

Go Organic! for Earth Day Newsletter

August 2009

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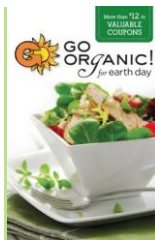
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Dear Katie,

With summer coming to a close and kids slowly approaching the start of the next school year, August is a month full of indulging in the last of the heat waves while looking forward to the coming months. In this issue, the Go Organic! team brings information and advice to get you and your family through the end of summer and ready for fall.

→ GO use your coupons!



Through August 31, 2009, you can save over \$12 by using up your Go Organic! for Earth Day coupons. So use these next few weeks to clip those coupons and fill your cart with organic goodies for less!

→ Dr. Greene Asks: Are Your Kids Getting Enough Vitamin D?

This week on his [blog](#), Dr. Greene responds to a recent study which found that 70 percent of U.S. children have low levels of vitamin D, a deficiency which could increase the risk of a range of health problems including heart and bone disease. While this news is certainly alarming, Dr. Greene argues that it should come as no surprise that kids are deficient in the sunshine vitamin, given the popularity of indoor activities among children. In addition to not getting enough sunlight to get their bodies to produce vitamin D, it is difficult to build a diet that supplies the recommended 400 IU per day of vitamin D. To get Dr. Greene's advice on how you can ensure that your child gets enough vitamin D, read the [full post](#).



→ In-Season Food of the Month: Eggplant



Eating in-season is a great way to save on your grocery bill, spice up a food rut, and get a wider array of nutrients for you and your family. In addition, since in-season foods may be grown locally, buying them helps the environment through decreasing carbon emissions that result from shipping food across the country (or continents).

This month's featured food is eggplant which, while available year round, peaks in August and remains in-season through October. One of the most versatile vegetables around, it can be grilled, roasted, stuffed, baked, fried or steamed. Its heartiness makes it an ideal meat replacement in main dishes (à la eggplant parmesan) or addition to stir-fry, sandwiches, or other vegetable dishes. A low-calorie and fat free vegetable, eggplants are a great way to add a host of vitamins (B1 and B6), minerals (potassium, copper, manganese), and a substantial amount of fiber to your diet. Eggplants with a deep purple skin also contain antioxidants, which are powerful preventers of sickness and cell-damage.

→ Preserve Your Produce

At this point in the summer your garden is likely producing bountiful amounts of delicious produce, but are you concerned that your family might not be able to get through all your goods before they've lost their appeal? There are several ways to make your hard work in the garden stretch into the fall and winter months. Are you overloaded with fruit? Make a batch of jam to use on your kid's PB & J all school year. Too many tomatoes? Whip up some ketchup, pasta sauce, or can them for later use. If you're looking for vegetable or fruit-specific tips, browse The [National Center for Home Food Preservation](#) website, which is packed with great tips on how to reap the benefits of your successful gardening year-round.



→ A Creamy Spin on Pesto

As August is National Goat Cheese Month, this issue's featured recipe pairs the tangy cheese with pesto, cream cheese, and pine nuts for a quick and easy party treat perfect for pairing with crusty bread, seeded crackers, or whatever your taste buds desire.

Pesto Party Treat

From Mom-A-Licious, by Domenica Catelli

Ingredients:

¼ cup Mom-a-Licious Mixed Herb Pesto (simple recipe available [here](#))

1 ½ - 2 cups goat cheese, cream cheese or a mix of the two

¼ cup toasted pine nuts

Crackers or bread

Directions:

1. Form the cheese into a ball or use a bowl lined in plastic wrap as a mold. (You can play around with different shapes.)
2. Cover with the pesto and either roll in the pine nuts or sprinkle on

top.

3. Serve with seeded crackers or baguette slices.

Visit the [Mom-a-Licious website](#), or look for Domenica Catelli's book, *Mom-a-Licious*, for more delicious recipes!



Wishing you a great end to your summer!

Sincerely,

The Go Organic! for Earth Day Team

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