



A new way to grow and to give!

We are Tampa Urban Benefit Farms, or TUB Farms. We are a new, local non-profit organization focused on increasing the availability of truly fresh vegetables at food pantries.

TUB Farms partners with local schools and community organizations to install environmentally conscious hydroponic growing systems, which the students, teachers, community members along with our organization then utilize to collaboratively grow fresh vegetables for donation. The program not only increases the amount of fresh vegetables distributed by our food pantries, but also teaches our youth and community members about the importance of a healthy diet, grown in a forward thinking fashion, while instilling in them the vital concept of charity.

Hillel Academy of Tampa is our first school to have a TUB Farm program. Hillel has paired up with HCFPA to donate the harvest from its TUB Farm to the HCFPA food pantry. To see more pictures of the students hard at work please visit our website at www.tubfarms.org.

Don't forget to like our Facebook page at Tampa Urban Benefit Farms!



Summer crisp lettuce from the Hillel TUB Farm

BECOME INVESTED!

WHEN KIDS ARE INVESTED IN THEIR FOOD, THEY WILL MAKE HEALTHIER CHOICES. A RECENT ARTICLE IN THE INTERNATIONAL CHILDREN'S HEALTH JOURNAL, ACTA PAEDIATRICA, FOUND THAT CHILDREN WHO GREW THEIR OWN VEGETABLES WERE 5 TIMES AS LIKELY TO EAT THEM! THE RESEARCH WENT ON TO FIND THAT HABITS CREATED IN THE FIRST FEW YEARS OF LIFE WERE MORE LIKELY TO STICK.

SOME FUN WAYS TO GET YOUR CHILD INVESTED IN WHAT THEY EAT ARE:

1. PLANT A GARDEN TOGETHER.
2. ENCOURAGE YOUR CHILD TO MAKE FUN EASY HEALTHY RECIPES THEMSELVES. (WE HAVE SOME SUGGESTIONS FOR YOU IN THIS NEWSLETTER!)
3. LEAD BY EXAMPLE. IF YOU DON'T EAT HEALTHY, WHY WOULD YOU EXPECT YOUR CHILD TO?
4. LEARN FUN FACTS ABOUT VEGGIES TOGETHER. THE MORE YOU KNOW WHY SOMETHING IS ACTUALLY HEALTHY, THE MORE LIKELY YOU AND YOUR CHILD WILL WANT TO EAT IT.
5. VISIT LOCAL FARMERS' MARKETS TOGETHER

NOW GO ENJOY THOSE VEGGIES!!



Sandwich "sushi"

Ingredients:

- bread with crust removed
- vegetable of your choice cut into thin strips (try carrot, cucumber, avocado, peppers...or anything else your child will eat)
- a filling: try cream cheese, or tuna
- once the veggies are cut then your child can easily assemble these rolls.

1. Take bread and roll thin with a rolling pin or press with your hands
2. If using cream cheese then spread across bread
3. Take slices of veggies (and tuna or other filling of your choice) and put at end of bread slice.
4. Roll up the bread starting at end

with filling, and press together so ends stick together

5. Slice into 4-5 "rolls"

Kid friendly green smoothies

Green smoothies are everywhere these days, but for most kids the flavor is still too strong to enjoy. Try these tips and these recipes to get more greens into your child's diet.

TIPS:

- 1 Start with more fruit and less greens.
- 2 Use greens like spinach or romaine. They are very mild in flavor.
- 3 Use creamy fruits! Add in a frozen banana and 1/2 of an avocado to each smoothie. This will give it a rich, creamy feel in the mouth that your kids will love!
- 4 Always serve with a straw!
- 5 Some kids will love that they are drinking a green smoothie...some may not. If your children are new to the green color of their smoothie, serve it in a colored cup with a lid and a straw.
6. Experiment and have fun picking different combinations with your kids! Even try giving your smoothies some fun names!

cont.



Green Smoothies your kids are sure to love!

Tropical Wave:

- 2 cups fresh spinach or romaine leaves (less if your child is new to green smoothies)
- 2 cups water
- 3 cups combination of frozen mango & pineapple chunks
- 1 banana, peeled
- Optional: 1/2 lemon

Berry Surprise:

- 1 banana
- 1 orange
- 1/2 cup pineapple
- handful of baby lettuce
- 1 cup mixed berries

BLEND & ENJOY!

