



4-H Flavorful

Hands in the Kitchen, Hearts at the Table.

In this issue:

- Build Your Plate: Vegetables
- Table Talk
- Flavorful Futures
- Vary Your Vegetables
- Benefits of Vegetables, Mealtime Tips & Family Engagement
- Shopping List
- Meal Builders

Recipes:

- Cucumber Smoothie
- Cauliflower Buffalo Bites
- Almond Strawberry Salad
- Broccoli Cheddar Soup

Survey



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Build Your Plate: Vegetables

Eating vegetables provides health benefits. People who eat fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some diseases. Vegetables provide nutrients vital for the health and maintenance of the body.

How many vegetables are needed daily?

The number of vegetables you need to eat depends on your age, sex, height, weight, and physical activity. Find the right amount for you by getting your [MyPlate Plan](#).

What counts as a cup of vegetables?

The following examples count as 1 cup from the Vegetable Group:

- 1 cup of raw, cooked, frozen, or canned vegetables
- 2 cups of raw leafy salad greens
- 1 cup of 100% vegetable juice

Food Allergies

Recipes can be adjusted to meet various food allergies and personal preferences. Each recipe in 4-H Flavorful highlights MyPlate food groups while introducing participants to new and nutritious dishes.

Taste Test Reflections

Share your taste test reflections for 4-H Flavorful by reporting about your experience. Reporting is easy and takes less than 5 minutes.

Visit the QR code to complete a brief survey or use the following link:
https://sdstateoir.sjc1.qualtrics.com/jfe/form/SV_73sUVVgMaUGIAdg

Respond to the following statements about this month's theme, activities and recipes:

- This month I learned....
- How do you plan to use what you learned?
- What did your family enjoy most about this month's activities or recipes?
- How did you support this recipe with other food groups for a complete meal?

Recipes are taste tested by South Dakota State Fair 4-H Special Foods Contestants.

Table Talk

- What is your favorite vegetable?
- Who makes you feel happy whenever you see them?
- If you planted a garden, what would you plant?
- If you were famous for something, what would it be?
- If you started a new business, what would it be?

Flavorful Futures

Growing Jobs

- **Farmer** – plants, grows, and harvests vegetables.
- **Gardener** – takes care of smaller gardens with lots of yummy veggies.
- **Greenhouse Worker** – grows vegetables indoors, even in winter!

Science Jobs

- **Plant Scientist** – studies how vegetables grow and how to make them better.
- **Entomologist (Bug Scientist)** – helps protect vegetables from harmful insects.
- **Plant Pathologist (Plant Doctor)** – figures out what makes vegetables sick and how to fix them.

Food Jobs

- **Chef** – uses vegetables to make tasty meals.
- **Food Scientist** – creates new foods like veggie chips or plant-based burgers.
- **Nutritionist** – teaches people how vegetables help us stay healthy and strong.

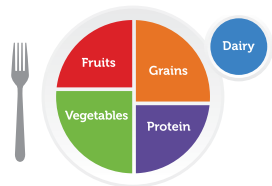
Selling & Sharing Jobs

- **Farmers' Market Seller** – sells fresh vegetables to people in the community.
- **Grocery Store Produce Worker** – sets up and takes care of vegetables in the store.
- **Food Truck Owner** – makes fun veggie dishes to share with everyone.





Start simple with MyPlate



Vary Your Vegetables

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what vegetables to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Start your day with vegetables

Add leftover cooked vegetables to your omelet or breakfast wrap. Or, add spinach to a morning smoothie and enjoy a burst of flavor and nutrition!



Add variety to salads

Make your salad pop with color and flavor by including corn kernels, radish slices, or diced red onions. Include seasonal vegetables for variety throughout the year.



Try a stir-fry

Stir-fry vegetables like carrots, shredded cabbage, greens, and low-sodium jarred mushrooms for a quick meal. Add some tofu as a protein source.



Spruce up your sandwich

Add spinach or some thinly sliced sweet onions to your favorite sandwich or wrap for extra flavor and a little crunch.



Go for a dip or a dunk

Enjoy baked potato wedges, cucumber slices, or cauliflower pieces with a homemade Italian dressing or dunked into a low-fat dip or hummus.



Take vegetables on the go

Carry along some crunchy carrot, celery, or jicama sticks. A small container of cherry tomatoes or sugar snap peas also makes an easy snack.



Health Benefits of Vegetables

All food and beverage choices matter. Focus on variety, amount, and nutrition.

- As part of an overall healthy diet, eating foods lower in calories per cup, such as vegetables, instead of higher-calorie food may help you lower your calorie intake.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk for heart disease, including heart attack and stroke.
- Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C helps your body absorb iron more easily.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Adding vegetables helps increase fiber and potassium, which many Americans do not get enough of. Some vegetable sources of potassium include sweet potatoes, white potatoes, white beans, beet greens, lima beans, and spinach.

Mealtime Tips

Enjoy a meal together with your family. It is a great way to connect and share. Here are some mealtime ideas to try:

- Turn off the TV and ask the family to place their phones in a “parking spot” away from the table.
- Have everyone share what they did during the day. Ask what made you laugh or what you did for fun?
- Try new foods at home. Kids need many chances to taste new foods before “getting used to them.”
- Have adults and older kids talk about the color, feel, and flavor of foods. It will make them sound more appealing to younger kids who may be picky.
- On nice days, try a change of scenery. For example, go to a nearby park for a picnic.

