



# Live Healthy Georgia

## Seniors Taking Charge

### Fabulous Fall Produce

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Fall harvest is the most wonderful time of year for fresh produce before heading into winter. Be sure to visit your local farmer's market for these fall goodies!

#### Pumpkin

Don't let the crazy smile of a jack-o-lantern fool you – pumpkins are serious sources of nutrients, such as vitamin A, magnesium, potassium, and fiber. While we typically think of pumpkin as the main ingredient in pie, it is also a fabulous way to add extra nutrition to savory dishes. Try the following recipe for pasta with pumpkin and sausage (courtesy of Rachael Ray).

#### Ingredients

- 1 tablespoon extra-virgin olive oil, plus 1 tablespoon
- 1 pound bulk sweet Italian sausage or turkey sausage
- 4 cloves garlic, cracked and chopped
- 1 medium onion, finely chopped
- 1 bay leaf, fresh or dried
- 4 to 6 sprigs sage leaves, cut into chiffonade, about 2 tablespoons
- 1 cup dry white wine
- 1 cup chicken stock (look for reduced-sodium)
- 1 cup canned pumpkin
- 1/2 cup (3 turns around the pan) heavy cream or half-and-half
- 1/8 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg, ground or freshly grated
- Coarse salt and black pepper
- 1 pound penne rigate, cooked to al dente
- Romano or Parmigiano, for grating

#### Directions

Heat a large, deep nonstick skillet over medium high heat. Add 1 tablespoon of olive oil to the pan and brown the sausage in it. Transfer sausage to paper towel lined plate. Drain fat from skillet and return pan to the stove. Add the remaining tablespoon oil, and then the garlic and onion. Saute 3 to 5 minutes until the onions are tender.

Add bay leaf, sage, and wine to the pan. Reduce wine by half, about 2 minutes. Add stock and pumpkin and stir to combine, stirring sauce until it comes to a bubble. Return sausage to pan, reduce heat, and stir in cream or half-and-half. Season the sauce with the cinnamon and nutmeg, and salt and pepper, to taste. Simmer mixture 5 to 10 minutes to thicken sauce.

Return drained pasta to the pot you cooked it in. Remove the bay leaf from sauce and pour the sausage pumpkin sauce over pasta. Combine sauce and pasta and toss over low heat for 1 minute. Garnish the pasta with lots of shaved cheese and sage leaves.

#### Food Network:

<http://www.foodnetwork.com/recipes/rachael-ray/pasta-with-pumpkin-and-sausage-recipe/index.html>

#### Apples

Nothing says autumn like the sweetness (or tartness) of a fresh apple! Try a Gala, Fuji, or Pink Lady this October.



## Cabbage

Cabbage, a cruciferous vegetable, is also an excellent source of vitamin C. It comes in both green and red varieties. Look for cabbage that is heavy without discolored veins or evidence of damage from worms. Store cabbage in a plastic bag in the refrigerator to help retain the vitamin C. Do not pre-cut the cabbage before you are ready to cook it, as it will lose vitamin C. Unfortunately, cabbage is not always appetizing the way it is cooked. Instead of boiling cabbage, try roasting it in a 400° F oven with a small drizzle of olive oil and sprinkle of salt and pepper to taste.

### Red Cabbage Slaw (courtesy of Sunny Anderson)

#### Ingredients

- 1/2 cup apple cider vinegar
- 2 tablespoons sugar
- 1/4 cup extra-virgin olive oil
- 2 teaspoons celery seed
- Salt and freshly ground black pepper
- 1/2 head red cabbage, cut into roughly 1 1/2-inch chunks
- 2 small carrots, grated
- 1 small red onion, chopped
- 1 cup golden raisins

#### Directions

In a large bowl, whisk together vinegar and sugar until dissolved. Slowly whisk in oil, celery seed, salt and pepper to taste. Toss in cabbage, carrots, red onion and raisins to coat well. Cover and let sit at least 1 hour.

Food Network:

<http://www.foodnetwork.com/recipes/red-cabbage-slaw-recipe/index.html>

## Grapes

These little red and purple jewels are full of vitamin C and phytochemicals. They make a perfect snack, or try them frozen for dessert. Muscadine grapes are very popular in Georgia, especially, but require special skill to eat. Place the stem and end of the fruit in the mouth first, then squeeze between the front teeth. The juice and pulp will pop into your mouth. Enjoy the juice, but discard the pulp, skin, and seeds.



#### References

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#### Pictures

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