

# Harvest of the Month

## April: Avocados

### 8 Things You Didn't Know about Avocados



1. Scientifically named "Persea Americana," Avocados are fruits that can technically be considered berries.
2. Avocados originated in the highlands of Mexico and Central America. There is evidence that the indigenous people of the region have been using them for over 10,000 years.
3. Avocados are the Aztec symbol of love and fertility because they cannot self-pollinate and they grow in pairs on trees.
4. Avocados were once a luxury food item that only royalty had access to.
5. In Jamaica, the common name for avocados is "alligator pear" because of its texture and shape.
6. Brazilians eat avocados with ice cream for dessert.
7. Avocados can stay on the tree for as long as eighteen months and they will not ripen until removed from the branch.
8. Avocados make a great butter substitute in baked goods when used in the right quantities.

### **Avocado Nutrition**

- An avocado has more potassium than a banana. A 1-ounce serving contains 150 mg or 4% of the daily recommended value of potassium.
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**More Avocado Recipes**



## AVOCADO PEANUT CHOCOLATE TRUFFLES



Photo: Katie Schmidt

*Delicious morsels with healthful fats (avocado) versus heavy cream*

### **INGREDIENTS** (SERVES 18)

- 1 ripe avocado
- 5 oz. dark chocolate or semi-sweet chocolate chips
- 2 Tbsp. creamy peanut butter (or shredded coconut)
- 2 Tbsp. brown sugar
- ¼ t. vanilla extract
- ¼ t. salt
- 2½ Tbsp. unsweetened cocoa powder (separated)



**METHOD:** Cut avocado, remove pit and mash the flesh with a fork until completely smooth and lump free.

Add to melted chocolate (Melt slowly either the microwave or on the stove; careful not to burn). Stir in peanut butter, brown sugar, vanilla, salt and half of the cocoa powder. Refrigerate for 30-45 minutes. Scoop into rounds or form balls with your hands. Roll in the remaining 1 ¼ Tbsp of cocoa powder. DEVOUR! Variations: Substitute 2 Tbsp. fine minced almonds or other nuts for the peanut butter. The word "truffle" originates from the Latin word meaning lump. They resemble gourmet wild mushrooms (truffles).

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**See the recipe LIVE on WEAU-TV 13 (NBC)  
Eau Claire, Thurs., April 18 at 4 p.m. with  
Ruth Chippis, MS, RDN, CD**

**RECIPE VIDEOS:** [www.JacksonInAction.org/recipes](http://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.

## April Wellness Events

**Wed. April 10, 10:30am-11:30am** Diabetes Education Support Group "Feet-First," B-Home Conference Room, 311 Hwy. A, Black River Falls. Speaker: Dr. Beau Vesley, Podiatrist, Krohn Clinic. Learn methods for people with diabetes to keep feet safe and healthy

**Tues. April 16, 5:30pm** Advance Directives / Power of Attorney informational event at the Hub (Lunda Community Center)

**Thurs. April 18, 4p.m.** Newscast - WEAU-TV 13 (NBC). Harvest of the Month LIVE with BRMH Registered Dietitian Nutritionist Ruth Chippis cooking demo - Avocados

**Thurs. April 18, 5:30pm – 7 p.m.** Living Fiercely with Cancer Support Group. Lunda Community Center (Hub). Facilitators Kathleen Clemons and Kaye Henrickson

**Sat. April 20, 8 am -** Friends of the Black River Earth Day Cleanup. Meet at 8am, Location TBA.

**Wed. April 24, 11:30am – 12:30pm** Harvest of the Month "Avocados" recipe tasting at Black River Memorial hospital Café.



**5210 Every Day**



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### Avocado Toast

Ingredients:

1 slice of whole grain bread, toasted

½ avocado, mashed

1 egg

Cooking spray



Instructions:

Mash avocado in a small bowl.

Heat a small nonstick skillet over low heat; spray with cooking spray and gently crack the egg into it. Cook the egg until the whites are no longer clear and yolk is still soft.

Spread mashed avocado on the toast, top with egg.

### Chocolate Avocado Pudding

Ingredients:

3 large ripe avocados, halved and pitted

1 cup canned coconut milk

½ cup unsweetened cocoa powder

1 teaspoon vanilla extract

Sweetener equivalent to ½ cup sugar (Stevia is recommended)

½ teaspoon ground cinnamon

3 tablespoons shredded unsweetened coconut or ½ cup fresh berries (optional)



Directions: With a spoon, shell the avocado flesh into a blender. Add the coconut milk, cocoa, vanilla, sweetener, and cinnamon and blend until well mixed. Spoon into 4 individual serving bowls and chill in the refrigerator for 30 minutes. Top each serving with coconut or several fresh berries, if using. Makes 4 Servings. Recipe: Wheat Belly 10 Day Grain Detox by Dr. William Davis

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**Next Month: SPINACH!**

