



## February

### Frozen Veggies

In the middle of winter, there are not many fresh vegetables in season from the U.S. That's why it's a great idea to keep some **frozen vegetables** in your freezer. Vegetables are frozen at their peak of freshness, so are a good nutritional value, as well as a good value for your pocketbook. They work well in soups and stews and spaghetti sauces and can be sautéed. Here is a recipe for Sautéed Green Beans:

<http://www.cookography.com/2007/speed-beans-sauteed-frozen-green-beans>

Here's an idea for an appetizer using frozen pizza crust and frozen veggies, *Vegetable Focaccia*

[http://www.fruitsandveggiesmorematters.org/?page\\_id=35&iRID=22](http://www.fruitsandveggiesmorematters.org/?page_id=35&iRID=22)

### Grapefruit

Citrus fruits grown in the U. S. are in season! Oranges are the most commonly eaten of these gems, but don't overlook grapefruit! **Grapefruit** is low in calories, only 60 in half of a medium fruit, vitamin A and nearly a day's worth of Vitamin C.

Note to those taking certain prescription medications such as calcium channel blockers and cholesterol-lowering drugs, read this information about potential grapefruit and grapefruit juice side effects from the Mayo Clinic: <http://www.mayoclinic.com/health/food-and-nutrition/AN00413>

Try *Cinnamon-Honey Grapefruit* for breakfast with some whole wheat cinnamon toast

<http://allrecipes.com/Recipe/Cinnamon-Honey-Grapefruit/Detail.aspx>

A savory-sweet and colorful salad featuring grapefruit, red onions, bleu cheese and salad greens

<http://allrecipes.com/Recipe/Cinnamon-Honey-Grapefruit/Detail.aspx>

## **CSA**

What is a CSA? CSA stands for Community Supported Agriculture. In this venture, people purchase shares in a planned garden. The farmer plants, tends, and harvests the crop, supported by this community of shareholders. Shareholders then receive a share of the crop each week throughout the growing season. CSA's are a great way to obtain locally grown produce. In North Dakota, CSA's are just getting up and running. You could consider starting to look now for a CSA for this growing season. Search for a CSA here at the Going Local North Dakota website resource. Going Local North Dakota is an initiative of the ND Department of Agriculture:

<http://www.agdepartment.com/Programs/LocalFoodsInfo.htm>

Learn more about how you can go "Loco for Local" (Adobe Acrobat Reader required):

<http://www.agdepartment.com/Programs/FoodsPowerpoints/HowToGoLocal.pdf>