



In cooperation with
OSU Extension Knox County

And

The Knox County Hunger Task Force Educational Committee

Presents

Crunch for Lunch

*The importance of including
fresh fruits and vegetables in your daily diet*



With

Paul Higgins, CEC, HGT



THE OHIO STATE
UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Recipes provided by Senior Certified Executive Chef, Paul Higgins through OSU Extension Knox County *Get Fresh with Chef Paul* farm to table initiative. Chef Higgins is member of the American Culinary Federation, and former member of the National Research Chefs Association. In 2011 Mr. Higgins received a lifetime Fellowship in The Honorable Order of the Golden Toque.

Mr. Higgins is the producer and creator of [A Journey in Taste](#) and [Senior-dining.com](#), and is an Affiliated Scholar at Kenyon College Rural Life Center, Local Food and Aging project, rurallife.kenyon.edu. For additional information please email to: higginspl@kenyon.edu

Mr. Higgins works with local community organizations and educators throughout Knox County and Ohio to share his knowledge, experience and expertise to promote the use of *fresh, local foods*.

To further aid in making healthy food choices, Mr. Higgins has partnered with the **Knox County Hunger Task Force Educational Committee** to encourage the use of *fresh, local foods* and demonstrate quick and easy ways to make meal time an enjoyable and healthy experience.

OSU Extension embraces human diversity and is committed to ensuring that all educational programs conducted by Ohio State University Extension are available to clientele on a nondiscriminatory basis without regard to race, color, age, gender identity or expression, disability, religion, sexual orientation, national origin or veteran status.

Crunch for Lunch is part of ***A Journey in Taste....Here We Grow Again....*** series developed for workshops, presentations and demonstrations using fresh local fruits and vegetables

Crunch for Lunch introduces ways to use fresh raw vegetables with meals and snacks to help us reach our goal are eating 5-9 fresh fruits and vegetables daily. Fruits and vegetables are very important to our health because they are whole foods, created by nature, that are rich in a large amount of nutrients. The processed foods that we so commonly eat, can never compare to the health benefits provided by fresh fruits and vegetables which have fiber, vitamins, and enzymes built right in.

Crunch for Lunch encourages following the **MY PLATE** guidelines and eating fresh fruits and vegetables as part of your daily diet.



Eating plenty of fruits and vegetables helps prevent heart disease and strokes, diverticulitis, control your blood pressure, prevent some types of cancers, and guards against cataract and macular degeneration or vision loss. Eating a healthy balanced diet, exercising, drinking plenty of water and getting a good night's sleep all contribute to maintaining a healthy body.

The Knox County Hunger Task Force Educational Committee suggests that we minimize the use of table salt and promotes the use of fresh and dried herbs to enhance the flavor of our foods. Making healthy dining choices can lead to a healthier life.

Crunch Time....

Getting your crunch on is a fun and healthy way to eat the recommended 5-9 servings of vegetables per day. Trying different fresh vegetables throughout the season may also surprise you with a “fresh” appreciation of locally grown produce.

Fruits and vegetables are available throughout the year, whether at the local farmer’s market or the grocery store. However, fresh, local vegetables have more nutrition, taste better, and support the local economy.

Carrots, celery, cucumbers, broccoli and cauliflower are all very common and easily found.

You know your doctor, you know your dentist, Why not know your farmer?

Trying different vegetables in your daily diet may seem like a challenge at first, but once started you will look forward to how much you enjoy using fresh vegetables and the different ways to prepare them. Not all vegetables are easy to eat raw. Roasting or grilling can help in this area and maintain the nutrients as well as the crunch.

The growing season starts in the early spring and runs well into the fall giving us access to a variety of local farm fresh vegetables. Check out the **Growing Calendar**, and let’s explore the big flavors of home grown.

Crunch this.....

Wash your hands with soap and warm water before and after handling or preparing any food.

Check that your work area, cutting board and knives are clean and sanitized. It is also important to clean up after using cutting boards and knives before moving on to the next item you are preparing.

Select any vegetable that you are familiar with – perhaps carrots or celery to start. Be sure to wash them thoroughly, peel them if necessary, and cut them into pieces that are easy to pick up with your fingers.

