

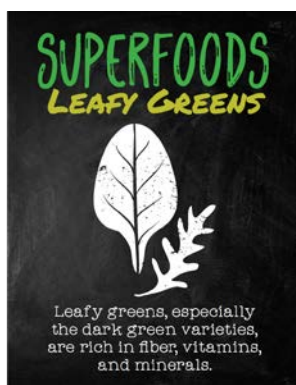
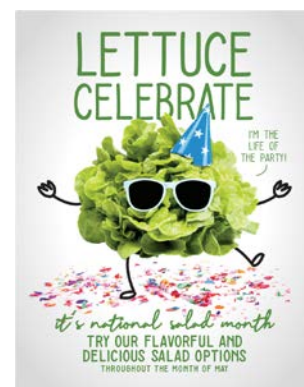


Food With Purpose Highlight: Low Food Waste

Increasing utilization of different ingredients is a practice we use in our kitchens and one that you can take home as well in order to reduce waste! An easy way to reduce waste is to incorporate more root to stem cooking into all of your meals. There are several vegetables that can be used entirely without waste like celery, beets, mustard greens, and cucumbers. For example, celery ends and leaves don't need to be tossed out! Instead use the ends to make a stock or broth and save the leaves to incorporate into a tasty pesto or gremolata.

This Month's Feature: National Salad Month

Happy National Salad Month! There are some easy steps you can remember to get the healthful benefits of a salad. First, lead with leafy greens. These superfoods are nutrient dense and low in calories, so no need to limit. Next, add colorful vegetables keeping in mind the more color, the more variety of vitamins and minerals. Then, pick up some protein. Select lean proteins like chicken or tuna or mix it up with some beans or legumes for an added fiber source. Lastly, drizzle with dressing. Too much dressing can add unwanted calories. Aim to use about 2 tablespoons and select dressings made with healthy fats like olive oil and avocado.



Superfood: Leafy Greens

Leafy greens, especially the dark green varieties, are rich in fiber, vitamins and minerals and tend to be very low in calories making them some of the most nutrient dense foods you can eat. They are very versatile since they can be consumed raw or cooked and can make a great addition to many dishes. Break out of your leafy greens comfort zone and try some different varieties this month like kale, mache, arugula, spinach, chard, turnip greens, watercress, dandelion, and mizuna.



Tip of the Month

Want to incorporate sustainable solutions and preserve your leafy greens? Cotton bags, reusable glass containers, and beeswax wrap are great options. To prepare greens for storage they are best kept in a loosely packed closed bag or sealed container. Make sure to wash your greens before you store them. Ensure they are 100% dry, as moisture will encourage wilting. If space allows you can place hardy greens with stems like kale upright in a cup of water to keep them ultra-fresh.