

# FOOD AND FITNESS

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WEST VIRGINIA BUREAU OF SENIOR SERVICES

## Locally Grown Produce

Eating locally grown foods is a trend that has been on the rise. Locally grown can include animal products or plant products but for the purpose of this article, we will focus on locally grown produce. The main question to cover is, *is locally grown produce healthier?*



Locally grown food is considered to be food that is grown within a 100 mile radius of your location. It also means that it doesn't come from large commercial farms. Locally grown produce can be found on the farm stands on the side of the road, farmers' markets, some at local grocery stores, or farms that allow you to pick-your-own produce. Some of these vendors may carry a mix of locally grown produce and some not. For instance, in February, you may see that your local produce stand is selling strawberries. These strawberries might be from more than 100 miles away, but in the summer they carry tomatoes from a farm a few miles away. Simply asking where the produce came from would give you the answers you need.

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## Locally Grown Produce

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So is locally grown healthier? First, is the comparison of fresh produce that has been transported long distances versus fresh produce that is locally grown. Locally grown produce's main benefit is that it is picked at the peak of ripeness. Whereas produce that has traveled outside of the 100 mile radius, usually gets picked when it is not fully ripened. The produce that is not locally grown can be exposed to chemicals, gasses, waxes, artificial lights, and temperature changes. These are common practices to keep produce from rotting on the travel to the stores.



Fresh fruits and vegetables start to lose their nutritional value after about 24 hours from being picked. Also, produce that is picked at the peak of ripeness is when the fruits and vegetables are the most dense with nutrients. Meaning they have more vitamins and minerals when they are picked ripe. Not to mention, most people feel the taste of locally grown produce is better.

Next, we have to tackle the difference in locally grown versus canned, frozen, and processed fruits and vegetables. Many times processed produce is also picked at the peak of ripeness. However, these foods can have additives like sodium (salt) for preserving. If putting fruits and vegetables on a list, placing locally grown at the top, fresh and frozen in the middle, and canned at the bottom. Keeping in mind this might not be true for all produce and processes.

Another hard topic to tackle is the cost of fruits and vegetables. While fresh fruits and vegetables can be more expensive at times, the opposite is also true—fresh fruits and vegetables can be cheaper than canned, frozen or processed when they are purchased during their peak harvest season. If you worry about preservatives in commercially canned products, choosing to purchase fresh produce from local farmers in bulk and preserving them yourself can help. It can reduce your concern for preservatives, have better nutrition density, and lower the cost. You can preserve them by canning, freezing, or drying to have for the off season.

Eating locally grown is now easier than ever. Some farmers' markets except federally funded programs such as Supplemental Nutrition Assistance Program (SNAP). The state of West Virginia has many local farms and farmers' markets. In fact, the amount of farmers' markets in the United States has more than quadrupled in the last two decades. Support local farmers and choose locally grown produce when you can.

# What's Growing?

## Top Agricultural Products in **WEST VIRGINIA**

**CATTLE &  
CALVES**  
**\$211M**



**Farm Fact:** A steer typically weighs about 1,000 pounds and yields about 450 pounds of edible meat.

**Farm Fact:** The U.S. has the largest broiler chicken industry in the world and consumes more chicken than anyone else.



**BROILERS**  
**\$192M**

**TURKEYS**  
**\$73.5M**



**Farm Fact:** About 675 million pounds of turkey are consumed during Thanksgiving every year in the United States.

**Farm Fact:** U.S. poultry farms provide about 10 percent of the world's egg supply, or 75 billion eggs each year.



**CHICKEN EGGS**  
**\$53.9M**

**HAY**  
**\$40.2M**



**Farm Fact:** Sheep and goats refuse to eat trampled hay, but cows and horses will gobble it up.

**Farm Fact:** A dairy cow produces about 6.3 gallons of milk each day and 350,000 glasses of milk in a lifetime.



**DAIRY PRODUCTS**  
**\$24.3M**

**CORN**  
**\$17.7M**



**Farm Fact:** Field corn is different from the corn we eat. Hard and dry, it's used to feed livestock and make ethanol.

**Farm Fact:** Apple trees take up to four to five years to produce their first fruit.



**APPLES**  
**\$13.5M**

**SOYBEANS**  
**\$10.7M**



**Farm Fact:** Soybeans are an important ingredient in crayons. In fact, just 1 acre of soybeans can make 82,368 crayons.

**Farm Fact:** The life of a peach tree is about 15 years, but they don't bear fruit during the first two years.



**PEACHES**  
**\$6.06M**

Based on 2015 cash receipts according to the U.S. Department of Agriculture Economic Research Service  
Excludes stats for "miscellaneous crops" and "all other animal products"



**FARM FLAVOR**

Visit [FarmFlavor.com](http://FarmFlavor.com) to learn your state's top agriculture products.

