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.

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**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.

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**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
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.

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

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.