Family Engagement

Vegetable Stamping: Cut vegetables like carrots, okra, bell peppers, cucumber, celery, or potatoes to make stamps. Dip them in paint and create colorful patterns on paper.

Resources:

U.S. Department of Agriculture (USDA). Careers in Agriculture and Food. <https://www.usda.gov/>

4-H. Agriculture and Food Science Projects. <https://4-h.org/parents/curriculum/agriculture/>

National FFA Organization. Agricultural Career Pathways. Retrieved from <https://www.ffa.org/>

My American Farm (American Farm Bureau Foundation for Agriculture). Ag Career Profiles. www.myamericanfarm.org



Shopping List

Canned/Jar

- ☐ Chicken Stock (2 cups)
- ☐ Favorite Buffalo Wing Sauce (½ cup)
- ☐ Ranch or Blue Cheese Dressing (to taste)

Produce

- ☐ Banana (ripe, peeled, and frozen) (½ cup)
- ☐ Mango (frozen) (1 cup)
- ☐ Strawberries (½ cup)

Vegetables

- ☐ Broccoli (2 heads)
- ☐ Carrots (½ cup)
- ☐ Cauliflower (6 cups)
- ☐ Cucumber (1 cup)
- ☐ Onion (½ cup)
- ☐ Spinach (4 cups)

Dry Ingredients/Seasonings

- ☐ Almonds (¼ cup)
- ☐ Cider Vinegar (1 tablespoon)
- ☐ Flour (¼ cup)
- ☐ Garlic Powder (2 teaspoons)
- ☐ Honey (1 tablespoon)
- ☐ Lime Juice (2 tablespoons)
- ☐ Nutmeg (¼ teaspoon)
- ☐ Pepper (1 ⅛ teaspoon)
- ☐ Salt (2 ¼ teaspoon)
- ☐ Sugar (1 ½ teaspoon)
- ☐ Olive Oil (2 tablespoons)

Dairy

- ☐ Butter (¼ cup + 1 tablespoon)
- ☐ Cheddar Cheese (2 cups)
- ☐ Coconut Milk (¼ cup)
- ☐ Skim Milk (2 cups)





Cucumber Smoothie

Servings: 2

Ingredients

- » 1 cup sliced cucumber
- » ½ cup water
- » 1 cup frozen mango
- » 2 tablespoons lime juice
- » ½ ripe, peeled frozen banana
- » 1 cup spinach
- » ¼ cup coconut milk
- » 4 ice cubes

Directions

1. Combine ingredients in blender.
2. Blend until smooth.
3. Add extra water if needed.
4. Add garnish.



Cauliflower Buffalo Bites

Cook: 15 minutes | **Servings:** 3

Ingredients

- » 6 cups cauliflower, cut into bite-sized florets
- » 2 tablespoons olive oil
- » 2 teaspoons garlic powder
- » ¼ teaspoon salt
- » ⅛ teaspoon pepper
- » 1 tablespoon butter, melted
- » ½ cup favorite buffalo wing sauce

Directions

1. Pre-heat oven to 450 degrees
2. Place the cauliflower in a bag, drizzle with olive oil. Toss to coat.
3. Mix garlic powder, salt, and pepper. Sprinkle over cauliflower and toss to coat.
4. Place on an ungreased cookie sheet and place in oven on middle rack for 10 minutes. Turn the cauliflower and bake another 5 minutes.
5. While baking, melt butter in the microwave and mix with wing sauce.
6. Remove the cauliflower from the oven and pour the sauce over it; stir to coat.
7. Serve with ranch or blue cheese dressing.





Almond Strawberry Salad

Serves: 2

Ingredients

- » 3 cups fresh spinach
- » ½ cup sliced fresh strawberries
- » ¼ cup almonds
- » 1 tablespoon cider vinegar
- » 1 tablespoon honey
- » 1 ½ teaspoons sugar

Directions

1. Place spinach, strawberries, and almonds in a large bowl.
2. Mix vinegar, honey, and sugar until blended, and toss with salad.



Broccoli Cheddar Soup

Cook Time: 15 minutes | **Serves:** 4

Ingredients

- » 2 heads broccoli, chopped (about 3 cups)
- » ¼ cup butter
- » ¼ cup flour
- » ½ cup onion, diced
- » 2 cups skim milk
- » 2 cups chicken stock
- » ¼ teaspoon nutmeg
- » 2 teaspoons salt
- » 1 teaspoon pepper
- » ½ cup shredded carrots
- » 2 cups cheddar cheese

Directions

1. Trim stems off of broccoli heads and chop into small florets.
2. In a large pot, combine butter and onion and sauté until translucent. Add flour and stir on medium heat until the mixture lightly browns.
3. Stir in the milk and mix until the contents reach a simmer. Add chicken stock.
4. Mix in the broccoli, carrots, salt, pepper and nutmeg. Simmer on low heat for 10-15 minutes.
5. Add cheddar cheese and stir until cheese is melted.



Meal Builders

Check out the Meal Builders below for two fun examples to help plan your menu! Aim to include 4–5 food groups for a meal and 2–3 food groups for a snack. The five food groups are fruits, vegetables, grains, protein and dairy. Eating from all the food groups gives your body the fuel it needs to play, learn, and grow strong every day! On the lines below, write your favorite meal or snack ideas to build your plate!



Cucumber Smoothie

Eggs & Toast

Yogurt with Granola



Almond Strawberry Salad

Flatbread or pita

Goat cheese or feta crumbles

Lemonade



Cauliflower Buffalo Bites



Broccoli Cheddar Soup