# FRUIT—GRAPES

Grapes are one of the most popular fruits in the world and are said to have been around for 65 million years according to the *Trends in Generics* report. Grapes are also one of the most diverse fruits we consume. Used for eating fresh, all the way to making wine, grapes have many varieties.

Grapes are considered to be a berry that grows on a vine. Most grapes that are grown are for the purpose of making wine. While only a little over 10 percent of the grape grown are grown to be eaten fresh. Grapes that are grown for eating fresh and grapes that are grown for the purpose of making wine are very different. Grape used to make wine have thicker skins, are smaller and have many seeds compared to the ones we purchase at the store.

Grapes can be red, pink, yellow, green, blue, purple or black. Grapes can be turned into jams, jellies, juice, raisins and wine. About 80 percent of a grape, is water.

Grapes are a good source of vitamin C, vitamin K, B vitamins, copper, and fiber while being considered low in calories. Grape also contain antioxidants and phytonutrients. Phytonutrient is defined as, “a substance found in certain plants which is believed to be beneficial to human health and help prevent various diseases.”

**Fun Fact:** About 75 grapes grow on one pyramid-shaped cluster.



**Caloric Ratio Pyramid** [What is this?](#)

Caloric Ratio Pyramid for Grapes, red or green (European type, such as Thompson seedless), raw

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

94%	2%	4%
Carbs	Fats	Protein

**Estimated Glycemic Load**

9

0 250

Typical target total is 100/day or less

[What is this?](#)

**NutritionData's Opinion**

[What is this?](#)

- Weight loss: ★★★★☆
- Optimum health: ★★★★☆
- Weight gain: ★★★☆☆

**The good:** This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a very good source of Vitamin C and Vitamin K.

**The bad:** A large portion of the calories in this food come from sugars.

## Grapes, red or green (European type, such as Thompson seedless), raw


 Serving size: 


### NUTRITION INFORMATION

Amounts per 1 cup (151g)

#### Calorie Information

Amounts Per Selected Serving		%DV
Calories	104 (435 kJ)	5%
From Carbohydrate	98.5 (412 kJ)	
From Fat	2.0 (8.4 kJ)	
From Protein	3.7 (15.5 kJ)	
From Alcohol	0.0 (0.0 kJ)	

#### Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	27.3 g	9%
Dietary Fiber	1.4 g	5%
Starch	0.0 g	
Sugars	23.4 g	

[More details](#)

#### Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.2 g	0%
Saturated Fat	0.1 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.1 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	16.6 mg	
Total Omega-6 fatty acids	55.9 mg	

[Learn more about these fatty acids and their equivalent names](#)

[More details](#)

#### Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	1.1 g	2%

[More details](#)

#### Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	99.7 IU	2%
Vitamin C	16.3 mg	27%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.3 mg	1%
Vitamin K	22.0 mcg	28%
Thiamin	0.1 mg	7%
Riboflavin	0.1 mg	6%
Niacin	0.3 mg	1%
Vitamin B6	0.1 mg	6%
Folate	3.0 mcg	1%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.1 mg	1%
Choline	8.5 mg	
Betaine	0.2 mg	

[More details](#)

#### Minerals

Amounts Per Selected Serving		%DV
Calcium	15.1 mg	2%
Iron	0.5 mg	3%
Magnesium	10.6 mg	3%
Phosphorus	30.2 mg	3%
Potassium	288 mg	8%
Sodium	3.0 mg	0%
Zinc	0.1 mg	1%
Copper	0.2 mg	10%
Manganese	0.1 mg	5%
Selenium	0.2 mcg	0%
Fluoride	11.8 mcg	

## Recipe– Creamy Grape Salad

### Ingredients

- ◆ 1 package (8 ounces) cream cheese, softened
- ◆ 1 cup sour cream
- ◆ 1/3 cup sugar
- ◆ 2 teaspoons vanilla extract
- ◆ 2 pounds seedless red grapes
- ◆ 2 pounds green grapes
- ◆ 3 tablespoons brown sugar
- ◆ 3 tablespoons chopped pecans

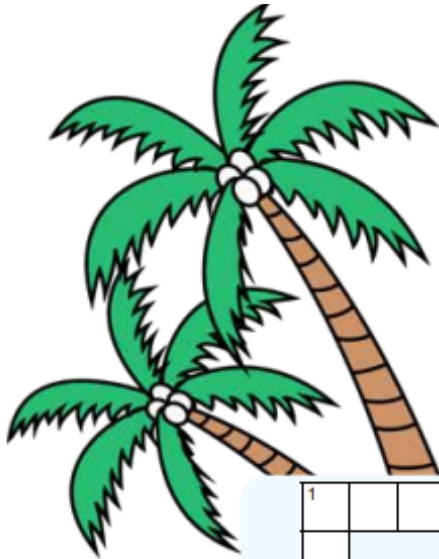


### Directions

1. In a large bowl, beat the cream cheese, sour cream, sugar and vanilla until blended. Add grapes and toss to coat.
2. Transfer to a serving bowl. Cover and refrigerate until serving. Sprinkle with brown sugar and pecans just before serving.

