it's national salad month
LETTUCE CELEBRATE

In the Market

Who loves a good salad? Fresh fruits, veggies, whole grains and lean proteins pair perfectly together with your choice of dressing. Stop by and grab yourself a fresh salad today and enjoy the benefits eating the rainbow of colors brings to your body.

What to eat to improve your mental health?

Steady blood sugar keeps your mood on track.
Limiting high sugar, low-fiber foods or pairing them with other nutrient-rich foods can help avoid spikes in blood sugar. Try getting foods in that provide omega-3 fatty acids such as fish, nuts and seeds are thought to help reduce inflammation. Let's not forget the gut, feeding it with probiotics (yogurt with active cultures, or fermented foods) and prebiotics (high fiber foods like oats, asparagus, apples) can help support and keep you feeling great.

MENTAL HEALTH AWARENESS MONTH

Brain Boosting Salad - Serves 4

½ cup Extra-Virgin Olive Oil
¼ cup Red Wine Vinegar
¼ cup Unsweetened Red Grape Juice
1 tablespoon Lemon Juice
3 teaspoons Honey (to taste)
½ teaspoon Salt
to taste Black Pepper (freshly ground)
10 cups Dark Leafy Salad Greens
3 cups Blueberries
1/2 cup Walnut Pieces (toasted or raw)

Combine oil, vinegar, grape juice, lemon juice, honey and salt in bowl and whisk to make dressing.
Assemble each salad with greens, berries, walnuts, and dressing drizzled over top. Add an extra boost with a piece of salmon!

DID YOU KNOW?

Mental health is a critical piece of total health and wellness. If we don't feel good emotionally, out physical health begins to deteriorate.

Ask for help, it's the bravest move you can help. No one should struggle with their emotional challenges alone.