

Harvest *of the Month*



February: Almonds

Fun Facts About Almonds:

- Almonds need really hot weather and cool winters to grow
- They are 100% reliant on wild bees and honey bees for crop pollination — No bees, no almonds
- Almond growers rent bees for pollination and it's one of the most costly issues for growers
- The immature green almond can be preserved and pickled — some consider it a delicacy

Almond Nutrition:

- There are 98 published research papers to date (with 19 more in progress) on the health effects of almonds, in particular their effect on heart health, diabetes and weight management.
- Almonds are an **excellent source of vitamin E, magnesium and manganese, and a good source of fiber, copper, phosphorous and riboflavin.**
- A one-ounce serving has **13 grams of “good” unsaturated fats**, just 1 gram of saturated fat and is **always cholesterol free.**
- Almonds help to slow absorption of sugar and carbs.

More Almond
Recipes



ALMOND ENERGY BITES

Almond Energy Bites. Recipe makes 2 dozen / 1 oz. ea.
Yummy no bake energy bites are the perfect healthy snack!
PREP TIME: 10 MINS
COOK TIME: 0 MINS
TOTAL TIME: 10 MINS

INGREDIENTS:

1 cup (dry) oatmeal (old-fashioned oats) or OAT BRAN
2/3 cup toasted coconut flakes
1/2 cup almond butter or peanut butter (or 1/4 c each)
1/2 cup ground flax seed
1/2 cup semisweet chocolate chips
1/3 cup honey or agave nectar
2 Tbsp. finely chopped almonds
2 Tbsp. dried cherries or cranberries, finely chopped (optional)
1 tablespoon chia seeds (optional)
1 teaspoon Vanilla

DIRECTIONS:

Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour. Form into 20-24 round bites. (about 1 in. diameter). Approx. 150 Cal, 9g Fat, 13g Carb., 2g Fiber, 4g Protein

Get our Free 5210 Newsletter at
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See the recipe LIVE on WEAU-TV 13 (NBC)
Eau Claire, Thurs., Feb. 14 at 4 p.m. with
Ruth Chipp, MS, RDN, CD

RECIPE VIDEOS: www.JacksonInAction.org/recipes

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, BRF Library and the community.

February Wellness Events

Feb. 1 National Wear Red Day – to raise awareness for heart disease.

Feb. 2 Friends of the Black River Pool Kayak Event, 11am-2pm at BRF Middle School Pool. No equipment needed. All ages welcome. \$5/person or \$10/family.

Feb. 2 Candlelight Ski/Hike/Snowshoe Event - B.R. State Forest—Ski a 1.5-mile trail or snowshoe/hike a 1-mile trail lighted by candle luminaries. Bonfire to follow. Hot chocolate and hot dogs available for purchase. Meet at the Smrekar shelter on Cty Rd O east of Millston. 6-9 p.m.

Feb. 10 - Friends of the Black River Snowshoe/Hike; 12:30 start - Location TBA. Meet at BRF Chamber of Commerce at 12:00pm to follow others to starting point. 2-Mile Hike/ Family Friendly; Snowshoes not provided but can be arranged if call ahead. Contact Jeff Polzin at 715-896-5534 for more information.

Feb. 13 – 10:30am- 11:30am Diabetes Ed. Support Group “Plant Powered Eating” with Ruth Lahmayer Chipps. B-Home Conf. Room. 311 County Rd. A, BRF

Feb. 14 Harvest of the Month LIVE on WEAU-TV 13 at 4 p.m. with Ruth Chipps

Feb. 20 Harvest of the Month at BRMH Café “Almonds” 11:30am – 12:30pm

Feb. 21 5:30pm – 7 p.m. Living Fiercely with Cancer Support Group. Lunda Community Center (Hub). Facilitators Kathleen Clemons and Kaye Henrickson



5210 Every Day



ALMOND STIR FRY

INGREDIENTS:

3 Tablespoons olive or coconut oil
¼ cup almonds
6 strips of bacon
1 bag coleslaw mix
Seasonings as desired

PREPARATION:

1. In a frying pan cook the bacon to your preferred crispiness.
2. In a large wok or pan head olive or coconut oil on medium heat. Add any seasonings you wish to use along with the almonds.
3. Add bag of coleslaw mix, and stir to coat well in with the bacon fat. Stir-fry until the coleslaw is softened and slightly translucent, about 10 minutes.

Recipe adapted from: <http://therealfoodguide.com>



ALMOND FRUIT PIZZA

4 SERVINGS

This tasty mid-morning snack combines fresh fruit, almond butter and a beloved breakfast staple.

INGREDIENTS:

2 whole grain English muffins, toasted
2 tablespoons natural almond butter
1 kiwi, peeled and sliced into rounds
2 strawberries, thinly sliced
2 tablespoons slivered almonds

PREPARATION:

Spread each half of the English muffin generously with almond butter. On a separate plate, peel the kiwi and slice it into rounds. Then cut the strawberries into thin slices. Top the English muffin with the kiwis, strawberries and slivered almonds.

Per serving: approx.. 149 Calories, 7g Fat, 18g Carb., 4g fiber, 5g Protein Credit: Almond Board of California .

MORE at www.JacksonInAction.org