

# Go Organic!™ for Earth Day Newsletter

October 2009

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Dear Katie,

Fall is officially here, and with it comes loads of activities and foods that represent the season. From apple picking to pumpkin patches, autumn is full of opportunities for family fun and delicious, home-cooked meals. This edition of the Go Organic!™ for Earth Day newsletter highlights some of the goodies of October.

## → Go Organic!™ in 2010 for the 40th Anniversary of Earth Day

2010 is a big year for the Go Organic! team, as this year's campaign marks the 40th Anniversary of Earth Day! It's never too early to start thinking about what you want to do to celebrate Earth Day this year. From choosing to use more organic products to picking up litter in your neighborhood to organizing a community event, there are tons of ways to celebrate the milestone this year.

Visit [Earth Day Network](#) for more ideas on how to make a difference this Earth Day.



## → Must Read for Parents: Feeding Baby Green

Have you ever struggled to get your child to eat what's on their plate? When you pack your child's lunch, are you ever concerned that they'll try to swap their apple for french fries or a slice of pizza? In Dr. Alan Greene's new book, *Feeding Baby Green*, he says that you can actually teach your child to prefer a diet full of fresh fruits and vegetables over the processed, deep fried, and high-fat foods that tend to be kid crowd pleasers. According to Dr. Greene, the foods you give your child from the womb through the toddler years have a substantial impact on what he or she will crave later in life. At its core, the book is a thirty-four month plan of "nutritional intelligence," separated into four parts: How Nutritional Intelligence Benefits Your Family, Pregnancy, Babies, and From Babies to Toddlers. He clears up the myths of pre- and post-natal nutrition, and encourages parents to prepare their own organic fruits and vegetables for their children instead of reaching for jarred brands. Woven within all the easy-to-read information in the chapters are delicious family recipes (that can be mashed up for babies too) as well as stories from other parents and quick tips for easy reference from Dr. Greene. For more information and parenting tips, check out Dr. Greene's [web](#)

[site.](#)

## → Cut the Candy with Better Halloween Treats

When the little goblins and zombies come to your door asking for bite-sized treats, what do you usually hand out? The majority of Halloween fare tends to be loaded with processed ingredients, artificial flavorings and colors, and enough sugar to keep any child wired way beyond the Witching Hour. Fortunately, there are some healthier alternatives to the usual bulk bags of candy, such as trail mix, crackers, and dried fruit. Some companies also get creative with their products around Halloween, so be on the look out for nutritious seasonal items. For example, Clif Kid™ designed its Spooky S'mores Z Bar specifically to get in the spirit of the season. When the trick-or-treaters come knocking this year, give them something a little out of the ordinary to spice up the variety and add some nutrition in their baskets.



## → In-Season Food of the Month: Pumpkins

Pumpkins abound this time of year, and their application to cooking and baking is nearly limitless. When you're done making jack-o-lanterns, roast the seeds for a crunchy snack high in a wide array of nutrients, such as manganese, iron, zinc, and vitamin K. Pumpkin meat is also high in iron and zinc, in addition to being an excellent source of fiber and beta carotene, which provides the vibrant orange color. Although pumpkin is one of the few food items that has a canned alternative equal in quality to homemade puree, you can choose to roast and mash your own. If making puree from scratch, make sure to purchase an organic sugar pumpkin (a smaller variety with thicker walls), instead of the oversized ones used for carving, which have a weaker and less-pleasing flavor. Once you have your puree, use it in baked goods (cookies, quick breads, muffins, etc.), smoothies, soups, main dishes, or anywhere you might otherwise use butternut squash. Next time you go to the grocery store and find yourself surrounded by this versatile squash, think beyond the pie crust and get creative! Need some inspiration? Try this [Pumpkin Chia Seed Muffin](#) recipe from Chef Domenica Catelli.



## → Homemade Power Bar

Having healthy snacks on hand throughout the day helps keep energy and concentration high, but sometimes the most convenient snacks lack nutrition and staying-power. A little planning ahead can help you and your child avoid reaching for a sugar rush to get through the midday slump. Take advantage of a lazy weekend afternoon or school night to whip up a batch of these bars, from Nature's Path® and featuring Stonyfield Farm® yogurt, to throw into your bag for a tasty energy booster.

### [Nature's Path Optimum® Power Oat and Yogurt Breakfast Bars](#)

Yield: Makes 8 to 10 bars

#### Ingredients:

- 3 pouches Optimum® Cinnamon · Blueberry · Flaxseed Oatmeal, uncooked
- 1 c. whole wheat pastry flour, plus 2 tsp. additional for preparing pan
- 1/3 c. packed brown sugar
- 2 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 large egg or egg replacer
- 1 1/3 c. Stonyfield Farm® Banilla Yogurt
- 1/4 c. vegetable oil, plus more for greasing pan
- 1/2 c. raw, unsalted sunflower seeds
- 1/3 c. dried goji berries or currants
- 2 tablespoons raw, unsalted, pumpkin seeds

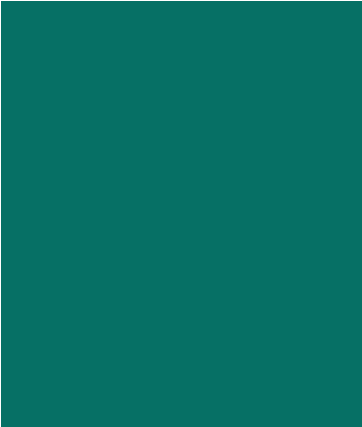


#### Directions:

- 1) Set rack in center and preheat oven to 375F. Brush oil on 9-inch square pan and dust with flour.
- 2) In large bowl, combine instant oatmeal, flour, brown sugar, baking powder, baking soda, and salt.
- 3) In a small bowl, beat egg. Blend in yogurt and oil.
- 4) Reserve 2 tbs. sunflower seeds and add remainder to dry ingredients, along with liquid and goji berries. Mix just until flour is absorbed; do not over mix.
- 5) Transfer batter to prepared pan. Smooth off top and scatter on reserved sunflower and pumpkin seeds. Very gently press them into batter.
- 6) Bake 9 minutes. Rotate pan. Continue baking until edges are golden and begin to pull away from sides of pan, and cake tester inserted into center comes out dry, 7 to 8 minutes longer.
- 7) Set pan on rack to cool. Cut in half, then cut each half into 4 or 5 bars. Store in a tightly sealed container and refrigerate for up to 5 days or freeze for up to 4 months.

Click [here](#) for more delicious recipes from Nature's Path®.

\*This recipe was created especially for Nature's Path® by Lorna



Sass, the award-winning cookbook author of Whole Grains, Every Day, Every Way and Whole Grains for Busy People.

Wishing you a Happy October and Halloween!

Sincerely,

The Go Organic!™ for Earth Day Team

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