

# The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 15



**FRESH RX FOR MOMS**  
FOR MOTHERS-TO-BE ON MEDICAID



FRESH. LOCAL. LIVELY.

## ***Importance of B Vitamins During Pregnancy***

B vitamins are key nutrients for a healthy pregnancy and help boost your energy. Even though B vitamins are found in our prenatal vitamins, the best way to absorb these nutrients is through vitamin-rich foods.

<b>Vitamin</b>	<b>Role</b>	<b>Food Sources</b>
Vitamin B1- Thiamine	helps in development of baby's brain	peas, oats, pork, pecans, salmon, whole grain pasta, fortified breads and cereals
Vitamin B2- Riboflavin	promotes good vision, healthy skin, development of baby's bones, muscles and nerves	salmon, pork, chicken, beef, almonds, sweet potatoes, carrots, peas, broccoli, spinach, mushrooms, eggs
Vitamin B6- Pyridoxine	vital for development of your baby's nervous system and brain	garlic, beans, sweet potatoes, avocado, sunflower seeds, brown rice, spinach, bananas, chicken, wild salmon, turkey, beef
Vitamin B9- Folic Acid	reduces risk of neural tube defects such as spina bifida	lentils, spinach, northern beans, fortified cereals, asparagus, peas, nuts, egg noodles
Vitamin B12- Cobalamin	helps maintain the health of your nervous system and reduce risk of birth defects	Wild salmon, fortified soy products, shrimp, fortified cereal, yogurt, swiss cheese, cottage cheese, milk, cod

# Seasonal Recipe

## Pesto Spaghetti Squash

**Servings: 4   Prep time: 10 min   Cook time: 45 min**

### INGREDIENTS

- 1 large spaghetti squash**
- 1/2 cup of olive oil**
- 2 cups of basil leaves (or spinach)**
- 1/2 grated parmesan**
- 1/3 cup of pine nuts (or walnuts)**
- 3 cloves of garlic**
- salt and pepper to taste**

### DIRECTIONS

- 1. Preheat oven to 400 degrees F.**
- 2. Cut spaghetti squash in half, lengthwise, using a sharp knife. Use a sharp spoon to scrape out seeds and most of the stringy parts.**
- 3. Brush the interior with oil and sprinkle a little salt. Place cut side down on baking sheet. Roast for 45 minutes or until knife easily pierces the skin.**
- 4. While squash is roasting, add basil and nuts to food processor and pulse a few times. Add garlic and cheese and pulse a few more times. Slowly pour in olive oil, while food processor is running low. Occasional scrape sides and emulsify until full combined.**
- 5. Add salt and pepper to taste.**
- 6. Remove spaghetti squash from oven. Use a fork to scoop out spaghetti squash.**
- 7. Top with desired amount of pesto and lightly toss.**

FreshRx for Mothers-to-Be provides pregnant women with Medicaid \$24 each week to buy fresh fruits and vegetables at the Franklin County Farmers Market. To learn more, stop by the Market on Tuesdays or Saturdays, 8:30 am - 12 noon, or visit [www.fcmarket.org](http://www.fcmarket.org).

FreshRx for MOMs is a collaboration of the Franklin County Farmers Market and Community Farm Alliance, funded by a USDA/NIFA GusNIP grant.