

Harvest of the Month



Network for a Healthy California

Harvest of the Month is sponsored by



Ground Cherries

Ground Cherries are from Starbright Acres and Posh Squash in Grass Valley!

Starbright Acres Family Farm: The certified organic farm of Ken and Aleta Barrett produces nutritious, delicious, planet-friendly food for our local community. They sell directly at the Nevada City Farmer's market, the Nevada County Certified Growers Market on Tuesday and Saturday, and at their farm stand. They host many school field trips each year as a Sierra Harvest farm partner— have you been to Starbright Acres Farm?

The Posh Squash: Many of you know Brianna Abundiz as "Farmer Bri" from the Food Love Farm. She started her own farm where she grows mostly winter squash, pumpkins and ground cherries. You can get your holiday pumpkins from her at the Nevada City farmers market from October through Thanksgiving- a portion of proceeds support the Farm to School Program at Scotten and Lyman Gilmore schools.

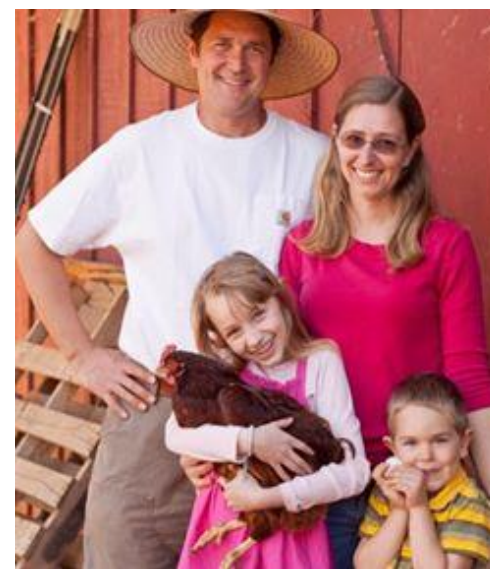


Fresh Ground Cherry Salsa

Serves: 4-6, Prep time: 5 min

- 1 lb. ground cherries (husked, washed, and sliced in half, about 2 cups)
- 1/4 cup thinly shaved red onion
- 1 lime (juiced)
- 4 tablespoons roughly chopped cilantro
- kosher salt to taste
- 1/4 tsp. red pepper flakes

Combine all ingredients and season with salt to taste. For better flavor, let sit for 1 hour before serving.



Healthy Serving Tips:

- Peel the husks and eat the "cherries" raw as a snack
- Add to salads
- Make fresh or cooked salsa
- Make ground cherry jam or a ground cherry pie
- Dehydrate ground cherries to make tasty, tangy "raisins"

Recommended Daily Amounts of Fruits and Vegetables

	Kids, Ages 5-12	Teens and Adults
Males	2½ - 5 cups/day	4½ - 6½ cups/day
Females	2½ - 5 cups/day	3½ - 5 cups/day



La Cosecha del Mes

Red para una California Saludable



Uchuvas

Las uchuvas son de Starbright Acres y Posh Squash en Grass Valley!

Starbright Acres Family Farm: la granja orgánica certificada de Ken y Aleta Barrett produce alimentos nutritivos, deliciosos y sostenibles para nuestra comunidad local. Venden directamente en el mercado de agricultores de Nevada City, el mercado de productores certificados de Nevada County los martes y sábados, y en su finca. Ellos organizan muchas visitas escolares a su finca cada año para el programa Farm to School de Sierra Harvest. ¿Has visitado a Starbright Acres Farm?

The Posh Squash: Muchos estudiantes conocen a Brianna Abundiz como "Farmer Bri" de Food Love Farm. Ella comenzó su propia granja donde crece principalmente calabazas, calabazas de invierno y uchuvas. Se puede comprar sus calabazas en el mercado de agricultores de Nevada City desde octubre hasta el Día de Acción de Gracias: una parte de las ganancias respalda el programa Farm to School en las escuelas Scotten y Lyman Gilmore.

La Cosecha del Mes esta patrocinado por



Salsa Fresca de Uchuva

Rinde 4-6 Porciones

- 1 lb. de uchuvas (cascaras pelados, rebanados, 2 tazas)
- 1/4 taza cebolla roja picada
- Jugo de un limon
- 1/4 taza cilantro picado
- Sal
- Mitad de un jalapeno picado

Combine todos los ingredientes y sazone con sal al gusto. Para un mejor sabor, deje reposar durante 1 hora antes de servir.



Ideas para servir:

- Pele las cáscaras y coma las frutas crudas
- Agregar a ensaladas
- Prepare salsa fresca o cocida
- Hacer mermelada de uchuva o una tarta
- Deshidratar las uchuvas para hacer "pasas" sabrosas

Recomendación Diaria de Frutas y Vegetales

	Niños, 5-12	Adolescentes y Adultos, 13+
Hombres	2½ - 5 tazas/día	4½ - 6½ tazas/día
Mujeres	2½ - 5 tazas/día	3½ - 5 tazas/día



