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Nutrition Notes – July 07

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Summertime Nutrition

Summer is officially here and there's no better way to enjoy it than being outdoors actively pursuing sports, leisure activities and the great bounty of summer produce. Right now all our Farmers Markets and community supported agriculture contacts are brimming full of delicious and nutritious fruits, vegetables, flowers, and organic staples like oil, honeys, coffee and jarred olives. It's easy to get your daily 5-9 recommended servings of fruits and vegetables. Get the family involved in procuring healthy farm fresh food as a great activity and learning experience. Try new and different vegetables for interest like: Kohlrabi (KOHL-ra-bee) tastes like a cross between a beet & celery – mild and sweet. Peel it & steam cook in the microwave for 3-5 minutes. Fennel - looks like Celery with a big base, has a slight licorice taste. Slice and sauté 5-8 min in a little olive oil and a squirt of lemon juice. Kale a dark leafy green, high in iron and fiber, is easily sliced and boiled in a pot of water slightly salted, for 10-15 min, until leaves are softened. Drain and drizzle with a little oil and balsamic vinegar. Grill fruits like peaches, pineapple and tomatoes on the BBQ. A great dish is grilled mixed vegetables, using any variety of fresh veggies cut in bite size pieces tossed with a dressing of olive oil, vinegar, fresh garlic and fresh herbs (especially rosemary) chopped and whisked to an emulsion in a small blender. Make extra, because they are great leftovers to be used in salads and sandwiches. EAT Smart and LIVE well. For more tips, nutrition help and cooking class information contact Healthy Directions of Poway at 858-335-2140 and visit online at www.healthydirectionspoway.com