



February Newsletter



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Keep Your New Years Resolution Going Strong!

February is known to be the time when most people surrender their new years resolution. Here's a few tips to drive that motivation up!

1. **Stick To It**
Experts say it takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient!
2. **Track Your progress**
Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated.
3. **Don't Beat Yourself Up**
Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one day at a time.
4. **Reward Yourself**
Celebrate your success by treating yourself to something you enjoy that doesn't contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with new fitness clothing or by going to a movie with a friend.

<http://life.gaiam.com/>





McClatchy Park's Relationship with OPFM

James McClatchy Park is popularly known as the location of Oak Park's Farmers Market, but the Joy Land is also a well-known area that both parents and children can enjoy together. The park was renovated in 2014 and the children's playground was designed to look like the original wooden roller coaster.

The playground includes "a streetcar with trolley tracks and larger than life popcorn, ice cream cone, and candy apple sculptures" (City of Sacramento). The evolution of the children's playground serves as a reminder that Oak Park is continuously improving its reputation for the benefit of the neighborhood.

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Why Fair Trade?

- Fair Trade products are produced from fair pay and working conditions for farmers and producers.
- Fair Trade means high quality products because they are often handmade.
- Fair Trade builds sustainable local economies. The profits made goes straight back into the community. Support Fair Trade!

Via Fair Trade Resource Network

Winter Jeweled Fruit Salad Recipe

Ingredients: 1/2 cup pomegranate seeds (about 1 pomegranate)

1/2 cup julienne-cut peeled jicama

1/3 cup sliced seeded kumquats (about 6 medium)

2 medium ripe mangoes, peeled and cut into thin slices

2 tangerines or clementine's, peeled and sectioned

1 pear, thinly sliced

2 tablespoons fresh lime juice

2 tablespoon ground red pepper

1/8 teaspoon coarse sea salt

Preparation: Combine first 7 ingredients in a large bowl; toss gently. Combine lime juice, honey, pepper, and salt in a small bowl, stirring well with a whisk. Pour over fruit; toss gently to coat. Serve at room temperature.



Market Manager's Bite

Citrus, Citrus, Citrus!

By Joany Titherington

This first Market Manager bite covers the citrus season, health benefits, how to shop for citrus and some of the way you can use citrus in cooking. Citrus is a tree of a genus that includes citron, lemon, lime, orange, and grapefruit. Native to Asia, citrus trees are widely cultivated in warm countries for their fruit, which has juicy flesh and a pulpy rind. California is one of those climates where citrus grows well. We have even named cities after the delicious fruit. Orange, in Southern California, is one of those cities.

California is a large producer of citrus. In California citrus grows across the state providing citrus near year round. In early November, close to the first frost, we enjoy Clementine tangerines & Cuties and shortly after the frost we can enjoy the tangy sweet tangelos and can enjoy some kind of citrus all the way into late June (Minneola Tangelos and Grapefruit). But the peak of the citrus season where there are the most varieties of citrus is the month of February. Several varieties of oranges (Naval, Valencia, and Blood) then we have mandarins, tangerine, lemons of several varieties and we can't forget pomelos.

According to an article I was reading in The Dietary Council of California "Not only are the citrus fruits in this diverse group delicious and refreshing, they earn their definition of an all-star food because they contain compounds called flavonoids, which may have anticancer properties." We all know that they contain good amounts of vitamin C and antioxidants. These help to combat heart disease and free radicals. You can find out more about the health benefits at the Dietary Council of California www.healthyeating.org.

Choosing citrus can become a little tricky, because color is not necessarily an indicator to the fruit's ripeness. Choose your oranges for their firmness (except for Mandarins oranges and Myer lemons can be softer with thinner skin) and heaviness when compared to their size. This indicates they are juicy and have a thinner skin. Avoid fruit that has and soft spots or signs of mold. Store your citrus at cool room temperature or in the refrigerator, where they will last pretty much an equal amount of time – about two weeks.

So citrus is healthy for us and grows nearly year round and you have to choose them carefully. I just plain enjoy eating citrus but there are so many applications. We make salad dressing out of lemons and grapefruit. We use them to add flavor to fish, sauces and juices. I really like citrus prepared in dishes like lemon meringue pie. My neighbor Julian makes the best! But even more I enjoy preparing and eating citrus salad made with oranges, grapefruit, tangerines and fennel served with a lemon honey vinaigrette. You get the tart, bitter, sweet of all the citrus then the sweetness of the fennel - and finally the sweet tartness with vinegar base of the dressing. The salad is refreshing, light and healthy.

So get out to your local farmers market and find your citrus and create something beautiful to share with family and friends because it citrus season.

"Good Eating My Friends"

The Seasonal Vegetables of February

Asparagus
Avocados
Cardoons
Dandelion Greens
Fava Greens
Green Garlic
Horseradish
Kohlrabi
Nettles
Parsnips
Rutabagas
Sunchokes

Don't forget to check out these vegetables on your next grocery trip!

About NeighborWorks® Sacramento

NeighborWorks® Sacramento was created in 1987 to provide opportunities for successful homeownership and strong communities through quality education, affordable lending, supportive partnership, and dedicated leadership.

Programs Include: Homebuyer Education and Counseling, Financial Fitness, Community Stabilization, Community Development and Impact.



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AMAZING	EVAPORATE	PRECIPITATION	WIDESPREAD
AQUIFER	FOOTPRINT	QUEENSLAND	
ARCHITECT	FRESHWATER	ROOFTOP	
BATTERY	GLITTER	SALTWATER	
BOOGYMAN	GROUNDWATER	SCAFFOLD	
BUILDING	HAMBURGER	SHOWER	
COEXIST	LANDSCAPE	SILICON	
CONSTRUCTION	MEADOW	SOFT DRINK	
DWELLER	MOISTURE	STEWARDSHIP	

Thank you for your continued support. Our market is held every Saturday from May to October at McClatchy Park, 3500 5th Avenue, Sacramento, CA.

The Oak Park Farmers Market is owned and operated by NeighborWorks® Sacramento. For more information, go to www.nwsac.org.

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Our Market supporters include:



Ann Land and Bertha Henschel Memorial Fund



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