At this point you can just put them on a plate and enjoy. To add interest and variety as you try different vegetables, you may want to make healthy dips, relishes, salsas, infused oil or vinegar dressings, or hummus. Using fresh herbs, honey, maple syrup, or citrus juice can also add flavor and expand your vegetable experience. Dips can be made from cottage cheese, Greek yogurt, sour cream, or cream cheese. Always check the fat content, sugar and salts added when choosing a base for your dip.

Vinegar, Oils and Herbs

Combining different vinegars, oils and herbs can create flavorful vinaigrettes, dressings, marinades and sauces for dipping vegetables

Vinegars

Rice
Balsamic
Red wine
White
Apple cider
Herb infused
Honey

Oils

Olive
Extra virgin olive
Canola
Vegetable
Herb infused
Grape seed

Other great flavor ingredients

Dijon mustard
Garlic
Shallots
Lemon juice
Lime juice
onion
fresh and dried herbs

Using cream cheeses, cottage cheese, Greek yogurt or sour cream as a base you can come up with your own tasty dips for any occasion.

Don't hesitate to explore the exciting use of fresh and dried local herbs when looking to enhance any recipe.



HYG-5520-09

Selecting, Storing, and Using Fresh Herbs

Cooking with herbs can add interesting flavors to foods, especially when salt, sugar, and fat are reduced in a recipe. They are a quick way to add a new flair to your favorite meals. Many culinary herbs, both fresh and dried, have antioxidants that may help protect against diseases such as diabetes, cancer, and heart disease.

Because herbs are so popular, they are being sold fresh at the roadside market and grocery store and are often grown as part of a kitchen garden by the homeowner.

Selection

Herbs are best harvested in the morning, after the dew has evaporated, but before the sun has warmed them. The oils that give herbs their aromas and flavors are volatile (readily escapes from the leaves, seeds, and stems if injured). Therefore, herbs need to be handled very gently, and should never be “stacked” or handled in such a way that they may be bruised. Select just enough herbs to be used, dried or frozen, the same day. Herbs should look fresh and clean, be free of disease, not discolored or damaged.

Storage

Since the flavor and aroma of herbs deteriorates quickly after picking, be prepared to use them immediately. If you must store them for a few hours, keep them in the refrigerator in a perforated plastic bag. When you are ready to use them, wash the herbs gently under cool (not cold) water and pat dry between paper towels.

To extend the freshness of herbs, trim off the ends of the stems on the diagonal. Arrange herbs in a tall glass or vase with an inch of water, like cut flowers. Cover

loosely with a plastic bag to allow for air circulation. Place in the refrigerator and change the water daily. Herbs may last a week or more stored this way.

For long-term storage, herbs can be dried. Store the dried herbs in airtight containers out of the direct sun.

Culinary Uses

Once you have used fresh herbs in cooking you will be spoiled! Their special flavor and aroma contributes greatly to the enjoyment of food.

Chop or mince fresh herbs with a knife or scissors. Putting herbs in a food processor will turn them into a paste. Usually, the part of the herb you will use will be the leaves. For herbs with sturdier stems, such as marjoram, oregano, rosemary, sage, and thyme, you can strip off the leaves by running your fingers firmly down the stem from top to bottom. Other herbs have tender stems, like parsley and cilantro. For these herbs, it's all right if some of the stem is mixed in with the leaves when cutting these herbs.

There are no rules when cooking with herbs. Start to experiment using small amounts of herbs and see what you like. The following ideas may help you get started:

- A good general guideline is not to mix two very strong herbs together, but rather one strong and one or more milder flavors to complement both the stronger herb and the food.
- In general, the weaker the flavor of the main staple item, the lower the level of added seasoning required to achieve a satisfactory balance of flavor in the end product.

