a powerful experience for children.

Children have fewer and fewer chances to interact with the natural world, and the connection to nature is important for their development. Gardening can help children develop regard and concern for the natural world. Being responsible for tending a garden also fosters their sense of "nurturing" and helps them learn to care for other living things. Kids may not often hear much positive feedback from adults, so creating and tending a garden can empower kids because they hear that they have "done a good job."



Blueberry-Maple Muffins

Ingredients:

- 1/3 cup whole flaxseeds
- 1 cup whole-wheat flour
- 3/4 cup plus 2 tablespoons all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 large eggs
- 1/2 cup pure maple syrup
- 1 cup nonfat buttermilk, (see Tip)
- 1/4 cup canola oil
- 2 teaspoons freshly grated orange zest
- 1 tablespoon orange juice
- 1 teaspoon vanilla extract
- 1 1/2 cups fresh blueberries
- 1 tablespoon sugar

Preparation

1. Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.
2. Grind flaxseeds in a spice mill (such as a clean coffee grinder) or dry blender. Transfer to a large bowl. Add whole-wheat flour, all-purpose flour, baking powder, cinnamon, baking soda and salt; whisk to blend. Whisk eggs and maple syrup in a medium bowl until smooth. Add buttermilk, oil, orange zest, orange juice and vanilla; whisk until blended.
3. Make a well in the dry ingredients and stir in the wet ingredients with a rubber spatula just until moistened. Fold in blueberries. Scoop the batter into the prepared muffin cups. Sprinkle the tops with sugar.
4. Bake the muffins until the tops are golden brown and spring back when touched lightly, 15 to 25 minutes. Let cool in the pan for 5 minutes. Loosen edges and turn muffins out onto a wire rack to cool slightly.

Nutrition Info.

Per muffin : 208 Calories; 8 g Fat; 1 g Sat; 4 g Mono; 36 mg Cholesterol; 31 g Carbohydrates; 6 g Protein; 3 g Fiber; 184 mg Sodium; 149 mg Potassium

2 Carbohydrate Serving

Exchanges: 1 starch, 1/2 other carbohydrate, 1 1/2 fat