

Harvest of the Month

March



Green Beans

Pick:

- Choose green beans that are deep in color and free of brown spots.
- A fresh bean will have a velvety touch and make a snapping noise when broken.

Store:

- Store unwashed green beans in a perforated bag and use within a few days.
- Blanched green beans can be frozen and used within twelve months.

Prepare:

- Before use, wash under running water. Remove the stem end by snapping them off, trimming with a kitchen scissors, or cutting with a knife.

Family Friendly Activities

Read the story *Jack and the Giant Beanstalk*

Plant beans from seedlings! Green bean are easy to grow, you can begin growing them indoors in small plastic cups, they also are a great container garden plant!

GREEN BEANS ALMONDINE

Serves 8 (½ cup per serving)

Ingredients:

- 6 cups fresh green beans
- 1 Tbsp. butter
- ½ cup sliced almonds
- 1 clove garlic
- 1 Tbsp. lemon pepper seasoning
- Salt and pepper to taste

Directions:

Wash beans and snap off ends. Place beans in a large skillet with 1/3 cup warm water and cook over medium heat until water has evaporated, about 5 minutes. Add garlic, butter and seasoning, mix well and sauté for 3 minutes. Stir in almonds and cook until

Nutrition Facts

Serving Size 1/2 cup (124g)	
Servings Per Container 8	
Amount Per Serving	
Calories 90	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 150mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 3g	
Vitamin A 8%	Vitamin C 15%
Calcium 8%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

MARCH IS NATIONAL NUTRITION MONTH®!

#NationalNutritionMonth

eat
right. Academy of Nutrition
and Dietetics



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.

Step Away FROM THE SCREEN!

Did you know research shows that when parents set media rules, children's media use is almost three hours lower per day! TVs are on for an average of 7 hours and 40 minutes per day! Let's shake up the routine!

Indoor alternatives to screen time:

- Clean your room.
- Cook dinner for the whole family.
- Pick up a new, unique hobby.
- Learn all the words to a song you like.
- Create a dance routine to your favorite song.
- Help with work around the house.
- Teach yourself a new language (or make one up!).
- Have a quality conversation with someone face-to-face.
- Read a book for pleasure.
- Volunteer at a local charity.
- Call a friend instead of texting them.

Outdoor alternatives to screen time:

- Organize a neighborhood scavenger hunt.
- Take a walk with your family.
- Ride your bike or skateboard to the nearest park (don't forget your protective gear!).
- Play catch with friends and/or family.
- Practice your favorite sport (or try a new one!).

Suggested rules to live by:

- 2 hours or less per day* of total screen time (includes TV, non-school related computer time, and video games).
- No TV during meal times.
- No TV during homework.
- No TV sets in any bedrooms.
- No eating while watching TV.
- No channel surfing – watch favorite shows only.
- Limit viewing to specific days/times.

*As recommended by the American Academy of Pediatrics

