

# Harvest of the Month

May



Lettuce

## Pick

- Choose lettuce that appears fresh and crisp with no wilting or brown spots.

## Store

- Store in a plastic bag in the refrigerator away from fruit and use within a week.
- Lettuce should be rinsed very thoroughly under cold water immediately before using.
- Dry clean leaves with a paper towel or salad spinner.

## Prepare

- When preparing, tear the leaves into bite-size pieces as using a knife will cause the greens to turn brown.

## Lettuce Facts

- Lettuce can be found in red and green varieties-and the darker the lettuce the more nutritional it is.
- On average, Americans eat 30 pounds of lettuce a year!
- Thomas Jefferson had 19 varieties of lettuce growing in his garden at Monticello.
- Lettuce dates back nearly 6000 years when it was being eaten by ancient Egyptians.

## Honey Mustard Dressing

1/4 cup Dijon mustard, 1/4 cup honey, 1/4 cup cider vinegar, 1/4 cup olive oil

Combine all ingredients in a container with a tight fitting lid. Shake until all ingredients are combined. Store in the refrigerator for up to 1 week. Shake well each time before use. Use as a salad dressing or dipping sauce. Use also as a spread for sandwiches or marinade for fish or chicken. Use plain yogurt instead of oil for a creamier dressing. Serves 8.

## Salad in a Bag

1 cup leafy greens per person (spinach, romaine, kale)

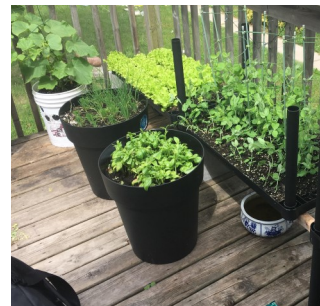
1/2 cup vegetables per person (broccoli, black beans, kidney beans, garbanzo beans, shredded carrot, peas, cabbage, cauliflower, celery, cucumbers, onions, tomatoes, zucchini, bell peppers, mushrooms)

1 to 2 tablespoons salad dressing per person

Use a one quart sized plastic storage bag for individual salads. Place 1 cup leafy greens in each bag. Add 1/2 cup of vegetables to bag. Add dressing. Zip bag shut and shake to distribute the dressing over all the ingredients. TIPS Use a one gallon sized plastic storage bag for a family sized salad. Add 1 cup leafy greens and 1/2 cup vegetables per person to the bag.

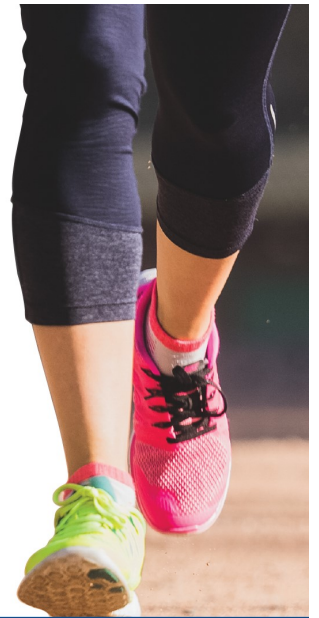
## Gardening with your Kids

Parents and caregivers know how challenging it can be to get kids to eat enough fruits and vegetables, and gardening may help. An expanding body of research shows that when kids help grow fruits and vegetables, they are more likely to eat more produce and try different kinds, too.



No yard? No problem! Try using large pots placed on the patio or porch to grow foods such as tomatoes, salad greens and even cucumbers. Most herbs can grow in small pots on indoor windowsills.

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.



**May 16 - May 31, 2020**

# 5K COLOR FUN RUN/WALK

***Our virtual race can be done by anyone, anywhere!***

Complete your 5K, have fun, and be sure to take lots of pictures!  
Don't forget to use your colored powder for your own backyard celebration!

***Share your photos with us!***

Post them on our Facebook event page, tag them with  
#paceandpedal2020, or email them to [jacobsond@brmh.net](mailto:jacobsond@brmh.net).

**\$10.00 - 13 years & up**

**Participation Packet Includes:**

Race bib, colored powder packet, custom Pace and Pedal socks, & **MORE!**

**\$5.00 - 12 years & younger**

(FREE for local youth with coupon code)

**Participation Packet Includes:**

Race bib, colored powder packet, youth medal, & **MORE!**

Visit [www.brmh.net/paceandpedal](http://www.brmh.net/paceandpedal) to register.

All proceeds to benefit  
**Jackson in Action** -  
a community coalition  
promoting healthy lifestyles  
in Jackson County.  
[www.JacksonInAction.org](http://www.JacksonInAction.org)



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