

IT'S ROOT VEGETABLE MONTH!

It's National Root Vegetable Month and we love root vegetables! Root vegetables are starchy veggies that grow underneath the soil. The starchy part, called the storage organ, grows underground while other parts of the plant grow through the soil and to the surface. The storage organ provides the rest of the plant with the nutrients it needs to keep growing. While the peak season for most root

vegetables is spring through fall, they're available all year long. There are many kinds of root vegetables, some of which you're probably familiar with. Bulbs:

Fennel, Onions, Shallots, Garlic.

Corms: Celery root, Water chestnuts, Taro.

Tubers: Potatoes, Sweet potatoes, Yams, Yucca (cassava). Root crops: Beets, Parsnips, Turnips, Rutabagas, Carrots, Jicama, Maca. Root vegetables are packed with fiber and antioxidants, and low in calories, fat, and cholesterol. Root vegetables are also excellent sources of carotenoids. These are naturally occurring pigments that may decrease the risk of certain cancers and help protect your eyes. This is why you will find a lot of these vegetables on our menus and at our senior food pantry.



5 WAYS TO BOOST BRAIN ACTIVITY AS YOU AGE

1. Physical exercise strengthens your brain. Exercise helps to eliminate toxins and allows oxygen and other nutrients to flow into your brain strengthening your brain cells
2. Start your day with a healthy breakfast. This will nourish your brain with essential nutrients and antioxidants to protect your brain from daily free radicals assaults.
3. Given that your brain is about 80 percent water, the first rule of brain nutrition is adequate water to hydrate your brain. Drink water! Even slight dehydration can raise stress hormones, which can damage your brain over time.
4. Make sure you sleep enough. Your brain is rejuvenating during those sleeping hours.

REMINDER:

MOWWM will be closed on December 24 and 25. We will not be delivering meals those days, our dining sites will be closed, and our senior pantry will be closed. We wish you a joyful and nourishing holiday season!

HEALTHY EATING DURING THE HOLIDAYS

- Savor each bite - It takes 20+ minutes for your brain to get the signal that you're actually full. Remember to pace yourself.
- Ask yourself "Am I still enjoying this?" If the answer is yes, then consider continuing to eat. If the answer is no, just stop eating it.
- Do not skip meals - Skipping breakfast and lunch to "save" all of your calories for dinner typically leads to overeating.
- Try to be picky at your holiday dinner. Focus on only eating the foods you absolutely love.
- Drink more water, less punch and alcohol.
- Get your walk on. Walking is one of the healthiest habits you can have during the holidays.



IT'S NO FUN TO BE SICK!

Here are 3 ways to prevent getting the flu:

1. Get the flu vaccine if you haven't already. Ask your family members to get vaccinated as well.
2. Stop the spread, by keeping your distance from sick people, keeping your hands from touching your face, covering your coughs in the crook of your arm, and washing your hands with soap and water often.
3. Ask your doctor about antiviral drugs and take them if prescribed.

DILLY ROOT VEGGIES

Prep Time: 5 min Cook Time: 15 minutes Servings: 4 Serving Size: 1/2 cup

Ingredients

- 2 pounds small red potatoes, quartered
- 1 pound brussels sprouts, halved
- 1/2 pound parsnips, peeled and julienned
- 1/2 pound carrots, cut into chunks
- 1/2 pound turnips, peeled and cut into chunks
- 1/2 cup butter, cubed
- 2 tablespoons prepared horseradish
- 2 tablespoons cider vinegar
- 2 teaspoon dried dill
- 1/2 teaspoon salt, optional
- 1/4 teaspoon pepper

Directions

- Cook vegetables separately in water until tender; drain.
- Melt butter; stir in remaining ingredients. Combine the vegetables and butter mixture; toss to coat.
- Serve warm.

