April  Coconuts

Nutrition Info
½ cup of shredded coconut has 140 calories.

Coconuts provide fiber, magnesium and potassium.

Fun Facts
Once a coconut has fallen from the tree, it takes three years for it to take root and sprout into a new tree!

Coconuts are native to Malaysia but now grow in Hawaii, South America, India, and throughout the Pacific Islands.

Coconut palm trees have a 70 year lifespan, and can yield thousands of coconuts.

Uses
Add shredded or chopped coconut to any fruit salad or fruit and yogurt parfait. Choose unsweetened coconut when possible.

Shredded coconut is a great addition to hot breakfast cereals, pancakes, quick breads and other baked goods.

Family Friendly Activities
Research shows that kids are more likely to eat foods they have helped prepare them! Here are a few kid-friendly kitchen activities:

• Set-up. Kids can gather the necessary ingredients and cooking utensils used to prepare the recipe.
• Measuring. This can also be a math lesson; try doubling your recipe!
  • Washing. Fresh fruits and veggies need a good rinse.
  • Stirring. Hand out a spoon or whisk.
• Serving. Kids can help portion out each serving.
• Clean-up. Start this process as the meal is cooking so there is less to do after dinner.

Pick:
• Choose a coconut that feels heavy for its size, and shake it to be sure there is plenty of water inside. A fully mature coconut will be dark brown in color.

Store:
• Unopened coconuts can be stored at room temperate for several months!

Prepare:
• To drain the liquid in a coconut pierce two of the “eyes”. You can drink the liquid!
• Put the coconut in a plastic bag on a cement floor and use a hammer to crack open. Scrape off the flesh with a paring knife.

The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.
Baked Tropical Oatmeal
Serves 6 (1/6th pan per serving)

Ingredients:
1 cup old fashioned rolled oats
½ tsp. baking powder
⅓ tsp. ground cinnamon
⅓ cup shredded coconut, divided
Pinch of salt
¼ cup maple syrup
1 cup milk
1 large egg, lightly beaten
1 Tbsp. butter, melted
1 tsp. vanilla
3 ripe bananas, peeled and sliced (1/2 inch thick)
1 cup fresh or frozen blueberries, divided

Directions:
Preheat oven to 375 degrees. Lightly grease a 2-quart baking dish. In a medium bowl, combine the rolled oats, baking powder, cinnamon, half of the coconut and salt; stir with a fork to combine. In a liquid measuring cup, combine the maple syrup, milk, egg, butter, and vanilla. Spread the sliced bananas in a single layer over the bottom of the baking dish; top with half of the berries. Sprinkle the dry oat mixture over the fruit in an even layer. Pour the liquid ingredients evenly over the oats. Sprinkle the remaining coconut and berries over the top. Bake for 35-40 minutes, until the top is browned and the oats have set. Let cool 10 minutes before serving.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org

Nutrition Facts
Serving Size 1/6th of pan (169g)
Servings Per Container 6

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 240</th>
<th>Calories from Fat 80</th>
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<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
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</tr>
<tr>
<td>Total Fat 9g</td>
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</tr>
<tr>
<td>Saturated Fat 6g</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Cholesterol 35mg</td>
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<tr>
<td>Sodium 130mg</td>
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<tr>
<td>Total Carbohydrate 38g</td>
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<tr>
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<tr>
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<tr>
<td>Vitamin A 4%</td>
<td>Vitamin C 10%</td>
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<tr>
<td>Calcium 8%</td>
<td>Iron 6%</td>
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*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 per gram:
Fat 9  •  Carbohydrate 4  •  Protein 4