



Prunes, Figs, Dates, and Raisins



Harvest of the Month
December

Prunes: dried plums.

California produces almost 99% of the nation's supply.



Figs: 20% of the world's supply are grown in the San Joaquin Valley.



Dates: 28.5 million pounds of dates are grown in Southern California.



Raisins: dried grapes.

Nearly half of the world's supply comes from California's Central Valley.



All of these fruits are sources of fiber.

Tulare County Office of Education

Jim Vidak, County Superintendent of Schools

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program in Tulare County, call 1-800-834-7121. This material was created and approved as an extension to the Harvest of the Month tool kit developed by the *Network for a Healthy California*.

Trail Mix

Makes 14 servings at 1/2 cup each



**2 cups dried fruit chopped
(at least 3 varieties)*
1 cup nuts **
2 cups pretzels
2 cups lowfat cereal or
granola**

***Dried fruits: dates, figs,
plums, raisins, apples,
apricots, cranberries,
bananas, mangos**

****Nuts: almonds, peanuts,
cashews, sunflower seeds,
walnuts, pistachios**

**Combine all ingredients in
large bowl.**

**Place 1/2 cup servings in
individual containers. Enjoy
as a snack or dessert.**

**Variation: Top with grilled
chicken breasts (sliced).**

Adapted from: *Power Play!* Trail Mix, Public Health Institute, 2003.

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Mezcla De Nueces y Frutos Secos (Trail Mix)

Para 14 porciones de 1/2 taza cada una



**2 tazas de frutos secos,
picados (al menos 3
variedades)*
1 taza de nueces**
2 tazas de pretzels
2 tazas de granolao cereal bajo
en grasa**

*** Frutos secos: dátiles, higos,
ciruelas, pasitas, manzanas,
duraznos, arándanos
(cranberries), plátanos, mangos**

**** Nueces: almendras,
cacahuates, cashews, semillas
de girasol, nuecas,
pistaches**

**Combine todos los ingredientes
en un recipiente.**

**Ponga porciones de 1/2 taza en
bolsas individuales. Disfrute
como bocadillo o postre.**

**Fuente: Power Play! Trail Mix,
Public Health Institute, 2003
Para más recetas con frutos
secos, visite:**

www.campeonesdelcambio.net

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Unidos, un proveedor de empleador que ofrece oportunidad



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