

Harvest of the Month



Harvest of the Month-AUGUST is:

Sweet Bell Peppers

A Few Facts About Peppers...

The bell pepper is a cultivar group of the species *Capicum 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. A 1/2 c. serving of raw pepper provides only 20 calories (mostly as carbohydrate and fiber). They are a good source vitamin C, beta-carotene, vitamin K, thiamine, folic acid, and vitamin B6.

Get our Free 5210 Newsletter: JacksonInAction.org

More Pepper Recipes  (over)



Next Month: **Tomato**



Pepper Power Medley

Serve this powerhouse of flavor, color and nutrition chilled with salad greens or as a warm side dish.

- 2 Tbsp. Olive oil
- 1 -2 Zucchini, sliced
- 4 large sweet red, yellow, orange or green peppers, sliced
- 2 cups red cabbage, sliced
- 4 tsp. apple cider vinegar (or other variety)
- Salt and pepper to taste

1 Tbsp. chopped fresh basil or Thyme leaves

Optional- For a spicy kick, add 2 teaspoons Thai curry paste- green or red

Directions:

In a large skillet heat the oil until hot. Add the zucchini, peppers and carrot. Cook over medium heat, stirring for about 5 minutes. Add the cabbage, vinegar and salt and pepper. If desired, add the Thai curry paste. Continue to cook for about 5 minutes longer or until the vegetables are tender crisp.

Make s4-6 servings. Nutr. Info: Approx. Approx. 60 Calories,

Fresh Pepper Salsa

- 1 Red bell pepper
- 1 Yellow bell pepper
- 1 orange bell pepper
- ¼ cup onion
- 1 Cucumber
- 1 tsp. fresh garlic
- 3 Tbsp. olive oil
- ¼ Cup lemon juice
- 1 tsp. sea salt
- Optional: Fresh herbs, minced (cilantro or parsley)

Finely chop all vegetables and mix in a bowl.

Stir in lemon juice, olive oil and seasonings. Chill. Makes four, one cup servings.

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. More info at www.JacksonInAction.org

Wellness Events in August

August 1 - Mental Health First Aid Course - Oak Room, Black River Memorial Hospital. Free (Lunch included). Register in advance by contacting Michaela 715-284-3626 Healthworks@brmh.net.

August 6 - Kids in Motion 5:30 PM – 6:30 PM. Lunda Community Center. Call for fees/registration.

August 6 - 5 p.m. - 7 p.m. Greater Black River Falls Area National Night Out - Old Fashioned Carnival Event Sponsored by the Black River Falls Police Dept and the Ho-Chunk Nation Motor Vehicle Injury Prevention Program. Lunda Community Park.

August 13 - 6 p.m. Financial Wellness Series. BRF Public Library.

August 14 - 10:30am-11:30am Diabetes Education / Support Group. "Feet First" with Bill Larkin, PT, DPT, Physical Therapist at BRMH. Black River Memorial Hospital - Oak Room.

August 15 - 5:30pm – 7 p.m. Living Fiercely with Cancer Support Group. Lunda Community Center (Hub). Facilitators Kathleen Clemons, Kaye Henrickson

August 17 - Move with a Doc, 9am, Meet at the Jackson County Farmers Market.

August 18 - Heart2Heart Memorial Walk. 3-8p.m. Lunda Community Park. Funds benefit Humane Society.

August 22 Harvest of the Month LIVE on WEAU-TV 13 at 4 p.m. with Ruth Chipps, RD

August 28 – Harvest of the Month "Peppers" at BRMH Café. 11:30a.m. – 12:30p.m.

August 29 - Jackson in Action Hunter and Hiker Fitness program starts. See JacksonInAction.org

B-WELLthy recipes videos:

www.brmh.net/recipes

More info. on healthy living at

www.JacksonInAction.org

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
½ c. Chopped green or red bell pepper
1 1/2 Tbsp. wine vinegar (or other variety)

1 1/2 Cloves garlic (1 ½ t.)
1/2 tsp. salt (optional)
1 Tbsp. green olives (optional)
½ t. fresh or 1/8 t. dried oregano leaves
½ 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 ¼ 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, 1 g Protein

Featured on Tuesdays in Aug. at Black River Memorial Hospital



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

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. More Harvest of the Month Recipes at JacksonInAction.org.

www.JacksonInAction.org