- Dried herbs are stronger than fresh, and powdered herbs are stronger than crumbled. A useful formula is: ¼ teaspoon powdered herbs = ¾ to 1 teaspoon crumbled = 2 teaspoons fresh.
- Leaves should be chopped very fine because the more cut surface exposed, the more flavor will be released.
- Be conservative in the amount of an herb used until you are familiar with its strength. The aromatic oils can be strong and objectionable if too much is used.
- The flavoring of herbs is lost by extended cooking. Add herbs to soups or stews about 45 minutes before completing the cooking. But for cold foods such as dips, cheese, vegetables, and dressings, herbs should be added several hours or overnight before using.
- For casseroles and hot sauces, add finely chopped fresh or dried herbs directly to the mixture.
- To become familiar with the specific flavor of an herb, try mixing it with margarine or butter, let it set for at least an hour, and spread on a plain cracker.
- Try herbs as a flavoring in vinegars or “butters.” Use one cup of “bruised” leaves for every 2 cups of white wine vinegar. Allow to steep two weeks. Use 1 tablespoon of finely chopped fresh herbs to ½ cup margarine, butter, cottage cheese, low fat yogurt, or cream cheese.

Culinary Herb Uses	
Herb	Some Uses
Anise	Pork, chicken, fish, stews, beverages, stewed fruit. Seeds in baked goods.
Basil	Tomatoes and tomato dishes, vinegars, rice, eggs, meats, duck, salads, vegetables.
Chive	Salads, stews, appetizers, vegetables, butter, yogurt and sour cream sauces.
Dill	Fish and fish sauces, cottage cheese, breads, beets, cucumbers, cauliflower, brussels sprouts, salads.
Fennel	Tomato dishes, eggs, fish, marinades for meats, carrots, pickles, breads and baked goods.
Marjoram	Stews, soups, meats, tomato dishes, vegetables, eggs, breads, French dressing.
Mint	Salads, lemonade, tea, potatoes, scallops, sauces and jelly, sherbet, lamb, fruit.
Oregano	Italian tomato sauces, barbecue sauce, soups, eggs, cheese, pork, vegetables, salad dressings.
Parsley	Tomato sauces, fish, meats and poultry, soups, stews, vegetables.
Rosemary	Lamb, pork, vegetables, chowders, cheese.
Sage	Fish, meat, poultry stuffing, chowders, soups, tomatoes.
Savory	Pork, chowders, stews, fish, eggs, salads, beans, biscuits.
Tarragon (French)	Eggs, yogurt and sour cream dishes, meat, asparagus, beans, cucumbers.
Thyme (Lemon or English)	Stews, clam chowder, fish, meat, poultry, eggs, stuffings, bread, biscuits, lima beans, broccoli, onions.

Original author: Barbara H. Drake. Originally reviewed by Lydia C. Medeiros, Specialist Food and Nutrition, and Robert Precheur, Specialist, Horticulture.

Updated by Julie Kennel Shertzer, Program Specialist, Human Nutrition, September 2009.

EMPOWERMENT THROUGH EDUCATION

Visit Ohio State University Extension's web site "Ohioline" at: <http://ohioline.osu.edu>

Ohio State University Extension embraces human diversity and is committed to ensuring that all research and related educational programs are available to clientele on a nondiscriminatory basis without regard to race, color, religion, sex, age, national origin, sexual orientation, gender identity or expression, disability, or veteran status. This statement is in accordance with United States Civil Rights Laws and the USDA.

Keith L. Smith, Ph.D., Associate Vice President for Agricultural Administration and Director, Ohio State University Extension
TDD No. 800-589-8292 (Ohio only) or 614-292-1868

Simple Vinaigrette

Ingredients :

1 small shallot, minced (about 2 tablespoons)
1 small clove garlic, minced (about 1/2 teaspoon)
2 tsp Dijon mustard
3 tbsp white wine vinegar
1 tbsp water
3/4 cup extra-virgin olive oil
Kosher salt and freshly ground black pepper

Directions:

Combine shallot, garlic, mustard, vinegar, and water in a large bowl and whisk to combine.

Whisking constantly, slowly drizzle in olive oil.

Alternatively, place all ingredients in a tightly sealing jar, seal, and shake vigorously until emulsified.

Season to taste with salt and pepper

Vinaigrette will keep in the refrigerator for up to 2 weeks.

Pesto

Ingredients:

- 2 cups fresh basil leaves, packed*
- 1/2 cup freshly grated Parmesan or Romano cheese
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts **
- 3 medium sized garlic cloves, minced
- Salt and freshly ground black pepper to taste

Method:

Combine the basil in with the pine nuts, pulse a few times in a food processor. Add the garlic, pulse a few times more.

