

# Harvest of the Month



March



Avocado



## Pick:

- Choose avocados that are heavy for their size with no soft spots. Color is not an indication of ripeness.
- A ripe avocado should yield to slight pressure.

## Store:

- To ripen, place in a paper bag at room temperature for a day or two.
- Store ripe avocados in the refrigerator and use within a few days.

## Prepare:

- Avocados have a round, hard pit. Simply slice lengthwise around the pit & remove it. Use a spoon and peel away the flesh from the skin.

## Nutrition Info

½ cup cubed avocado has 120 calories and provides vitamins A, C & E, potassium and folate.

## Fun Facts

Avocados brown quickly, so cut just before using or sprinkle with lemon juice to preserve color. If making a guacamole or dip, leave the avocado pit in the dip to help preserve color.

The avocado is also called an Alligator Pear because of its pear-like shape and green textured skin.

## Uses

Avocado is the key ingredient in guacamole! Cubed avocados can also be added to salsa or other fresh dips.

Mash 1/3 avocado and spread it on your sandwich in place of mayonnaise. Sliced avocados can also be added to sandwiches, wraps and burritos.

## We Want to Hear From You!

Share your fruit and vegetable tidbits and tales and be entered into a drawing for a \$25 gift certificate to the People's Food Co-op! *Each month we'll ask a new question...and give you a new chance to win!*

## Here's This Month's Question:

NCAA March Madness is upon us again, which can make for even more "screen time" than usual (the average U.S. household has a television on for eight hours per day). Since snacking and viewing commonly go together, healthy munching options are definitely in order. So this month, we're putting out the call for quick, tasty, and healthy snacks to eat home (or away)—preferably those that feature fruits and/or vegetables.

## To Enter:

Answer this month's question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month's drawing, please send your response no later than March 31<sup>st</sup>, 2014 by e-mail to [HOMstories@lacrossecounty.org](mailto:HOMstories@lacrossecounty.org) or send us a facebook message at [www.facebook.com/GetActiveLaCrosseCounty](http://www.facebook.com/GetActiveLaCrosseCounty)

