

# Harvest of the Month

September



Plums

## Produce Tips

- Look for plums with solid color—red, purple, black, light green, or yellow.
- Choose firm plums that give slightly to gentle pressure.
- Ripen hard plums in a paper bag at room temperature for up to three days.
- Store ripe plums in the refrigerator for up to five days.

## Healthy Serving Ideas

- Pack whole ripe plums in lunches or enjoy as afternoon snacks.
- Add sliced plums to green salads.
- Make a stone fruit salad with peaches, plums, and apricots.
- Top lowfat yogurt with sliced plums and granola for breakfast or dessert.
- Blend fresh or frozen plums with low-fat milk and ice. Or, substitute milk with lowfat frozen yogurt.

## Savory Grilled Fruit

Makes 8 servings.  $\frac{1}{2}$  plum each.

Cook time: 8 minutes

### Ingredients:

4 plums, halved and pitted

Using covered barbeque grill, cook halved plums over medium, indirect heat for 4 minutes.

Turn over plums and cook for an additional 4 minutes.

Serve while hot.

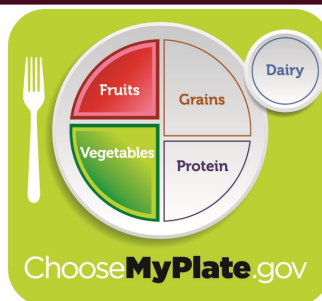
*Nutrition information per serving:* Calories 19, Carbohydrate 5 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*  
For more recipes, visit: [www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## How Much Do I Need?

- One medium-sized plum is about a  $\frac{1}{2}$  cup of fruit.
- One medium-sized plum is a good source of vitamin C, which helps your body heal cuts and wounds and maintain healthy gums.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level.



Make half your plate  
fruits and  
vegetables.



Thursdays from 2:00–6:00 pm

Saturdays- 9:00 am-1:00 pm

Diploma Drive

Near the Lunda Community Center—Black River Falls

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.

Join Jackson in Action for the

# Tour de Jackson County Virtual Challenge

September 13 - October 24, 2020

[WWW.JACKSONINACTION.ORG/VIRTUALCHALLENGE](http://WWW.JACKSONINACTION.ORG/VIRTUALCHALLENGE)

Choose from two options (or sign up for both!)

- 1) 60 Mile Virtual Run/Walk Challenge
- 2) 130 Mile Virtual Bike Challenge

Mileage can be completed anywhere,  
anytime. Track your mileage online to  
virtually travel around the Jackson County.

*FREE registration! Prize drawing for finishers!*

Questions? Email  
[jacksoninaction12@gmail.com](mailto:jacksoninaction12@gmail.com)

