

Harvest of the Month



January



Limes



Pick:

- Choose firm limes that are glossy with smooth skin.
- For sweeter flavor choose darker green limes.

Store:

- Limes can be stored at room temperature for 1 week or in a plastic bag in the refrigerator for up to 2 weeks.
- Cut limes should be refrigerated and used within a few days.

Prepare:

- Before use, bring limes to room temperature as this will yield more juice.
- Roll the limes on a firm surface before juicing, cut in half and then juice.

Nutrition Info

One medium lime has 20 calories and provide vitamin C.

Fun Facts

Limes actually increase in weight after they are picked and begin to ripen!

Limes helped prevent scurvy, the once- dreaded disease found among sailors and soldiers caused by a deficiency of vitamin C, since they didn't have fresh fruits and vegetables on long voyages.

The peel of the lime is called "zest" and it is used in many dishes and beverages. Simply scrape the outer, colorful skin of citrus fruits.

Uses

Marinate chicken or beef in lime juice & lime zest.

Try fish seasoned with a squeeze of fresh lime juice – you can even bake the fish with lime slices over the top.

Squeeze a lime into your salsa for a citrus twist.

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:

You may have made one or more New Year's Resolutions for yourself, but have you ever thought about making a New Year's Resolution for your community? This month, we're inviting all La Crosse County residents to suggest New Year's Resolutions to improve the health of our community. All ideas welcome!

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 January 31st, 2014 by e-mail to HOMstories@lacrossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty

Sopa De Lima (Mexican Lime Soup)

Makes about 10 cups

Ingredients:

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|----------------------------------|-----------------------------------|
| 4½ cups chicken broth | 1 (4 oz.) can diced green chilies |
| 2 cups raw chicken breast, diced | 1 (14.5 oz) can diced tomatoes |
| ½ red onion, quartered | 1 cup canned black beans, rinsed |
| 1½ Tbsp. minced garlic | 3 limes, juiced |
| 1 tsp. Italian seasoning | ¼ lime |
| 1½ tsp. olive oil | ¼ cup chopped fresh cilantro |
| 2 green onions, chopped | salt and pepper, to taste |

Directions:

In a large stock pot over medium heat, bring broth, onion, garlic and Italian seasoning to boil: reduce heat, cover and simmer for 10 minutes. In a skillet over medium heat, sauté green onions, chilies and chicken in olive oil until onions are tender and chicken is done. Stir in tomatoes and beans; cook for 2 minutes. Pour bean mixture into broth mixture and bring back to a simmer. Add lime juice and the lime quarter; cook 10 minutes. Remove from heat and remove lime; stir in cilantro. Season with salt and pepper.

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

Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container

Amount Per Serving

Calories 120 Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 640mg 27%

Total Carbohydrate 7g 2%

Dietary Fiber 1g 4%

Sugars 2g

Protein 17g

Vitamin A 2% • Vitamin C 20%

Calcium 4% • Iron 2%

*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:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Color a Lime!

