

Experience Wellness

with Eurest at SAP

EARTH MONTH IS HERE!

Every April we are reminded that there is a need to take care of our planet. With climate change and global warming becoming increasingly more of a concern, now more than ever it is time to all do our part!

When it comes to food, we can all make an impact. Purchasing produce and goods from local vendors whenever possible helps to cut back on carbon emissions. Going for a vegan, vegetarian, or even plant forward dish will also make an difference. Lastly, reducing the amount of food sent to landfills makes a big impact and can benefit other people.




Look for this 2024 Earth Month logo all month long as we highlight menu items that have a positive environmental impact. Earth Month is just the start and a reminder to keep these practices going all year long!


MARKETPLACE HIGHLIGHTS

ALL MONTH LONG

 Cookbook and gardening tool raffles

 Grounds for Your Garden at Brewtown

 Challenge to Reduce Food Waste **HERE**

 Earth Month features on Instagram

@sap_eurest_marketplace

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RECIPE SPOTLIGHT

BROCCOLI STEM SLAW

Servings: 7 | **Serving Size:** 1/2 cup | **Calories:** 110

So often broccoli stems are chopped off and thrown away, and that sitting food in the landfill produces carbon and methane which contribute to global warming. Yikes! Recipes like this slaw are a simple way to cut back on food waste!

INGREDIENTS:

¾ cup light mayonnaise
1 tsp whole grain mustard
1 tsp yellow mustard
1 tsp fresh lemon juice
2 tsp apple cider vinegar
2 Tbsp honey
½ tsp fresh basil, chopped
½ tsp fresh parsley, finely chopped
¼ tsp celery seed spice
½ tsp Kosher salt
¼ tsp ground black pepper
4 ¾ cup broccoli stems
1 cup carrots

*Include the fresh herb stems and scrub the carrots so there is no need to peel!

DIRECTIONS:

Whisk the mayo, mustard, lemon juice, vinegar, honey and spices together until creamy.

Shred broccoli stems and carrots.

Pour prepared dressing over shredded broccoli and carrots and toss well. Store in fridge at least 1 hour or overnight before serving to let flavors meld.



LET'S STAY CONNECTED



Follow us on Instagram for recipes, nutrition information, and more!

Newtown Square:

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Hudson Yards:

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