

EAT WELL, AGE WELL. EAT YOUR GREENS

What vegetables are in season?

The early summer months come with the harvest of lots of delicious vegetables! The best way to find out what is in season is to take a trip to your local farmers market!

Visiting your local farmer's market is a great way to support farmers and stimulate your local economy. Not to mention trying out delicious new foods!

In the early summer months, you are likely to find an abundance of basil, brussels sprouts, cucumbers, and much more.

Check out UW Extension seasonal produce guide for more info
<https://snaped.fns.usda.gov/seasonal-produce-guide>

Easy Cucumber Salad:

Serves 1-2



Photo Courtesy of Pixabay.com

Ingredients:

- 1 cucumber thinly sliced
- ½ teaspoon salt
- ½ red onion thinly sliced
- ½ cup distilled white vinegar
- ¼ cup water
- ¼ cup granulated sugar
- 1 tablespoon fresh dill minced

(If you want to make a larger batch, just double the recipe)

Directions

1. Season cucumbers with salt in a large bowl and let sweat 1 hour. Drain liquids and toss cucumbers with onion slices.
2. In a small saucepan over high heat, pour in white vinegar and water and stir in sugar until dissolved and liquid turns clear, 3 to 5 minutes.
3. Pour over cucumbers and onions. Stir in dill. Cover with plastic wrap and refrigerate 1 hour. Serve cold or at room temperature.

This recipe is an and delicious way to get more greens into your diet using ingredients you can find at your local farmers market! Cucumbers are rich in vitamins K, B, and C.

Recipe adapted from: Stayathomechef.com

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What can leafy greens provide for you?

There is a wide variety of greens when it comes to taste and texture. Some that are commonly known include kale, spinach, cabbage, romaine lettuce, arugula, turnip greens and many more.

They are all packed with vitamins and minerals that are important for an overall healthy diet. Many of these are rich in vitamins A, C, E, K, and multiple B-vitamins. Some benefits of including these in your diet are lowering the risk of some cancers and preventing against osteoporosis.

These can all be enjoyed in a variety of ways such as adding it to salads, wraps, omelets, making a stir-fry or just steaming them with seasonings.

Super Green Omelet:

Serves 1-2



Photo Courtesy of Pixabay.com

Ingredients:

- 2 eggs
- 1 cup torn baby spinach.
- 1 ½ Tbsp. parmesan cheese
- ¼ tsp. onion powder
- 1/8 tsp ground nutmeg
- Dash of salt
- Dash of pepper

Directions

1. In a bowl, beat the eggs, and stir in the baby spinach and parmesan cheese. Season with onion powder, nutmeg, salt, and pepper.
2. In skillet, coat with cooking spray over medium heat, cook the egg mixture for about 3 minutes. Flip with spatula and continue cooking for 2-3 minutes. Reduce heat and continue cooking to desired doneness.

This recipe can be made under 15 minutes and is a great way to add leafy greens to your diet. It requires minimum ingredients that can be modified to your liking while still providing many nutrients.

Recipe adapted from: HollyJune

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How to Clean & Store Kale

- Refrigerate kale in an open or perforated plastic bag for 3-5 days. Flavor becomes stronger and more bitter as kale is stored.
- Wash kale just before using. Storing it wet can speed spoilage.
 - Fill a large bowl with cool water and swish loose leaves around.
 - Let the leaves sit in the water to allow the dirt to settle.
 - Lift the leaves from the water. Drain and rinse bowl. Repeat these steps until there is no grit on the bottom of the bowl.
 - Pat leaves dry if needed.

Kale Summer Dip

Serves 2-6



Photo courtesy of pixabay.com

Ingredients:

- 1 ½ teaspoons vegetable oil
- 3 cups thinly sliced or chopped kale
- 1 clove garlic, minced or 1/4 tsp garlic powder
- ⅛ teaspoon salt
- 1 cup low-fat cottage cheese
- ½ teaspoon red pepper flakes or 1/4 teaspoon cayenne pepper (or dill or other herbs)
- 1 Tablespoon lemon juice
- Fresh veggies of your choice

Directions

1. Heat oil in a large skillet over medium heat. Add kale, garlic and salt. Stir and cook until the kale is tender, about 3 to 4 minutes. Turn off the heat and let the kale cool.
2. Transfer kale to a blender. Add cottage cheese and puree until smooth.
3. Season with red pepper flakes and lemon juice. Serve right away or chill before serving.

Notes: If you don't have a blender no worries. Finely chop kale and garlic before cooking. Then mash with a fork. Try adding different herbs to change the flavor. Keeps in the refrigerator for up to 3 days. Serve with fresh veggies for a refreshing, healthy snack.

Recipe adapted from foodhero.org

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Green Eating Facts

The vitamin K contents of dark green leafy vegetables provide several health benefits including protecting bones from osteoporosis and helping to prevent against inflammatory diseases. Vitamin K also plays a role in blood clotting.

Because of their high content of antioxidants, green leafy vegetables may be one of the best cancer-preventing foods. These same antioxidants have also been proven to decrease the risk of heart disease.

Kale Slaw Spring Salad



Photo courtesy of pixabay.com

Ingredients

- 3 cups chopped fresh kale
- 2 cups torn romaine
- 1 package coleslaw mix
- ½ cup broccoli, chopped
- ¼ cup red cabbage, shredded
- ½ cup crumbled feta cheese
- ¼ cup sesame seeds, toasted
- ¼ cup extra virgin olive oil
- 1 Tbsp. sesame oil
- 1 Tbsp. honey
- 1 Tbsp. cider vinegar
- 1Tbsp. lemon juice
- Sliced fresh strawberries

Directions

1. Combine kale and romaine. Add coleslaw mix, fennel, broccoli and red cabbage, sprinkle with feta cheese and sesame seeds. Toss to combine.
2. Stir together olive oil and sesame oil. Whisk in honey, vinegar, and lemon juice. Add pureed strawberries. Whisk until combined.
3. Dress salad just before serving; top with sliced strawberries.

This recipe is a simple and versatile way to make eating your greens more fun. This salad recipe is a great way to bring more whole foods into your diet. The opportunities are endless!

Recipe adapted from: oneingredientchef.com

Time: 20 minutes

For more recipes check out the Eat Well, Age Well Cookbook at <https://gwaar.org/eat-well-age-well>