

Harvest of the Month



Harvest of the Month-AUGUST is:

Sweet Bell Peppers



Gazpacho

(Chilled Pepper & Tomato Soup)

2 c. canned tomatoes or stewed
1 c. bloody Mary Mix
1/2 cucumber, chopped
1/4 c. olive oil
1/2 c. chopped green or red bell pepper
1 1/2 Tbsp. wine vinegar (or other variety)
1 1/2 cloves garlic (1 1/2 t.)
1/2 tsp. salt (optional)
1 Tbsp. green olives (optional)
1/2 t. fresh or 1/8 t. dried oregano leaves
1/2 t. Worcestershire Sauce
Hot pepper sauce – as desired
Black ground pepper to taste
Sour cream for top
Minced cilantro (optional)
Garnishes: Sliced cherry tomatoes
Method:

Place all ingredients in food processor or blender and blend until vegetables are in very small pieces. Serve in bell pepper bowls (cut off top 1/4 of pepper to form a bowl), topped with sour cream, if desired. Optional minced cilantro.

Makes approx. 6 Servings (6 oz. ea.) Approx. 90 Calories per serving, 5g fat, 9g Carb, 2g Fiber, 1g Protein

A Few Facts About Peppers...

The bell pepper is a cultivar group of the species *Capsicum annuum*. Cultivars of the plant produce fruits in different colors, including red, yellow, orange, green, white, and purple. Bell peppers are sometimes grouped with less pungent pepper varieties as "sweet peppers."

Pepper Nutrition

Bell peppers are one of the most nutrient-dense foods available. Though a 3 1/2-oz (100 g) serving of raw bell pepper provides only 20 calories (mostly as carbohydrate and fiber), it is a good source of a large number of nutrients, including vitamin C, beta-carotene, vitamin K, thiamine, folic acid, and vitamin B6.



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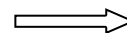
RECIPE VIDEOS: www.JacksonInAction.org/recipes

WATCH WEAU-TV 13 August 16th at 4 p.m. for Harvest of the Month LIVE with Ruth Chipps, MS, RDN, CD

Next Month: **Cabbage**



The Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Hansen's Market, local school districts, The library and the community. This resource is adapted from Let's Go! materials. www.letsgo.org. More info at www.JacksonInAction.org



Wellness Events in August

Aug. 7, 14, 21 & 28th - Concert in the Park, Lunda Park, BRF. 7 p.m.

Aug. 7 - Greater Black River Falls Area National Night Out - Old Fashioned Carnival Event Sponsored by the BRF Police Dept. & the Ho-Chunk Nation Police Motor Vehicle Injury Prevention Program.

Aug. 8 - Diabetes Education & Support Group, "Sleep Training" 10:30am - 11:30am BRMH DH#1 Conf. Room.

Aug. 9 - Jackson In Action Hunter/Hiker Fitness Program starts through Oct. 25th. Contact Kathleen at 715-299-0870. (Advance registration)

Aug. 11 - Move with a Doc- 9 a.m. Meet at Jackson County Farmers Market (near High School)

Aug. 11 - Friends of the Black River Whitewater Paddle - Hatfield Dam (moderate difficulty), 11:30am-2pm. Boats available if arrangements made ahead of time. Contact Jeff Polzin at 715-896-5534.

Aug. 16 - Harvest of the Month (Peppers) on WEAU-TV 13 - 4 p.m. News. Guest appearance—BRMH Dietitian Ruth Chipps.

Aug. 25 - Friends of the Black River Riverbank Cleanup. Meet at Al Young Park. 8am-Noon. Contact Jeff Polzin at 715-896-5534

Aug. 29 - Harvest of the Month Featuring Peppers 11:30am - 12:30pm. Taste tests at BRMH Café.



Stuffed Peppers

- 4 large bell peppers (any color)
- 1 lb lean (at least 80%) ground beef
- 2 tablespoons chopped onion
- 1 cup cooked rice
- 1 teaspoon salt
- 1 clove garlic, finely chopped
- 1 can (15 oz) tomato sauce
- ¾ cup shredded mozzarella cheese (3 oz)



Heat oven to 350°F. Cut thin slice from stem end of each bell pepper to remove top of pepper. Remove seeds and membranes; rinse peppers. If necessary, cut thin slice from bottom of each pepper so they stand up straight. In 4-quart Dutch oven, add enough water to cover peppers. Heat to boiling; add peppers. Cook about 2 minutes; drain. In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in rice, salt, garlic and 1 cup of the tomato sauce; cook until hot.

Stuff peppers with beef mixture. Stand peppers upright in ungreased 8-inch square glass baking dish. Pour remaining tomato sauce over peppers.

5 2 1 0 Every Day!

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



JACKSON COUNTY
**FARMERS
MARKET**

Thursdays 2:00-6:00pm
Saturdays 9:00 am - 1:00 pm
Next to BRF High School

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www.JacksonInAction.org