As the days shorten and the temperatures begin to drop, a variety of changes are taking place here in Colorado. One noticeable difference is in the fresh, Colorado-grown produce available at local grocery stores and farmers’ markets. With an abundance of produce grown in Colorado, there are so many great reasons to buy ‘local’ including:

- By shopping and eating locally, you can enjoy seasonal variety and diversity—this time of year Colorado apples, winter squash, and pumpkins are readily available.

- Instead of traveling an average 1500 miles from the farm to your plate, local produce is typically harvested and delivered immediately to the marketplace—and less time in transport helps fresh products retain more of their nutritional value. Less transport also allows local produce to be ripened on the vine, tree, or in the field, ensuring the best flavor.

- Buying local can also help the environment by keeping Colorado farms and ranches profitable, thereby maintaining open space and wildlife habitat.

- For more information, visit the CSU Extension Farm to Table website at [http://www.farmtotable.colostate.edu](http://www.farmtotable.colostate.edu) and then click on the 'know-co-produce' link.

Adapted from ‘Colorado Proud, 8 Great Reasons to Buy Local!’

### Autumn Colorado-Grown Foods & Nutrients

<table>
<thead>
<tr>
<th>Food</th>
<th>Nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Fiber, Potassium</td>
</tr>
<tr>
<td>Pumpkins</td>
<td>Vitamin C, Vitamin A</td>
</tr>
<tr>
<td>Zucchini</td>
<td>Vitamin C, Manganese</td>
</tr>
<tr>
<td>Kale</td>
<td>Vitamin A, Vitamin C, Calcium, Potassium</td>
</tr>
<tr>
<td>Peppers</td>
<td>Vitamin C, Vitamin A</td>
</tr>
<tr>
<td>Winter Squash</td>
<td>Vitamin C, Fiber, Vitamin A</td>
</tr>
<tr>
<td>(including acorn, butternut, and spaghetti squash)</td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td>Vitamin C, Potassium</td>
</tr>
<tr>
<td>Spinach</td>
<td>Fiber, Vitamin A, Vitamin C, Iron, Folate</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Vitamin A, Vitamin C, Potassium</td>
</tr>
</tbody>
</table>

Nutrition Information Provided By:
Produce for Better Health Foundation / USDA
Nutrient Benefits

<table>
<thead>
<tr>
<th>Vitamin A</th>
<th>Manganese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vision, immunity, gene expression, growth and development</td>
<td>Antioxidant, nutrient metabolism, bone development</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vitamin C</th>
<th>Folate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antioxidant, synthesize collagen &amp; neurotransmitters</td>
<td>DNA synthesis, amino acid metabolism</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Potassium</th>
<th>Calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cell membrane potential: muscle contraction, heart function</td>
<td>Bone/teeth structure, constriction/relaxation of blood vessels</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Iron</th>
<th>Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oxygen transport/storage, energy metabolism</td>
<td>Lowers cholesterol, lowers blood sugar</td>
</tr>
</tbody>
</table>

Many of the fruits and vegetables listed on page 1 contain a variety of other nutrients; we have chosen to highlight the most abundant contributions from each.

Recipe: Roasted Vegetables

- 1 butternut squash, cubed
- 2 red bell peppers, seeded & diced
- 1 sweet potato, peeled & cubed
- 3 Yukon Gold potatoes, cubed
- 1 red onion, quartered
- 1 tablespoon chopped fresh thyme
- 2 tablespoons chopped fresh rosemary
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- Salt & pepper

1. Preheat oven to 475 degrees F.
2. In a large bowl, combine squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate red onion quarters into pieces, and add them to the mixture.
3. In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.
4. Roast for 35-40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

—Courtesy of allrecipes.com—
Check out our great nutrition programs & services!

Date Night Cooking Class
Grab someone you enjoy spending time with and join us for a fun night of cooking. This hands-on cooking class features local and seasonal ingredients. We will provide an apron and all of the equipment, ingredients, recipes, and instruction you need to make a delicious, healthful meal.

- Date: Friday, October 12th
- Time: 6:30 pm
- Cost: $35 per couple

Apple Cooking Class
Join us in celebrating Colorado Apple Week! This unique class will be all about apples, from entrée to dessert. We will prepare and sample several courses highlighting this versatile, seasonal food. We will also discuss the nutritional value of apples, as well as some fun facts.

- Date: Thursday, October 4th
- Time: 6:30 pm
- Cost: $20 per person ($10 for CSU employees and students)

Nutrition Counseling and Education
Our Registered Dietitians provide assessment of your diet along with individualized advice, goal setting, and meal planning for all needs, including gluten intolerance, diabetes, weight management, pregnancy, heart disease, other conditions, and of course prevention of disease. Cost: $50. Half price for CSU employees and students. See website or call for details.

Resting Metabolic Rate
Do you wish you knew how much to eat each day for optimal energy, performance, and balance? Our metabolic rate monitor can determine your basic calorie needs in a 30-minute appointment, and we can provide recommendations based on your activity or weight goals.
Cost: $75. Half price for CSU employees and students. See website or call for details.

