

# Harvest of the Month

The Harvest of the Month feature is

## Grapefruit



### A little about Grapefruit...

- Grapefruit vary in color from white or yellow to pink and red.
- They can range from acidic and even bitter to sweet and sugary.
- Excellent source of Vitamin C. The juices, peels, and pulps all provide nutritional benefit.
- The grapefruit is a cross between an orange and a pomelo.
- They provide powerful antioxidant benefits, containing lycopene, beta carotene, and active plant compounds.
- It can provide health benefits for the skin, blood pressure, heart health, and disease prevention.
- Please talk with your MD if you are taking any medications prior to increasing the amount of grapefruit in your diet as it can interact with the medication.

### Produce Tips

- Store grapefruit in a cool dry place, away from sunlight.
- Choose grapefruits that have reached their peak ripeness. Grapefruit that are heavy for their size – indicate they are juicy.
- When gently squeezed, they should feel firm, yet springy.
- For maximum freshness, refrigerate grapefruit in a plastic bag for up to two weeks.

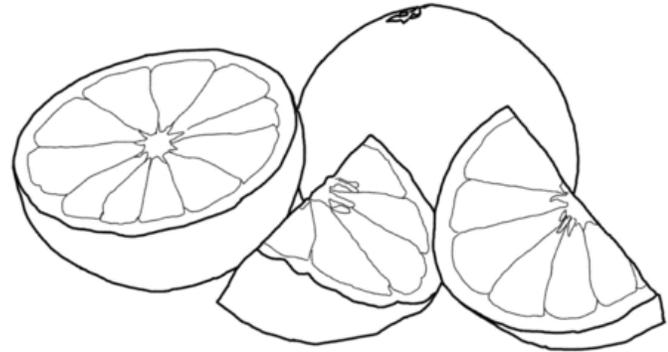
The Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Gordy's Market, local school districts, and the community. This resource is adapted from Let's Go! materials. [www.lets-go.org](http://www.lets-go.org)."

### Grapefruit Spinach Salad

4 1/2 cups fresh spinach, washed and drained  
5 oz. can water chestnuts, diced  
2 grapefruits, sectioned and diced  
1/4 cup olive oil  
1 tablespoon vinegar  
1 fluid ounce grapefruit juice  
Salt and Pepper to taste  
1 teaspoon Dijon mustard

1. Tear spinach coarsely and place in large salad bowl.
2. Add water chestnuts, and grapefruit.
3. Mix together oil, vinegar, grapefruit juice, mustard and salt and pepper.
4. Toss dressing with spinach mixture and serve.

## Color Grapefruit



Visit our Website: [www.jacksoninaction.org](http://www.jacksoninaction.org)

To sign up for

Next Month: Rutabaga



be Active!

## Upcoming Calendar of Events \*\*

### December

- Santa Fun Run/Walk

Black River Falls Chamber of Commerce

Date: December 2 - 8:00 am – 9:00 am

### January

- FAMILY SNOWSHOE DAY\*\*

\*\* Please visit our website: [www.jacksoninaction.org](http://www.jacksoninaction.org) for more information.



Save the date –  
May 19<sup>th</sup>, 2018

## FAMILY SNOWSHOE DAY

Saturday, January 13<sup>th</sup> at 9am

Check-in 8:30am

Lake Wazee Recreation Area

N6302 Brockway RD, Black River Falls

Perfect opportunity to snowshoe for the first time and enjoy the beautiful outdoors!



[www.JacksonInAction.org](http://www.JacksonInAction.org)

FREE Park Admission to Participants  
FREE Snowshoes to use. First come, First serve.  
FREE Hot Chocolate and Coffee

Three Route Options:  
Short (1 mi) / Medium (1.2 mi) / Long (2.3 mi)

No Pets Please!  
Questions? Contact 715-284-9851 ext 5308 or  
[jacksoninaction12@gmail.com](mailto:jacksoninaction12@gmail.com)



## Snowshoeing Benefits & Basics

Snoeshowing is an easy and inexpensive way to explore your area's untouched winter wilderness and get some great aerobic exercise while you're at it. You can snowshoe almost anywhere there is snow-cover and it's an accessible activity for all ages and fitness levels. Instead of zipping down a mountain or sledding hill, snowshoeing allows you to really explore your surroundings, engage with your kids about the plants and critters you see along the way, and still get your body moving.

Although snowshoes themselves can be a bigger investment, Moe's Hardware does have rental snowshoes – rates per person are 15.00/day or 25.00/two days—or even borrow!—while you try out the trails. Dress in layers—ideally not cotton, because if it gets wet it will no longer keep you warm—and wear your waterproof winter jacket and pants, with wool socks, gloves, a hat, and winter boots. Grab a bottle of water, an energy-filled snack like apples or trail mix, strap the snowshoes to your winter boots, and you're ready to take on the trails!

Adapted from [www.letsgo.org](http://www.letsgo.org).

The 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, Gordy's Market, local school districts, and the community. This resource is adapted from Let's Go! materials. [www.letsgo.org](http://www.letsgo.org)."