Slowly add the olive oil in a constant stream while the food processor is running.

Add the grated cheese and pulse again until blended.

Add a pinch of salt and freshly ground black pepper to taste.

Variations:

*

Parsley
Cilantro
Roasted peppers
Sun-dried tomatoes
Kale
chive

**

omit nuts
walnuts

Carrot and Raisin Salad

Ingredients:

4 carrots, shredded
1/4 cup soft raisins
2 tablespoons honey
1 tablespoon lemon juice
salt and pepper to taste

Directions:

In a bowl, combine the carrots, apple, lemon juice, honey
Salt and pepper.

Soak raisins in a cup of warm water until soft, strain and add to
mixture.

Mix and chill before serving.

To add more crunch: shred ½ an apple and add to salad

Market Fresh Salsa

INGREDIENTS:

2-3 medium sized fresh tomatoes (from 1 lb to 1 1/2 lb), seeds removed, finely diced
1/2 red onion, finely diced
1/2 cucumber, peeled, seeded and small diced
1 sm chili pepper (stems, ribs, seeds removed), finely diced*
1/4 cup lime juice
1/2 cup chopped cilantro
Salt and pepper to taste

METHOD:

Combine all of the ingredients in a medium sized bowl. Taste
Let salsa sit for an hour for the flavors to combine

*Chilies are available from mild to hot. If the chilies make the salsa too hot, add more chopped tomato.

Be careful while handling hot peppers. Use a paper towel or gloves to protect your hands. Wash your hands thoroughly with soap and hot water after handling and avoid touching your eyes for several hours.

Hummus

Ingredients:

1 15-ounce can chickpeas, rinsed and loose skins removed
1 clove garlic
¼ cup olive oil, plus more for serving
2 tbsp fresh lemon juice
2 tbsp tahini (sesame seed paste) (may be omitted)
1 tbsp ground cumin
Kosher salt
1/4 tsp paprika

Directions:

In a food processor, puree the chickpeas and garlic with the olive oil, lemon juice, tahini , cumin, and ¾ tsp salt until smooth and creamy. Add 1 to 2 tsp water as necessary

Transfer to a bowl. Drizzle with olive oil and sprinkle with the paprika before serving.

Variations: Toppings and other ingredients:

Add any of the below ingredients to create different taste

1/2 cup roasted red peppers
1/4 teaspoon dried basil
1 large or 2 small avocados, seeded, peeled and coarsely chopped
Tomato and basil
Cucumber
Olives,
Hot sauce,
Caramelized onions

HomeGrown

A guide to local food products in Knox County, Ohio

Product	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV
ASPARAGUS		●	●					
GREEN ONIONS				●	●			
RADISHES			●	●	●	●		
RHUBARB		●	●					
FALL SPINACH						●	●	●
SPINACH		●	●					
BROCCOLI				●	●			
CABBAGE					●	●		
GREEN BEANS				●	●			
PEAS			●					
STRAWBERRIES			●	●				
BEETS			●					
BLUEBERRIES			●	●				
CARROTS					●	●	●	
CAULIFLOWER						●	●	●
CUCUMBERS				●	●	●		
SWEET PEPPERS				●	●	●		
POTATOES					●	●	●	●
RASPBERRIES				●		●		
SUMMER SQUASH				●	●	●		
SWEET CORN					●	●		
TOMATOES					●	●		
APPLES					●	●	●	●
MUSKMELON					●	●		
ONIONS						●	●	
LETTUCE		●	●	●				
WINTER SQUASH						●	●	
PUMPKINS							●	
WATERMELON					●	●	●	
HERBS			●	●	●			

●Peak Season●



11660 Upper Gilchrist Road
Mount Vernon, OH 43050
(740) 392-2200
knoxhealth.com



THE OHIO STATE
UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

OSU Extension Knox County
160 Columbus Road
Mount Vernon, Ohio 43050
740-397-0401
<http://knox.osu.edu>
<http://www.facebook.com/OSUEknox>



Kenyon College Rural Life Center
rurallife.kenyon.edu
Local food and aging