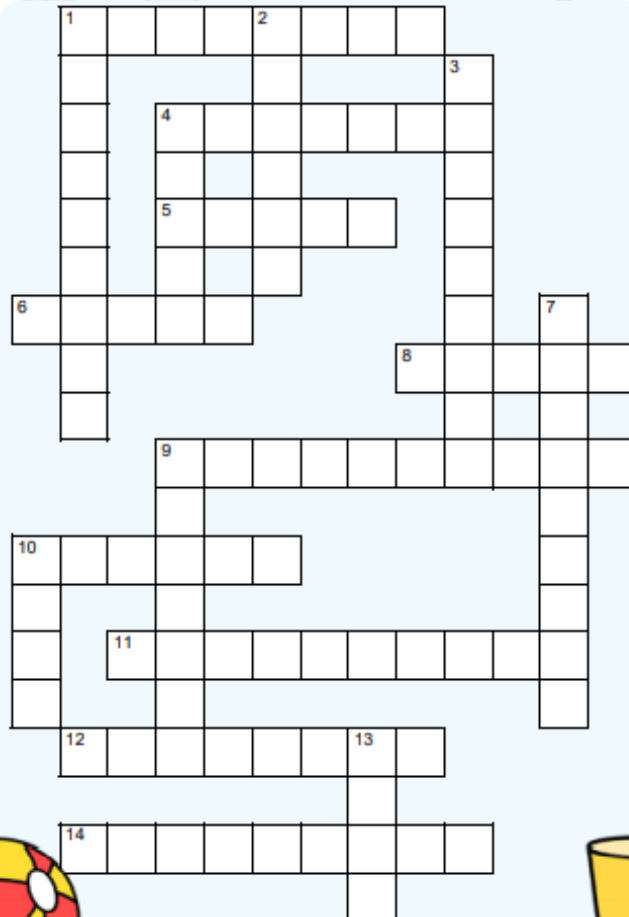
# Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!



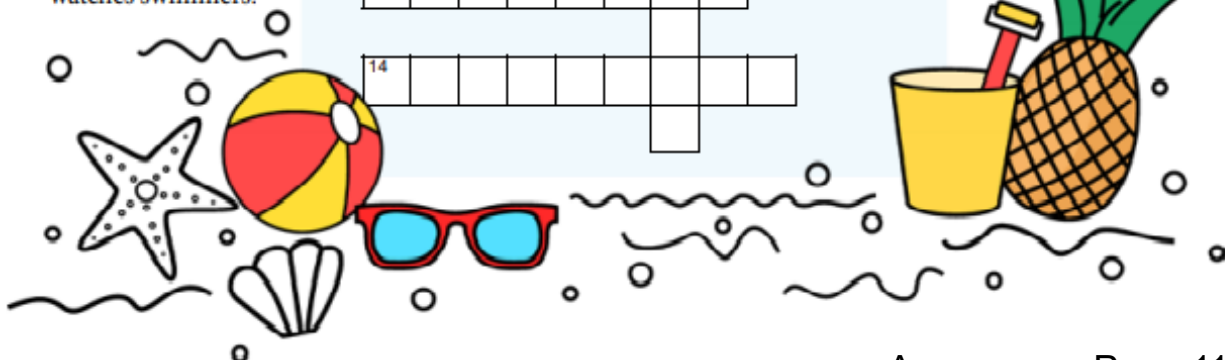
**Across**

1. What most people wear on the beach.
4. Allows you to breath underwater.
5. It's right next to the beach.
6. They wash in at the seaside.
8. Use this to dry off.
9. You might build this on the beach.
10. Lunch on the beach.
11. Helps you to see on a sunny day.
12. Protects your skin from the sun.
14. He or she watches swimmers.



**Down**

1. Use this to ride the waves.
2. Used for digging.
3. Shoes for the beach.
4. The edge of the water.
7. Sea animal that stings.
9. Watch out! If you turn red, you have this.
10. Use this to collect sand, water, or shells.
13. Little animal with pinchers.





