

# Harvest of the Month

April



Edamame

## What is Edamame?

\*Edamame beans are whole, immature soybeans, sometimes referred to as vegetable-type soybeans.

\*They are green and differ in color from regular soybeans, which are typically light brown, tan or beige.

\*Edamame beans are often sold while still encased in their pods, which are not meant to be eaten. You can also buy shelled edamame, without the pods. In the US, most edamame is sold frozen.



Frozen Edamame in your local grocers freezer section

## Easy Edamame

This edamame recipe is so easy: there are really only two steps! But it's also a little elevated from the standard edamame.

We've added garlic and a little toasted sesame oil to bring things up a notch. Here's what to do:



**1.) Boil the frozen edamame 4 to 5 minutes.** Bring a large saucepan of water to a boil, then add the frozen edamame and boil 4 to 5 minutes.

**2.) Add garlic, toasted sesame oil, and salt.** Drain well, then mix it together with grated garlic and toasted sesame oil, and a pinch of salt.

Recipe adapted from:  
<https://www.acouplecooks.com/easy-edamame/>

## Edamame

- ✓ Cholesterol-Free
- ✓ High-Fiber
- ✓ Low in Saturated Fat

A legume that contains omega-3 and omega-6 fatty acids, edamame is also low in sugar



JACKSON COUNTY  
**FARMERS MARKET**  
WE Grow It

# OPENING DAY

## Thursday, June 3rd

Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Fit Families, 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, BRF Library and the community.

# JACKSON COUNTY FITNESS DAY



**MAY 22, 2021**

THE JACKSON COUNTY BOARD HAS PROCLAIMED MAY 22, 2021, AS JACKSON COUNTY FITNESS DAY, ENCOURAGING ALL CITIZENS OF JACKSON COUNTY TO BE ACTIVE AND JOIN THE MOVEMENT FOR A HAPPIER, HEALTHIER COUNTY.

## 5210 CAMPAIGN

5210 is an educational campaign adapted from Maine's Lets Go! 5210 program.

It is intended to help kids and families recognize healthy choices.

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

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

For more information on upcoming activities in Jackson County, please go to <https://www.jacksoninaction.org/>