



Nutrition Newsletter



SEPTEMBER 2025

IN SEASON

Idaho is home to a number of vegetables that ripen as the weather cools down. In September, some of the vegetables that are available fresh are:

- Winter Squash (Butternut, Acorn, Spaghetti)
- Potatoes
- Onions and Carrots
- Broccoli and Cauliflower
- Sweet Corn
- Greens

Be sure to check out your local farmer's market to buy the freshest local produce!

YOUR HEALTH

Vegetables are an important part of a healthy diet, but unfortunately, around 90% of Americans don't eat the recommended amount.

- Vegetables contain vitamins, minerals, antioxidants, and are a good source of fiber.
- Eating a diet with a good variety of vegetables may reduce the risk of heart disease.



DAILY SERVINGS

For adults over 60, the recommended number of servings of vegetables is between 2 to 3-1/2 cups.

If you aren't able to access fresh fruit, canned and frozen fruits are great and nutritious alternatives. They are picked and packaged quickly to help preserve the nutritional value. Drain and rinse your canned veggies before using them to reduce the sodium content!

FOOD SAFETY

A healthy diet should include a variety of vegetables, but ensuring proper food safety is important to reduce the risk of food poisoning.

- Wash your vegetables under running water before cutting, peeling, or eating them.
- Avoid cross-contamination with raw meat, poultry, and seafood by storing them separately and using different cutting boards.
- Cooked or cut veggies should be refrigerated to prevent bacterial growth.

Vegetable Beef Soup

Recipe can be found at https://www.ncsfpa.org/_assets/2012/03/CSFPCookbookSept2011.pdf

Ingredients:

- 4 cups water
- 1 Tbsp olive oil
- 1 cup **CSFP macaroni**, uncooked
- 1 cup **CSFP dried beans**, cooked
- 1 large onion, diced
- 2 Tbsp oil
- 1 can **CSFP beef**
- 1 can **CSFP carrots**, drained
- 1 can **CSFP green beans**, drained
- 1 can **CSFP peas**, drained
- 1 can **CSFP potatoes**, drained
- 2 cans **CSFP diced tomatoes**
- 3 cups **CSFP tomato juice**
- 4 cups water

Method

1. In a large saucepan, over high heat, bring 4 cups water, 1 Tbsp olive oil, and macaroni to a boil. Cook over high heat 8-10 minutes or until macaroni is tender. Drain.
2. In a large pot, over medium heat, saute the onion in oil for 5 minutes, stirring frequently.
3. Add tomato juice, water, carrots, corn, green beans, peas, potatoes, tomatoes, cooked red kidney beans, and cooked macaroni to the beef and onion mixture.
4. Heat on high for 15 minutes. Serve with crackers or bread.