



April

SNAC News

Wyoming Nutrition Action Coalition

Get On Your "A" Game!

Shopping Tips

Apricots, a fruit, are harvested in the United States from June to mid-August. Select those that gently yield when pressed, avoiding those that are bruised, soft, or mushy. You can freeze, can, or dry apricots.

Avocados, also a fruit, are available year-round, but prime season is late winter and early spring. They do not ripen until picked. Choose hard avocados, and allow 2-5 days to ripen. Avoid those with bruises or soft spots, or those with a space between the flesh and skin. They can be frozen for storage.

Artichokes, a flower bud, are available from California year-round. April brings the peak of the season. Select those with tight leaves that are round and heavy. Avoid those with extremely hard leaves or those that are opening or spreading out. They can be canned and frozen.

Nutrition Benefits



Apricots are very low in saturated fat, cholesterol and sodium. They are a good source of dietary fiber and potassium, and a very good source of Vitamins A and C.



Avocados are very low in cholesterol and sodium. They are a good source of dietary fiber, vitamin C, vitamin K, and folate. They have more potassium than bananas.



Artichokes are very low in saturated fat and cholesterol. They are a good source of niacin, vitamin B6, iron and phosphorus, and a very good source of dietary fiber, vitamin C, vitamin K, folate, magnesium, potassium, copper, and manganese.

Artichokes

Cook: Cut thorny tips off leaves. Slice $\frac{3}{4}$ - 1 inch off tip. Pull off smaller leaves toward base and on stem. Rinse in cold running water. Put artichokes, a clove of garlic, a slice of lemon, enough water to cover, and a bay leaf in a pan. Cover and bring to a boil, then simmer 25-45 minutes or until outer leaves can be easily pulled off.

Dipping Sauce:

$\frac{1}{2}$ cup low-fat mayonnaise or salad dressing
 $\frac{1}{2}$ cup grated Parmesan cheese
4 medium green onions, chopped
Mix ingredients, chill, and use as dip.

Activity Ideas

Exercise those Abs (abdominal muscles)! Lie on your back on the floor, lift your legs, and pretend you are bicycling.

Play hot (potato) Apricot! Stand in a circle and pass an apricot around while music is playing. When the music is turned off, the person holding the apricot stands in the middle. Do again, and the next person to be holding the apricot replaces the person in the middle.

Avocado relay: place an avocado under each player's chin and run without dropping it! Pass it to the next person, by hand or chin-to-chin, and run back!

Conversation Starters/Comments

In Latin, apricot means precious.

Apricots originated in China, introduced to the United States by Spanish explorers. South of San Francisco was the home of the first commercially produced USA apricots, in 1792.

The first avocado tree was planted in 1833 in Florida.

The avocado is sometimes called a pear, or “alligator pear.”

Artichokes are one of the oldest foods known to man.

Marilyn Monroe was crowned “Artichoke Queen” in Castroville, California in 1948.

How do you eat an artichoke? Cook (see front page), dip the white fleshy end of the petal in melted butter or sauce. Put the petal in mouth, dip side down, and pull through teeth to remove the soft, pulpy, delicious portion of the petal. Discard the rest of the petal.

Make half your plate fruits and vegetables!

For more information call:

Supplemental Nutrition Assistance Program 800-457-3659

Wyoming Department of Education Nutrition Programs 307-777-6263

University of Wyoming Center for Nutrition Programs 877-219-4646

Wyoming Department of Health Women, Infant, and Children (WIC) 800-994-4769