November  Pomegranates

**Nutrition Info**
One cup of pomegranate seeds has 140 calories.

Pomegranates provide vitamins C & K, fiber, potassium, folate and copper.

**Fun Facts**
Ripe pomegranates will make a metallic sound when tapped!

Each pomegranate contains hundreds of edible seeds that are commonly called arils.

The pomegranate tree only bears fruit in a hot, dry climate.

**Uses**
Top your favorite salad with pomegranate seeds. Pomegranate seeds can also be used to make homemade salad dressing.

Pomegranate seeds are a great addition to rice and couscous dishes.

Sprinkle pomegranate seeds on top of oatmeal, pancakes, yogurt and waffles.

**Family Friendly Activities**
Encourage your child to assist with preparing the pomegranate by separating the pomegranate seeds from the membrane. Remember, pomegranate juice is likely to stain clothes!

Try a new recipe this week featuring pomegranates, such as pomegranate guacamole! (see reverse)

**Pick:**
- Pomegranates should be heavy in size and free of cracks.
- Pomegranates vary in color from medium to deep red.

**Store:**
- Whole pomegranates can be refrigerated for up to 2 months or stored in a cool, dry place for several weeks.

**Prepare:**
- To use, fill a large bowl with water, submerge the pomegranate and cut it in half.
- Use your fingers to separate the seeds from the membrane. Discard everything but the seeds.
- Seeds can be stored for about one week in an airtight container in the refrigerator.

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.
**Pomegranate Guacamole**

*Serves 10 (1/3 cup per serving)*

**Ingredients:**
- 4 medium ripe avocados, peeled, pitted & mashed
- 2 Tbsp. fresh lime juice
- 2 garlic cloves, minced
- 1 tsp. salt
- ½ medium red onion, chopped
- ¼ cup cilantro, chopped
- 1 jalapeno, seeded & chopped
- 1 medium pomegranate, seeded (about 1 cup of pomegranate arils)

**Directions:**

In a medium bowl, mash together the avocados, lime juice and garlic. Mix in salt, onion, cilantro and jalapeno. Gently stir in pomegranate arils. Cover and refrigerate at least 45 minutes to allow flavors to blend. Serve with chips or fresh veggies! Also makes a tasty topping for chicken or eggs!

For more information on Farm2School & Foot Steps to Health visit: [www.GetActiveLacrosse.org](http://www.GetActiveLacrosse.org)!