

# HEALTHY LIVING LEADS TO HAPPY LEARNING



## WAYS TO LIVE HEALTHY IN NOVEMBER



### FRUIT » TANGERINES

**HEALTH BENEFITS:** Tangerines are a very good source of Vitamin C, a well-known antioxidant that supports the immune system.

**SELECTION / STORAGE:** Look for tangerines rich in color, semi-soft, and heavy for their size. They can be stored on the counter for one week or in the refrigerator for two weeks.

**EATING / PREPARATION:** Wash the fruit under cold water, peel, and enjoy raw at breakfast or as an afternoon snack. Remember when using whole segments in dishes to snip the center and gently squeeze to remove the seeds. They work well in fruit salads, or transform your muffin recipe using the zest of tangerines!

### VEGETABLE » RED CABBAGE

**HEALTH BENEFITS:** The deep red/purple pigment of red cabbage provides anti-inflammatory and antioxidant benefits. It is an excellent source of Vitamin K and Vitamin C, as well as Vitamin B6, which is important for carbohydrate metabolism and nervous-system health. Red cabbage is also a very good source of manganese, folate, fiber and potassium.



**SELECTION / STORAGE:** Choose cabbage that is firm and has shiny crisp leaves without blemishes or cracks. Keeping it cold will help retain the Vitamin C content. Cabbage can be stored for about two weeks when placed in a plastic bag in the crisper of your refrigerator. Cover partial heads of cabbage tight with plastic wrap and use within a few days.

**EATING / PREPARATION:** Remove the outer thicker leaves and cut the cabbage in half through the stem. Cut each piece in half again, cut out the stem and wash the leaves under cold water. Cabbage can be eaten raw, tossed into salads, stir fries, soups, and casseroles; used as a topping for fish tacos; or made into a delicious coleslaw recipe.



### ACTIVITY » FOLIAGE FOLLOWING

**ACTIVITY:** It may be getting chilly, but November can be a great time to appreciate the beauty of leaves changing color. Head out on nearby trails or paths and explore the fall colors coming to life. And, don't forget to bring your camera. Colors already fading? You can still hit the outdoors and discover the sights of fall throughout the area's nature preserves.