

Harvest of the Month



February



Rutabaga

Nutrition Info

One cup of cooked cubed rutabaga has 65 calories and provide potassium & vitamin C.

Fun Facts

The rutabaga was the original jack-o-lantern before the pumpkin! Groups of children in Ireland would carry hollowed out rutabagas with glowing coal to lead them through the dark.

Rutabagas are a cross between a cabbage and a turnip, but they look much more like a turnip!

Uses

Steam, boil, mash, sauté, bake, or roast rutabagas. Serve mashed rutabagas instead of mashed potatoes.

Boil cubed rutabagas until tender, then toss with raisins, chopped walnuts, and a little honey.

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



Pick:

- Choose rutabagas that are smooth, firm and heavy for their size.
- Smaller rutabagas tend to have a sweeter flavor.

Store:

- Store in a cold, dry place for up to four months or in the refrigerator for one month

Prepare:

- Rutabagas are often sold with a food-grade wax coating to prevent moisture loss. Wax-coated rutabagas should always be peeled before cooking.
- Rutabagas can be baked, steamed, boiled, roasted or microwaved.

Roasted Rutabaga Chowder

Serves 6 (1 cup per serving)

Ingredients:

- 1 cup diced peeled rutabaga
- 1 cup diced peeled carrots
- ½ tsp. salt & ground black pepper
- 1½ Tbsp. olive oil
- ½ yellow onion, diced
- 1 clove garlic, minced
- 1 (14.5 oz.) can diced tomatoes, drained
- 4 cups low-sodium chicken stock
- 1 cup diced potatoes
- ½ tsp. cumin

Directions:

Preheat oven to 350 degrees. Spray sheet pan with non-stick cooking spray. Toss rutabagas and carrots with salt, pepper and ½ tablespoon of olive oil; spread out on a sheet pan. Roast vegetables for 30 minutes, or until lightly browned. In stock pot, sauté onions, garlic and celery in 1 tablespoon of olive oil until vegetables soften; add diced tomato and chicken stock. Add potatoes, cumin and roasted vegetables and simmer till vegetables are tender. Carefully remove ½ of the vegetables and puree smooth, add back to soup and season to taste. Z

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

Nutrition Facts

Serving Size 1 cup (344g)
Servings Per Container 6

Amount Per Serving

Calories 100 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 430mg 18%

Total Carbohydrate 14g 5%

Dietary Fiber 3g 12%

Sugars 6g

Protein 3g

Vitamin A 80% • Vitamin C 45%

Calcium 4% • Iron 6%

*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
Rutabaga!

