

SPRINGTIME SUPERFOODS

Intro to Spring Produce

Spring vegetables and fruits are colorful, delicious, and packed with healthy nutrients to refresh your mind and body during the season of change. We encourage you to try an array of Spring produce this season in your meals and snacks - hopefully, you'll try something new to add to your menu!

Spring Fruits and Veggies in North Carolina

Asparagus	Peas
Beets	Peanuts
Bokchoy	Radishes
Broccoli	Spinach
Cabbage	Snow Peas
Carrots	Sweet Potato
Collard Greens	Rhubarb
Garlic	Spinach
Herbs	Strawberries
Kale	Swiss Chard
Lettuce	Turnips
Mushroom	

Find more info about each season's produce at: availability chart 2016.cdr (ncagr.gov)

Benefits of Buying in Season

1. **Fruits and vegetables taste better** - naturally, ripened fruits and vegetables grown and picked in season are typically full of flavor and nutrients.
2. **More nutrition** - foods grown and consumed during their appropriate seasons are more nutritionally dense.
3. **Saves you money** - when a fruit or veggie is in season, it's abundant, and, not surprisingly, it's available at a lower price.
4. **Environmentally friendly** - foods have to travel long distances to get to us if imported, which impacts the environment due to fuel admissions, among other things.

Utilize Farmers Markets and Community Gardens

Grocery stores are just one place to find fruits and veggies. **Farmer's Markets** are a great place to find local, fresh, seasonal produce while supporting local growers and farmers.

In Wilmington, we have a **community garden** that employees are welcome to plant and pick from! If you are not local to Wilmington, we encourage you to find a community garden in your area!

Springtime Spotlights in Today's Recipes

- **Strawberries** are an excellent source of vitamin C and fiber. Delicious on their own, in a smoothie, yogurt, oatmeal, drinks or desserts!
- **Mint** is not a huge nutrient source, but it is a great flavor enhancer in desserts, drinks, pasta, or salads!
- **Peas** are a good source of fiber and protein! Also, it is a decent source of fat-soluble vitamins A and K.
- **Basil** enhances flavor in desserts, drinks, pasta, or salads!



DIY

Indoor Kitchen Herb Garden

2



Purchase soil and seeds. Soak seeds for 3-4 hours. Plant seeds 3 times deeper than width of seed. Water when soil becomes dry to the touch.



1



Choose a sunny location with good air flow. Select your pots.



Coffee tins and mugs make great pots. Drill holes for drainage and keep the pot in a shallow dish.

3



Harvest leaves when they're 4-6 inches from the base of the plant. Use scissors to snip small amounts at a time. You can move outdoors in warmer weather but be careful of too much sunlight and keep them well-watered.

Thyme

Chives

Mint

Sage

Basil

Flavor: lightly pungent, spicy & clove-like

Flavor: thin, hollow leaves with mild onion flavor

Flavor: Sweet, cool, refreshing

Flavor: deep, rich flavor with slight citrus note

Flavor: sweet and spicy with licorice notes

Use: great with meats or veggies to lighten profile of the fish

Use: tasty in any dish and a wonderful garnish

Use: Best known in desserts, but goes well with lamb and other savory dishes

Use: combines well with rosemary & thyme

Use: great to increase depth of flavor in sauces and dressings





PEA PESTO PASTA SALAD

**MAKES 12, 1/2 CUP
SERVINGS**

INGREDIENTS

- 1 1/2 cups fresh or frozen peas
- 2 cups lightly packed basil leaves
- 1 cup lightly packed mint leaves
- 1/3 cup unsalted walnuts, toasted
- 1/3 cup grated Parmesan cheese
- 3 cloves garlic, roughly chopped
- 1/2 cup olive oil
- 1-pound whole wheat penne or bowtie pasta
- 20 cherry tomatoes, halved
- 12 mini mozzarella balls, halved (optional)
- Salt and pepper

DIRECTIONS

1. In a blender, combine 1 cup of peas with the basil leaves, mint leaves, toasted walnuts, Parmesan cheese, garlic, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Blend for 15 seconds, then slowly stream in the olive oil with the blender running. Continue blending the pesto, scraping down the sides as needed, until it is puréed. Taste and season the pesto with additional salt and pepper as desired. Set the pesto aside.
2. Bring a large pot of water to a boil. Add the pasta and cook until it is al dente, about 10 minutes. Drain the pasta and transfer it to a large bowl.
3. While the pasta is still hot, add the prepared pesto and toss to combine, then stir in the remaining 1/2 cup of peas, cherry tomatoes, and mozzarella cheese (if using). Serve the pasta salad garnished with Parmesan cheese.

Nutrition Facts per 1/2 cup Serving (without cheese): 180 calories, 12 grams fat, 117 mg sodium, 15 grams carbohydrates, 4 grams fiber, 9 grams sugar, 0 grams added sugar, 5 grams protein



STRAWBERRY MOJITO MOCKTAIL

SERVES 8

NUTRITION FACTS PER SERVING

67 calories, 1 grams fat, 17 grams carbs, 13 grams sodium, 13 grams sugar, 2 grams fiber, 1 grams protein

INGREDIENTS

- 2 cups strawberries, fresh or frozen
- 8-10 mint leaves
- 1 lime, juiced
- 4 cups ginger ale or lemon-lime soda
(we are using Zevia)

DIRECTIONS

1. To a pitcher, add the strawberries and mint leaves.

Using a muddle or the back of a wooden spoon, muddle until the raspberries have released their juices and the mint leaves have wilted.

2. Add the lime juice.

3. Pour in the Sprite or 7-UP. Stir. Add ice if you'd like.

4. Pour in individual glasses to serve. Top with a sprig of fresh mint and a lime wedge.





MASSAGED KALE AND BERRY SALAD

SERVES 8

NUTRITION FACTS PER SERVING

150 calories, 7 grams fat, 1 gram saturated fat, 19 grams carbs, 78 grams sodium, 8 grams sugar, 6 grams fiber, 5 grams protein

INGREDIENTS

For the dressing:

- $\frac{1}{4}$ cup raspberry balsamic vinegar
- 1 tablespoon balsamic vinegar
- 2 tablespoons olive oil or toasted sesame oil
- 1 tablespoon maple syrup
- $\frac{1}{2}$ teaspoon Dijon mustard
- 1 teaspoon minced garlic
- Pinch of salt and pepper

For the salad:

- 8 cups fresh, raw kale
- $\frac{1}{4}$ cup unsalted sunflower seeds
- 1.5 cup sliced strawberries

DIRECTIONS

1. Combine all dressing ingredients in a sealable jar. Shake well until dressing is well combined.
2. “Massage” kale with your hands with 1 tbs olive oil for 2-3 minutes or until leaves are soft. Toss the dressing over the kale mixture. Gently add in the sunflower seeds and berries. Enjoy!

