

NUTRITION To Go

Volume 1 ♦ Issue 4 ♦ August 2020

Nutrition To Go is written and edited by Monica Davis, RDN



FOOD PANTRY



Produce Spotlight: Summer Squash

Summer Squash seem to multiply overnight during these hot days of summer. You may have noticed many of them in your produce bags lately. By far the most common varieties are zucchini and yellow crookneck. The name "summer squash" refers to the short storage life of these squashes, unlike that of winter squashes. They are usually harvested when immature, so the skin is thin and the seeds are small. At 3 grams of carbs and 35 calories per cooked cup (232 grams), summer squash is having a "moment" now. They provide a great low-carb alternative to pasta for those looking to reduce carb intake. It can be spiralized or sliced to replace spaghetti, linguini, or lasagna noodles in dishes. They are also simple and quick to sauté or to add shredded to cakes or bread for delicious treat.

Check this website out for a useful tutorial on how to make and cook "zoodles"
<https://downshifftology.com/recipes/how-to-make-and-cook-zucchini-noodles-the-most-popular-methods>

Summertime and Your Smile 😊

Christine Lane, BSDH

A smile is to be enjoyed each season of the year; here are some tips for your smile this summer:

Fresh Fruits and Vegetables: The taste of summer can be found in the backyard vegetable garden and the fruit picked right from the tree. Sink your teeth into a delicious local peach. Do the fibers of the fruit stay stuck between your teeth? Have you noticed an area where food always gets stuck and collects? This can be due to changes in the bone. A dental team can help diagnose Periodontal Disease.

Ice Cream: Enjoyed out of a cup or cone, it is a winner. Is it hard for you to eat cold food items because it causes your teeth to be sensitive? Teeth are designed with a nerve to help us feel temperature change. A dental team can help identify changes to enamel and exposed root surfaces.

Sweet tea and Lemonade: Beverages that are high in sugar and acid (sweet tea, soda, coffee and tea with milk and sugar, energy drinks, sports) are best to drink right down; if we sip all day, there is a risk of decay from the sugars and acids laying on the teeth. A dental team can help offer suggestions to prevent oral disease.

Come meet the dental team at the Charlottesville Free Clinic. The Charlottesville Free Clinic provides free medical and dental care and free prescriptions for working uninsured and under-insured adults in the greater Charlottesville community.

The Charlottesville Free Clinic
1138 Rose Hill Drive, Charlottesville, VA 22903
cvillfreeclinic.org • 434-972-6233

Easy Sautéed Zucchini with Parmesan

Healthy and simple, it's the perfect quick summer side dish recipe! Serves 6

Ingredients

1 tablespoon extra-virgin olive oil
2 tablespoons butter
1 medium yellow onion - thinly sliced
4 medium zucchini - or yellow summer squash, or a mix (about 2 pounds), ends trimmed and cut into 1/2-inch-thick rounds
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
1/2 teaspoon dried thyme
1/4 cup freshly grated Parmesan cheese

Instructions

Heat the olive oil and 1 tablespoon butter in a large nonstick skillet over medium-low heat. Cook gently until the onions begin to brown, about 10 to 11 minutes. Add the zucchini, salt, pepper, thyme, and remaining butter.

Increase heat to medium. Continue to cook, stirring occasionally, until the zucchini is just cooked through and beginning to brown, about 10 to 15 minutes. Sprinkle with Parmesan. Enjoy immediately.

<https://www.wellplated.com/sauteed-zucchini/>

What to Do about those Pesky Fruit Flies

Fruit flies are always incredibly annoying, but in summertime they seem to pop up out of nowhere. That's because they're attracted to ripe and decaying fruits and vegetables. Fruit flies lay their eggs—up to 500 at a time—on surfaces of these foods, so they can hitchhike inside your home on produce from anywhere, including your garden, local food pantry or supermarket.



How to prevent:

1. Wash produce under cold running water and be sure to dry it before storing.
2. Enjoy your fruit/vegetable as soon as it is ripe.
3. Keep your countertops and drains as clean as possible.
4. Cut away and discard any cracked or damaged portions of your produce and refrigerate what you've saved.
5. Regularly remove garbage, recycling, and compost

How to get rid of fruit flies:

1. Mix apple cider vinegar and dish soap. Fill a small bowl with the vinegar and add a drop of dish soap, mixing well. The apple cider vinegar tempts the flies with its stale sweetness, and the dish soap decreases the surface tension of the liquid, so the flies get caught.
2. Leave a bottle of old wine or beer out near where the fruit flies are spotted. They'll be lured in, but the narrow neck of the bottle acts as a natural barrier to keep them trapped.
3. If you've seen them in your sink drain or disposal, tape a clear plastic food bag over the opening overnight: flies will be caught in the bag. Adapted from articles by Breana Killeen, MPH, RD at Eating Well Magazine and Natalie Schumann

Loaves & Fishes



FOOD PANTRY
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Quick Pickles - 4 Ways

$\frac{3}{4}$ cup distilled white vinegar	$\frac{1}{2}$ cup water
1 Tbsp kosher salt	1 Tbsp sugar
1 $\frac{1}{2}$ tsp mustard seeds	1 $\frac{1}{2}$ tsp coriander seeds
1 clove garlic, thinly sliced	

In a small pot, combine all ingredients and bring to a boil. Lower heat and gently simmer for 5 minutes, then pour while still hot over your choice of veggies and seasonings (combinations below). Let cool for at least 10 minutes, then refrigerate for up to 2 weeks.

Pickled Cucumbers: Fill a pint jar with sliced cucumber rounds and 1 Tbsp fennel seeds (optional)

Pickled Green Beans: Fill a pint jar with green beans, trimmed, 4 springs dill and 1 Tbsp black peppercorns

Pickled Bell Peppers: Fill a pint jar or 2-8oz with sliced bell peppers, $\frac{1}{2}$ small onion, thinly sliced, 1 tsp celery seeds

Pickled Corn: Fill 2-8 oz jars or 4-4oz jars with 2 cups fresh corn kernels, 1 jalapeño, thinly sliced, 1 dried whole red chile

Women's Day Magazine September 2019

Ask Monica

Q: What kind of food do I get at Loaves & Fishes?

A: Last Wednesday, July 29, 2020, each cart of groceries included:

- 45 lbs. of produce
- 33 lbs. canned goods
- 20 lbs. of meat and fish
- 12 lbs. of dairy and eggs
- 10 lbs. of bread