

Harvest of the Month

September

Harvest of the Month is:

Tomatoes



Nutrition Info

One tomato contains 25 calories, 20 mg of sodium and 5 g of carbohydrates.

Tomatoes are high in vitamin A, vitamin C and potassium.

Fun Facts

Tomatoes are the fruit of a tomato plant. Spain holds 'La Tomatina' an annual festival that has a tomato fight!

Uses

Tomato can be made into soup, salsa, pasta or pizza sauce.

Produce Tips

Select tomatoes that are deeply colored and firm with a little give.

For grape tomatoes check for wrinkles.

Store tomatoes for one week at room temp.

Do not refrigerate—it destroys the flavor.

To freeze. Core tomatoes, place on a cookie sheet, and freeze. When solid, place in zipper freezer bag and replace in freezer. Thawed tomatoes are appropriate only for cooking or purees.

Tomatoes can be sautéed, baked, broiled, grilled and eaten raw!

Local Tomatoes: The Tomato Patch, Melrose Wis. Featured at BRMH Café

www.JacksonInAction.org

More tomato recipes on back →

Next Month: Apples



FRESH TOMATO LIME SALSA

Six Servings:

Ingredients:

1 1/2 cups (about 3-5) plum/Roma tomatoes or other local variety such as "Melrose Tomatoes"

4 Tbsp. red or white onion, diced

2 Tbsp. cilantro, chopped

1 jalapeno pepper, seeded and minced, fine

2 Tbsp. lime juice

1 Tbsp. olive oil

Optional pinch of salt and additional hot sauce if desired

Method:

Cut tomatoes in half and squeeze to remove seeds. Discard seeds and dice the tomatoes. Gently mix all ingredients in a bowl. Delicious with scrambled eggs.

Makes approx. 6 servings (1/2 c. ea.).

Per Serving Nutr. Info: 35 cal. , 2.5g Fat, 3g Carb, 0g Protein

5210 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.

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.



Wellness Events in September

Sept. 11 Diabetes Education Support Group. "Bean-a-licious" with Ruth Lahmayer Chippis, RDN. 10:30 – 11:30am Oak Room at Black River Memorial Hospital.

Sept. 12 Harvest of the Month LIVE on WEAU-TV 13 at 4 p.m. with Ruth Chippis

Sept. 14 Whitewater Kayaking. The Hatfield dam will have a water release. For more information, contact Jeff by calling 715-896-5534.

Sept. 18 Harvest of the Month at BRMH Café "Tomatoes" 11:30am – 12:30pm

Sept. 19 5:30pm – 7 p.m. Living Fiercely with Cancer Support Group. Lunda Community Center (Hub). Facilitators Kathleen Clemons, Kaye Henrickson

Sept. 21 9-10am Move with a Doc. Meet at Jackson County Farmers Market.



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

BRUSCHETTA SALAD



3 cups chopped roma tomatoes
1/2 chopped red onion
1/4 cup fresh chopped basil
1/2 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons balsamic or red wine vinegar
1 Tablespoon olive oil
2 cups croutons

1. Combine the tomatoes, onion, basil, salt, black pepper, vinegar and oil in a bowl.

FRESH TOMATO & CORN SALSA



2 medium tomatoes, chopped
4 oz. can green chilies, chopped or fresh jalapeno (2 Tbsp.)
1 cup corn
1/2 cup onion, chopped
1/2 tsp. chili powder
1/2 tsp. sugar or stevia
1/4 tsp. oregano
1/8 tsp. cayenne pepper
1/4 tsp. salt
3 Tbsp. fresh cilantro, chopped

1. Combine all ingredients except cilantro in a microwave safe container. Cover loosely.
2. Microwave on high for 5 minutes or till boiling.
3. Let cool to room temperature; add cilantro.
Refrigerate at least 4 hours before serving. Makes

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