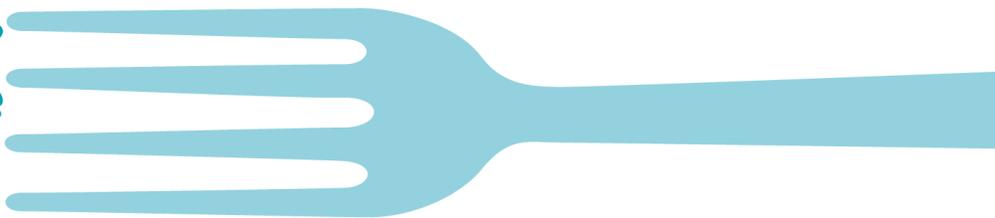


Harvest of the Month



February



Bananas



Pick:

- Choose bananas that are firm, but not too hard, bright in appearance, and free from bruises.

Store:

- Store bananas at room temperature, or to ripen the bananas faster, place in a brown paper bag.
- Ripe bananas that will not be consumed for a few days can be placed in the refrigerator. While their peel may darken, the flesh will not be affected.

Prepare:

- Freeze peeled bananas in a sealed plastic bag. Frozen bananas are great for smoothies.

Nutrition Info

One medium banana has 110 calories and provide potassium, fiber & vitamin C.

Fun Facts

Clusters of bananas grow pointing upwards, not downwards!

The banana plant grows 10 to 26 feet tall and belongs to the same family as the lily and the orchid.

Uses

Try a banana sandwich. Spread peanut butter on whole wheat bread and top with banana slices.

Bananas are a great addition to breakfast foods such as cereal, oatmeal and yogurt.

Frozen bananas are great for smoothies! Try a “green smoothie” with spinach, banana, vanilla soy milk and ice.

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! *Each month we'll ask a new question...and give you a new chance to win!*

Here's This Month's Question:

This month, we're looking for healthy tips for beating the winter doldrums. By February, some of us begin longing for spring, and we may turn to comfort foods high in fat and sugar to boost our moods. What La Crosse community resources help you and your family eat healthy and stay active in your quest to cure the “winter blahs”?

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 February 28th, 2014 by e-mail to HOMstories@lacrossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty

