

Health Benefits

Honey

Honey is full of antioxidants and can help lower total cholesterol & improve spatial recognition memory. It has also been proven to be heart healthy by increasing “good” cholesterol called high density lipoproteins (HDL).

“Honey.” The World’s Healthiest Foods. George Mateljan Foundation, n.d. Web. 01. Oct. 2013

Cinnamon

Cinnamaldehyde (a component of cinnamon) is toxic to fungi and prevents fungal infections. Cinnamaldehyde also prevents the unwanted clumping of blood platelets by inhibiting the release of an inflammatory fatty acid.

Seasoning a high carb food with cinnamon can help lessen its impact on your blood sugar levels. Cinnamon slows the rate at which the stomach empties after meals.

“Cinnamon, Ground.” The World’s Healthiest Foods. George Mateljan Foundation, n.d. Web. 01. Oct. 2013

Choose Local

✓ YOU’LL GET EXCEPTIONAL TASTE AND FRESHNESS

Local food is fresher and tastes better than food shipped long distances from other states or countries. Local farmers can offer produce varieties bred for taste and freshness rather than for shipping and long shelf life.

✓ YOU’LL STRENGTHEN YOUR LOCAL ECONOMY

Buying local food keeps your dollars circulating in your community. Getting to know the farmers who grow your food builds relationships based on understanding and trust, the foundation of strong communities.

✓ YOU’LL SAFEGUARD YOUR FAMILY’S HEALTH

Knowing where your food comes from and how it is grown or raised enables you to choose safe food from farmers who avoid or reduce their use of chemicals, pesticides, hormones, antibiotics, or genetically modified seed in their operations. Buy food from local farmers you trust.

✓ YOU’LL PROTECT THE ENVIRONMENT

Local food doesn’t have to travel far. This reduces carbon dioxide emissions and packing materials. Buying local food also helps to make farming more profitable and selling farmland for development less attractive.

✓ BUYING LOCAL IS EASY

The Statesboro Main Street Farmer’s Market is open every Saturday from 9am to 12pm. For more information go visit

<http://statesborofarmersmarket.com/>.

You can even order local products on their website:

<http://statesboromarket2go.locallygrown.net/>

(2008). Why Buy Local? Pennsylvania Buy Fresh Buy Local. October 1, 2013. from <http://www.buylocalpa.org/why-buy-local>.



Honey Pumpkin Bread



Department of Health and Kinesiology

NTFS 3536 Meal Management

Fall 2013



Ingredients

This recipe contains egg, dairy and wheat products



Yields: 24 Slices

Serving Size: 1 each (2.343 oz)

- 1 Cup (11.958 oz) Honey*
- ½ Cup (4.004 oz) Margarine
- 1 Can (15 oz) No-Salt added Pumpkin
- 4 Medium Eggs (6.208 oz)**
- 4 Cups (17.637 oz) Flour***
- 4 teaspoons (0.705 oz) Low Sodium Baking Powder
- 2 teaspoons (0.183 oz) Ground Cinnamon
- 2 teaspoons (0.127 oz) Ground Ginger
- 1 teaspoon (0.162 oz) Baking Soda
- 1 teaspoon (0.159 oz) Salt
- 1 teaspoon (0.078 oz) Ground Nutmeg

These ingredients can be purchased at:

- *B&G Honey Farm
- ** Hunter Cattle Grass Fed Beef Jacobs Produce
- ***Freeman's Mill

Directions

1. In large bowl, cream honey with butter until smooth
2. Stir in pumpkin.
3. Beat in eggs, one at a time, until thoroughly incorporated.
4. Sift together remaining ingredients.
5. Stir dry ingredients into pumpkin mixture.
6. Divide batter equally between two well-greased 9 x5 x 3-inch loaf pans. Bake at 350°F for 1 hour or until a wooden pick inserted in center comes out clean.
7. Let loaves cool in pans for 10 minutes; invert pans to remove loaves and allow finishing cooling on rack



Nutrient Analysis

Yields: 24 Slices

Serving Size: 1 each (2.343 oz)

- 171 Kcals
- 4.77g Total Fat
- 1.02 g Saturated Fat
- *No Trans Fat
- 27.28 mg Cholesterol
- 139.24 mg Sodium
- 29.77g Carbohydrates
- 1.28 g Dietary Fiber
- 3.36g Protein
- 2966.02 IU Vitamin A
- 0.83 mg Vitamin C
- 52.19 mg Calcium
- 1.52 mg Iron

Cost of Recipe:\$7.486
Cost per Slice:\$0.312