



**Thought
Foodness**

**Featuring
Dates**

TM

WEST VIRGINIA HARVEST™



Did You Know?

Dates

Where I grow best:

Dates grow best in hot, sunny places with very little rain. They grow on tall palm trees and need lots of sunshine—at least 8 hours every day! Dates like sandy soil and warm weather, especially in the summer when it's really hot. They don't like cold or frost, so they grow best in places like California, Arizona, and countries in the Middle East. With the right care, date trees grow sweet, chewy fruit that's ready to eat in late summer and fall.

My Nutritional Superpowers include:

Dates have sweet superpowers that help the body stay strong and full of energy. They give quick energy from natural sugars, have fiber for a happy tummy, and potassium to help the heart and muscles. Dates also have antioxidants to keep the body healthy. They're a tasty, chewy power snack!

I taste great in meals like:

Date & Apple Salad, Stuffed Dates with Sun Butter, and Date and Carrot Mini Muffins!

Dates are available in West Virginia at Grocery Stores and Walmart all year.



West Virginia Harvest™

Recipe Spotlight

Date and Carrot Mini Muffins

Here is an easy way to try today's produce item in a meal at home!*
Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Mix everything in a bowl.
2. Spoon into mini muffin cups.
3. Bake at 350°F for 10-12 minutes and enjoy healthy, sweet muffins!

What you will need:

- ½ cup shredded carrots
- ¼ cup chopped dates
- ½ cup muffin mix or oats
- ¼ cup milk



*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe.
Please ask a parent or guardian to assist with cutting fruits or vegetables.



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Harvest a healthier you!



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There's more to discover at
wvharvest.com/thoughtfoodness

