

## PRODUCE ITEMS OF THE MONTH ARE ASPARAGUS & PAPAYAS

At St. Vincent we believe in treating the whole person - mind, body and spirit. Therefore, you will find that these newsletters do the same thing...you'll be offered information addressing all three aspects of a person. We hope you enjoy the newsletters and that you find them useful for keeping your family healthy and happy. Thank you for reading!

### PRODUCE SELECTION:

#### Asparagus:

- Look for bright green or violet-tinged spears with firm stems.
- Make sure the tips are closed and compact.
- Trim the bottom of the stalks and wrap the cut ends in a damp paper towel. Refrigerate in a plastic bag for up to three days.

#### Papayas:

- Your papaya should be mostly yellow. Papaya is fully ripe when it is bright yellow.
- Choose papayas that are firm, yielding to gentle pressure, have smooth skin and are heavy for their size.
- Avoid papaya that have blemishes, cuts and are overly soft.
- They can be stored in the refrigerator in a plastic bag up to 1 week.



Asparagus	
Nutrition Facts	
Serving Size 1 cup 134g (134 g)	
<b>Amount Per Serving</b>	
Calories 27	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Sugars 3g	
<b>Protein 3g</b>	
Vitamin A	20% • Vitamin C
Calcium	3% • Iron
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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### HEALTHY BODY FOCUS: National Autism Awareness Month

Autism spectrum disorder (ASD) is a complex developmental disability. Signs typically appear during early childhood and affect a person's ability to communicate and interact with others. ASD is defined by a certain set of behaviors and is a "spectrum condition" that affects individuals differently and to varying degrees. There is no known single cause of autism, but increased awareness and early diagnosis/intervention and access to appropriate services/supports lead to significantly improved outcomes. Some of the behaviors associated with autism include delayed learning of language; difficulty making eye contact or holding a conversation; difficulty with executive functioning, which relates to reasoning and planning; narrow, intense interests; poor motor skills' and sensory sensitivities. Again, a person on the spectrum might follow many of these behaviors or just a few, or many others besides. The diagnosis of autism spectrum disorder is applied based on analysis of all behaviors and their severity.

When parents or support providers become concerned that their child is not following a typical developmental course, they turn to experts, including psychologists, educators and medical professionals, for a diagnosis.

At first glance, some people with autism may appear to have an intellectual disability, sensory processing issues, or problems with hearing or vision. To complicate matters further, these conditions can co-occur with autism. However, it is important to distinguish autism from other conditions, as an accurate and early autism diagnosis can provide the basis for an appropriate educational and treatment program.

Please visit <http://www.autism-society.org/get-involved/other-ways-to-get-involved/> for more information on autism and to find out how you can get involved.

### HELPING YOUR CHILD EAT HEALTHY

- The seeds and flesh of the papaya are edible. Cut the fruit in half, scoop out the seeds, and eat with a spoon. Or remove the skin with a vegetable peeler, set aside the seeds and cut the fruit.
- Try dried papaya for a healthy, sweet treat.
- Add papaya chunks to chicken, tuna or shrimp salad.
- Add with strawberries and bananas for a great fruit smoothie.
- Shave asparagus stalks with a potato peeler. Toss with lemon juice, salt, pepper and some parmesan cheese. You don't even need to cook the asparagus...eat it raw!
- Grill asparagus on the grill and top with your favorite seasoning
- Add asparagus tips to your scrambled eggs

Papaya	
Nutrition Facts	
Serving Size 1 cup, cubes 140g (140 g)	
<b>Amount Per Serving</b>	
Calories 55	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	10%
Sugars 8g	
<b>Protein 1g</b>	
Vitamin A	31% • Vitamin C
Calcium	3% • Iron
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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### RECIPE CORNER

#### ASPARAGUS TART recipe from The Pioneer Woman

1. Thaw out 2 sheets of store-bought puff pastry.
2. Cover it in about 8 oz. of freshly grated fontina cheese - or your favorite cheese
3. Top it with as much thin and crunchy asparagus as you would like.

Preheat oven to 425°F. Place the puff pastry on a baking sheet.

Sprinkle cheese over the puff pastry sheets. Line up the asparagus on top of the cheese. Place the sheet in the oven and bake for 25 to 35 minutes, or until golden brown puffy.

When you remove the sheet, the pastry will be very puffy but it will quickly deflate. Slice into squares and serve. Add salt and pepper if you like.