*goodbye July, hello*  
**AUGUST**

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
1 National Girlfriends Day	2 National Ice Cream Sandwich Day	3 National Watermelon Day	4 National Chocolate Chip Cookie Day	5 National Oyster Day	6 National Fresh Breath Day	7 National Lighthouse Day
8 International Cat Day	9 Book Lover's Day	10 National S'mores Day	11 Presidential Joke Day	12 World Elephant Day	13 Left Handers' Day	14 National Creamsicle Day
15 Relaxation Day	16 National Tell a Joke Day	17 National Thrift Shop Day	18 Bad Poetry Day	19 National Potato Day	20 National Radio Day	21 Senior Citizen's Day
22 National Tooth Fairy Day	23 Ride the Wind Day	24 Vesuvius Day	25 National Banana Split Day	26 National Dog Day	27 Just Because Day	28 World Dafodil Day
29 More Herbs, Less Salt Day	30 Toasted Marshmallow Day	31 National Eat Outside Day				

**Monthly Observances**

- Admit You're Happy Month
- Family Fun Month
- International Pirate Month
- National Catfish Month
- National Eye Exam Month
- National Golf Month
- National Picnic Month
- Peach Month
- Romance Awareness Month
- Water Quality Month

August

# Vitamin C

By Gwen Crum, WVU Extension Agent – Wood County

**Monthly Challenge:** Commit to trying a new source of vitamin C at least two times this month.



## Health Motivator Talking Points

- Vitamin C is essential to cell growth and development – specifically, it helps us turn protein into energy and heals wounds.
- Vitamin C also is important to the immune system and for iron absorption.
- Unlike other nutrients, vitamin C is not something our bodies can produce, so as humans, we must consume our vitamin C.
- Vitamin C is a water-soluble vitamin, so it is not stored in the body and should be consumed daily.
- Fresh fruits and vegetables are the best sources of vitamin C.
- Citrus fruits, such as oranges, lemons, limes and grapefruit, are the most commonly known sources of vitamin C.
- Uncommonly known sources include potatoes, sweet peppers, kiwi, broccoli, strawberries, brussel sprouts and cantaloupe.
- Some vitamin C can be lost during cooking, so consuming raw produce is best.
- The recommended daily allowance of vitamin C for adults is 75 milligrams for females and 90 milligrams for males.
- Unless recommended by a physician, supplements are not suggested.
- Excessive vitamin C is lost through urination instead of stored in the body, so taking excess in pill form is not necessarily beneficial.
- Smokers and those with certain chronic diseases should consult with their physician about taking vitamin C supplements.
- Insufficient vitamin C can lead to a condition called scurvy, which can lead to extreme fatigue and tooth loss.
- Thought to be rarely found in developed countries, in 2015, it was reported that scurvy inflicted about 15% of the homeless and low-income populations of the U.S.

### Quick Club Activity:

Sit up straight in your chair. Reach your arms up to the sky. Next, bend at the waist and touch your toes. Sit back up and twist side to side. Repeat five times to stretch and lengthen your muscles.

### Learn More

[www.statnews.com/2015/11/27/scurvy/](http://www.statnews.com/2015/11/27/scurvy/)

[ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/#h5](https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/#h5)



### Chuckle of the Month:

What's another name for the time vitamin that improves your eyesight?

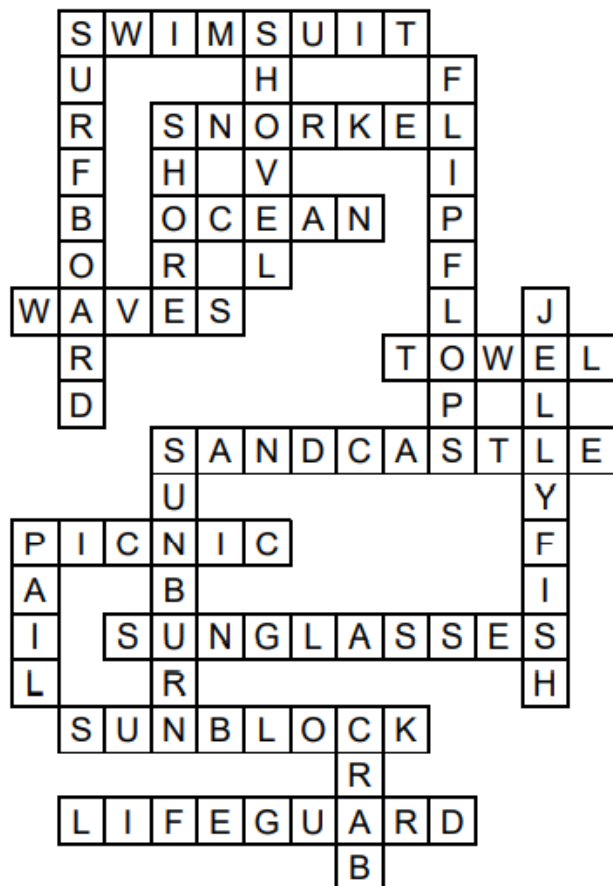
Vitamin "C"

# WEST VIRGINIA BUREAU OF SENIOR SERVICES

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## Brain Exercise Answers



This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.