

February's Harvest of the Month

BEETS

Vitamin B - Folate - Manganese



Store

Store in a plastic bag in the refrigerator for up to 2 weeks. If beets have green tops, remove and store separately in a plastic bag-cook greens within 1-2 days.



Use

In season in Wisconsin June-October, but available from storage November-April. Grate and eat raw in salads. Bake, grill, roast, stir fry, preserve, or even juice beets.



Pick

Look for smooth, hard, round beets that are free of cuts and bruises. When possible, choose fresh beets with green tops still attached. Avoid green tops that are wilted or brown.



Prepare

To roast, slice 1/2-inch thick. Drizzle with olive oil and seasonings. Spread on baking sheet and roast at 400°F for 30-40 minutes or until tender.

Beets, Beans, & Greens

Makes 6 servings

Ingredients

- 1/4 cup lemon juice (or vinegar)
- 1 garlic clove, finely chopped
- 2 teaspoons mustard
- salt and pepper (optional) (to taste, optional)
- 2 tablespoons vegetable oil
- 2 cups sliced cooked beets (can use canned or fresh)
- 1 head of lettuce (washed and torn into pieces)
- 2 cups cooked beans, rinsed (any kind)

Directions

1. To make dressing, combine lemon juice, garlic, mustard, oil, salt and pepper (optional) in a large bowl.
2. Place the sliced beets in a small bowl. Toss 1 Tablespoon of the dressing with the beets to coat.
3. Toss the greens and beans with the remaining dressing in the large bowl.
4. Place onto plates and top with beets.

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BANANAS

Dietary Fiber - Vitamin C - Potassium



Store

Store bananas at room temperature. Bananas can be stored in the refrigerator-the skin may darken but the inside will not be affected.



Use

Bananas are not grown in Wisconsin, but are available all year round. Slice banana and add to cereal, oatmeal, yogurt, or sandwiches. Can be frozen and added to smoothies.



Pick

Choose bananas that are firm, bright in appearance, and are slightly green on stem and tip. Avoid soft bananas or those with bruises.



Prepare

Peel and enjoy! To ripen the bananas faster, place in a brown paper bag. To freeze, remove peel and place in a plastic bag in the freezer.

Easiest Banana Ice Cream

Ingredients

- 2 1/2 bananas (can use 2-3 bananas)
- 3 tablespoons 1% milk
- chocolate syrup (optional)



Directions

1. When bananas have become very ripe, peel and slice them into medium size round pieces. Place on a plastic wrap covered baking sheet and put in freezer overnight.
2. Place frozen bananas in a food processor or blender with a small splash of milk (not over 1/4 cup total).
3. Pulse food processor or blender until bananas begin to break up. They will be tiny balls of bananas at this point.
4. Using a spoon or rubber spatula, scrape down the banana mixture. Continue running the food processor until the mixture is smooth and creamy. This may take a few minutes. The ice cream will look and tasted like soft serve ice cream when finished.
5. Serve in an ice cream cone or in a small bowl with a small ribbon of chocolate syrup on top (optional).