I HAVE NO TIME!

One of the major reasons we fail to eat healthy is because we simply do not have the time to put together a nutritious meal. So what are some tricks to avoid these pitfalls?

1. Plan ahead! This is a big one.
 - Make your meals on Sunday afternoon for the week. You can chop up vegetables and put them in baggies for the week so they are easily made into salads or a sauté. Grill a few extra pieces of chicken breast that you can chop up to put over your salad or warm up for another healthy meal.
 - Cook in large batches and freeze half for later.
 - Make a tray of egg muffins for a healthy breakfast all week long (see recipe on next page).
2. Make a quick and healthy after school snack for your kids. This way they won't immediately go for that sugary snack to hold them over to dinner.
 - a. Make your own trail mix ahead of time with mixed nuts and dried fruit (you can even mix in a few chocolate chips for good measure).
 - b. Put out apple slices with peanut or almond butter to dip in.
 - c. Make an "ants on the log" - simply spread peanut butter on a celery stick and put raisin on top (it is delicious!).
3. Pick easy vegetables to cook. Greens such as collard, swiss chard, kale and spinach will cook down in just a couple minutes.
4. If you have to eat out or grab fast food, then make sure to choose healthy options. Choose the salad. Swap your kids' fries for a fruit bowl. Skip the soda and drink water or milk.

Egg muffins

Ingredients:

2.5 cups of your favorite veggies
(try combining : carrots, red peppers, peas & corn)

(try: asparagus, mushrooms, spinach, tomato)

(try: whatever veggies are in your fridge!)

A dozen eggs

salt and pepper, to taste

shredded cheese (optional)



DIRECTIONS:

1. Preheat oven to 375F. Spray a 12 cup muffin tin with non-stick cooking spray.
2. In a large bowl add carrots, peppers, peas, corn (or mix and match with your favorite vegetables but make sure to add at least 3) and toss to combine.
3. Loosely pile about 3 tablespoons of vegetable mixture to each muffin cup, or enough so that each is filled to about 2/3 to 3/4 full.
4. Crack the eggs and lightly beat with a whisk.
5. Add the salt and pepper, to taste, and whisk to combine.
6. Pour about 2-3 tablespoons of egg into each muffin cup (Try using a small measuring cup to help transfer the whisked eggs to the muffin cups). They will be about 3/4 full after being topped off with egg. It may not look full enough, but they do rise.
7. Top each cup with cheese if you want.
8. Bake for about 18 to 20 minutes, or until muffins are set, cooked through, and are lightly golden. They will puff in the oven, but sink upon cooling. Allow muffins to cool in pan on top of a wire rack for about 10 minutes before removing.

For easy removal, run knife along edge of muffins and then pop them out using a spoon. Muffins will keep airtight for up to 1 week in the fridge, or you can freeze and have on hand at any time; reheat gently in the microwave.

THE MORE YOU KNOW...

The more we understand why something is good for us, and what exactly it does for our body, then the more likely we are to eat it. And the more we know, the more we can teach our children.

Here are some fun facts to share with your kids that might just make you WANT to eat your vegetables!



Broccoli from the Hillel TUB Farm ready to pick

Broccoli:

- One stalk contains more vitamin C than 2 and $\frac{1}{2}$ oranges.
- The leaves are edible and delicious! One serving contains 100% of your daily need of vitamin C and calcium.
- It is in the same family as kale.

Romaine Lettuce:

- Helps with insomnia! Eat some leaves or make a lettuce juice before bed!
- Has 44% of your daily need of omega 3 oils! No need for all those fishy pills!
- Very high in protein, calcium and folate!

Swiss Chard:

- It is in the Goosefoot family! The shape of the leaves looks like a goose foot, so hence the name! Other vegetables in the Goosefoot family include beets and spinach.
- Very high in protein, calcium and folate!

Vitamins:

- Vitamin K helps to build strong bones and protects your heart by preventing hardening of the arteries.
- Vitamin C helps heal wounds, convert fat to energy and to keep our neurotransmitters in our brains healthy.
- Vitamin D helps our body absorb calcium, and is also important for good mental health.
- Folate is the active and natural form of folic acid. It is a form of a B vitamin and is critical for our bodies to function properly.