Location for all activities: Room 114 Gifford building on the CSU campus
Like us on Facebook for weekly nutrition tips!

Visit our website for more information

14 Gifford Building, 502 W. Lake, Fort Collins, CO, 80523 ~ 970.491.8615 ~ www.nutritioncenter.colostate.edu
Alumna Gives Back By Serving in Classroom and On Council

By Katie Boeder, College of Applied Human Sciences

It’s a warm April day. A circle of a dozen food science and human nutrition students adorn the Kendall Anderson Nutrition Center, eager to learn and listen – eyes focused and bright. There are a few faculty in the room, but today, they aren’t the reason for the students’ concentrated attention. Pat McKlem, a 1970 nutrition alumna, is the reason. The topic: advice for students and soon-to-be graduates on life, education, and careers.

Both captivating and clear, her advice, molded by her extensive career in dietetics and hospital administration, serves as hope and motivation for the students. “Know yourself and know your talents. Always do a great job. Learn and continue adapting to new knowledge and experiences,” says McKlem. “And your most important responsibility as leaders is to make sure you are cultivating new leaders to take your place.”

“Hearing Pat discuss her career path had such an impact, especially as many of us are considering our next steps in life. It is amazing that alumni are willing to come back to support and guide students,” comments Jessica Visinsky, who is working towards completing her Masters of Science Degree in nutrition.

This trip to Colorado State University was McKlem’s first since graduating in 1970. She is serving on the Executive Leadership Council under the direction of Dean Jeff McCubbin, which has been formed to help support and guide the College. “It was a big deal and honor to be asked to serve on the board,” says McKlem. “The future is important. I want to contribute to building strong foundations for our future leaders.”

She is well-qualified to do so. After receiving her undergraduate degree from CSU, she completed a dietetic internship at the University of Kentucky Medical Center/VA Hospital. From there she completed graduate work at both the University of Iowa and Moorhead State University. Her Master’s in Public Administration from Brigham Young University was completed in 1982.

In 1973, she began what turned into a 35-year career with the Veterans Health Administration. With titles like Chief of Dietetic Service, Medical Center Director/Health Care Systems Director, and Network Director, she has used her education in a variety of ways including making a calculated move from the area of dietetics to hospital administration. “At some point you realize you can do more,” she explains about this decision.
McKlem’s long list of accomplishments has been recognized by the U.S. Government. In 2000 and 2005, she was awarded the Meritorious Executive Presidential Rank Award, a result of a year-long nomination process. Her proudest honor was receiving the Distinguished Executive Presidential Rank Award in 2002, the highest annual award given to senior career employees for “sustained extraordinary accomplishment”.

The students who sat listening to McKlem speak, expected to learn about her successes but what they didn’t expect to learn was that McKlem hadn’t actually planned on going to school. Growing up in Pueblo, Colorado, she had once thought she’d stay there, get a job and get married. “Not many people went to College, because it was a really different time in the country and society in general didn’t place as much focus on college as a necessary part of the future,” explains McKlem, who was involved in 4-H. “CSU is the center of all things 4-H and it became my only choice.”

She credits her home economics teacher for cultivating her interest in earning a nutrition degree. And although she didn’t know many people at CSU, she decided to make the journey to Fort Collins. “CSU gave me a very sound knowledge base not only in dietetics, but other skills like business and psychology.”

Now, as she reflects back on her time and where she sees the Department of Food Science and Human Nutrition headed, she explains that students today are being prepared to respond to new demands and are more aware of what is going on in the rest of the world. In her opinion, the dietetics major is more difficult with additional attention to science and math classes. She also notes positive attention paid to the ongoing changes in nutritional knowledge in practice and in healthcare.

For these reasons and more, McKlem has been a donor to the program for over 20 years. “It’s made me think about the importance of foundations,” explains McKlem. “CSU is part of my foundation and part of who I am today.”

Since her retirement, McKlem’s passion for being a motivating mentor continues. “Seeing an individual begin to understand the ‘possibilities’ is an amazing experience,” she says. Her time is now spent as a consultant, and in training and development of new leaders, mostly through Sinclair Advisory Croup, LLC in the Washington D.C. area and as a volunteer career counselor and coach with Dress for Success, ® an international organization which helps women prepare for employment by providing professional clothing, interview preparation, career planning, ongoing skill development and other support. She also does independent consulting work through her own company, Beseeming LLC. She adds, “One of the meanings of the word ‘beseeming’ is ‘becoming’ and that’s what a really want to do – help people ‘become’ more skilled and more confident.”

It’s only fitting, with this passion and ‘beseeming’ messages, that her time mentoring CSU students, ended with one last piece of important advice: We don’t know what possibilities will be there in 5 or 10 years so, “be open minded about the future and the possibilities that lie within it. You’ll be surprised.”