

EXTRA! EXTRA!
ASPARAGUS IS ASTOUNDING

Want a dish that stands out from the crowd? The **unique taste and texture** of asparagus has pleased palates across the globe for 2,000 years.

This member of the lily family gets its name from the Greek word for “sprout” or “shoot”. Native to the Mediterranean area, asparagus grows best in sandy soil, and under ideal conditions, can grow up to 10 inches in 24 hours! While green is most common, **white and purple asparagus can also be found.**

Just 5 ounces of asparagus deliver **60% of your daily folic acid.** What’s more, it contains plenty of **potassium, fiber, thiamin and vitamins A, B6 and C.**

Asparagus isn’t just delicious and healthy—it’s also **easy to prepare!** The Romans even used the phrase: “as quick as cooking asparagus” when referring to something one could do quickly.

So when in north central Idaho, do as the Romans do, and **check inside for a simple asparagus recipe!**

-www.webmd.com

**What to Bring to
Certification Appointments:**

- Person being certified
- WIC folder
- Proof of physical address
- Updated shot records for children under 3
- Proof of income for all household members for the last 30 days



Lewiston-Nez Perce County

215 10th Street
Lewiston, ID 83501
Phone: 208-799-0390
Fax: 208-799-0349

Moscow-Latah County

333 E. Palouse River Dr.
Moscow, ID 83843
Phone: 208-882-7353
Fax: 208-882-3494

Orofino-Clearwater County

105 115th Street
Orofino, ID 83544
Phone: 208-476-7850

Grangeville-Idaho County

903 W. Main Street
Grangeville, ID 83530
Phone: 208-983-2842

Kamiah-Lewis County

132 North Hill Street
Kamiah, ID 83536
Phone: 208-935-2124

WIC

NEWSLETTER

Spring 2016



The WIC Program is an equal opportunity provider.



Rainy Day?



Head to your public library for some indoor fun!

Lewiston Library : Open M-W 10 am—8pm
& Th-Sat. 10 am—5 pm

Baby/Toddler Story Hour: Wednesdays 10:30-11

Family Story Hour: Fridays 10:30-11



Moscow Library: Open M-Th 10 am—7 pm,

Fri. 10 am—6 pm & Sat. 10 am—5 pm

Babies Lapsit: Tuesdays 10:30 & 11

Family Storytime: Thursdays 10:30



MYTH of the Season:

Parents should decide WHAT children eat,

WHEN to eat, WHERE to eat, WHETHER to eat

and HOW much to eat.

Although parents should decide what foods to offer, when to feed their children, and where, **it's important for children to decide WHETHER**



to eat and HOW much.



Try to remember that your child won't starve himself. Trust him to eat the amount he needs, and he will grow predictably. Don't force-feed or bribe him to eat.

Instead, if you notice your child refuses meals often, cut out snacks, milk and juice two hours before mealtime.



In Season: *spring*

Purchase Fruits and Veggies that are in season for a lower price and better taste.

Apples	Celery	Oranges
Apricots	Collard greens	Papaya
Artichokes	Corn	Peas
Asparagus	Cucumbers	Pineapple
Bananas	Garlic	Radishes
Bell peppers	Grapefruit	Rhubarb
Broccoli	Green beans	Spinach
Cabbage	Honeydew	Strawberries
Cantaloupe	Lettuce	Swiss chard
Cauliflower	Mushrooms	Turnips
	Onions	



Breastfeeding Corner

Here's what local WIC moms are saying about breastfeeding: **It's Only Natural**

"Breastfeeding is a way of life. If a woman chooses to breastfeed her child, let it happen."

"It's natural. It should be accepted everywhere."

"I love breastfeeding and it should NOT be frowned upon. God gave us breasts for a reason."

This March:



SAVOR THE FLAVOR OF EATING RIGHT

NATIONAL NUTRITION MONTH® 2016

eat right. Academy of Nutrition and Dietetics www.eatright.org

Simple Spring Recipe:

Asparagus, Mandarin Orange, Chicken Rice

For the Vinaigrette:

- 2 tablespoons extra virgin olive oil
- 2 tablespoons rice vinegar
- 3 tablespoons mandarin orange juice (reserved from oranges)
- 1 tablespoon soy sauce



For the Salad:

- 3 1/3 cups fresh asparagus (trimmed)
- 2 (11 oz.) cans mandarin oranges (drained, reserve juice)
- 12 ounces cooked chicken breast (cut into chunks)
- 3 cups cooked instant brown rice



Directions:

1. In small bowl, whisk vinaigrette ingredients, set aside.
2. Cook rice according to package directions.
3. Place whole trimmed asparagus in a large skillet with 1 1/2 inches of water. Bring to a boil, reduce heat and simmer, uncovered, for 2-5 minutes. Rinse with cool water and cut into 1-inch pieces.
4. In a medium size bowl, toss all ingredients.

Tip: When planning a dinner with chicken, cook extra and refrigerate for later use in this salad.