

# Late Summer Harvest Vegetables

**AUGUST 2024**

Nutrition Corner

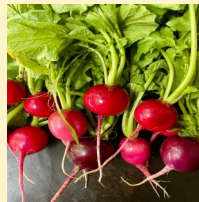
Non-Metro New Mexico Area Agency on Aging



These vegetables often get overlooked or forgotten, but they have many health benefits.

## Radishes

- a root vegetable belonging to the mustard family
- rich in antioxidants such as Vitamin C
- chemical compounds that are thought to manage blood sugar levels
- antioxidants in the leaves help protect against some cancers
- supports liver function and improve blood flow



webmd.com

## Turnips

- turnip greens are loaded with Vitamins A and C
- high in Potassium which supports nerve signals, and muscle and heart functions
- contain chemicals that help prevent cancers
- contains antioxidants and Calcium that support eye and bone health



## Black-Eyed Peas

- are actually legumes (or beans)
- good source of vitamins and minerals, such as Calcium, Iron, Vitamin A, Zinc
- good source of protein and fiber
- may aid in digestion, lower blood pressure, support eye and skin health, lower cholesterol, and help maintain weight



## Eggplant

- part of the "Nightshade" family (tomatoes, potatoes and peppers)
- a good source of Potassium, Fiber, and antioxidants
- contains polyphenols which help cells process sugar more efficiently



Check out our website for additional information at  
<https://www.nonmetroaaa.com/provider-portal>

## NEW RECIPES!!

### Mashed Turnips and Potatoes

By FoodHero.org

Makes: 2 1/2 cups

Prep Time: 15 minutes

Cook Time: 20 to 25 minutes

#### Ingredients:

1/2 pound turnips, diced

1 pound potatoes, cubed

1/4 cup low fat  
buttermilk

1/4 teaspoon salt

1/4 teaspoon pepper

1/2 teaspoon garlic powder



#### Directions:

1. Put potatoes and turnips in a saucepan and cover with cold water. Bring water to a boil and simmer until vegetables are soft, about 15 to 20 minutes.
2. Drain vegetables, return to pan, and mash.
3. Stir in buttermilk, salt, pepper, and garlic powder. Serve hot.
4. Refrigerate leftovers within 2 hours.

### Radish and Cucumber Salad

By FoodHero.org

Makes: 5 cups

Prep Time: 10 minutes

Chill Time: 15 minutes

#### Ingredients:

1/4 cup nonfat plain yogurt

1/4 teaspoon garlic powder

1/4 teaspoon each of salt and pepper

1 bunch radishes (about 10), thinly sliced

1 cucumber, cut into thin rounds

#### Directions:

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a large bowl, mix together yogurt, garlic, salt, and pepper. Add radishes and cucumber. Stir to combine.
4. Cover and refrigerate for at least 15 minutes before serving.
5. Refrigerate leftovers within 2 hours.



NOTE: Try adding more seasonings such as onion powder or dill. There are more radish recipes on our website.

## Fun Facts

- ⇒ Turnips have been cultivated for over 4,000 years. They were first grown in Persia, then spread through Europe and Asia.
- ⇒ Radishes can go from seed to edible plant in only 25 days.
- ⇒ In Renaissance Italy, the eggplant was called a “mala insana” or **crazy apple**.
- ⇒ Black-eyed peas are traditionally eaten on New Year’s Day for luck and prosperity.

Coming up in September’s Newsletter: **Malnutrition Awareness**