



Photo Courtesy of Pixabay.com

## EAT WELL, AGE WELL.

### Eat Your Greens. Using Early Summer Vegetables.

- Add tomatoes to any fresh salad for a more vibrant look and taste.
- Pack bell peppers for a nice, easy snack on the go.
- Pair leaf lettuce with any of your favorite summer meals.
- Try roasting or grilling asparagus and adding to any of your favorite summer meals.
- Add radishes to a fresh garden salad.
- Add mushrooms to any garden salad or entrée
- Enjoy rhubarb and strawberries in a variety of ways.

Find delicious and healthy seasonal recipes from UW Extension at this link

<https://snaped.fns.usda.gov/nutrition-education/snap-ed-recipes>

## WEEKLY CHALLENGES

TRY ONE NEW RECIPE USING EARLY HARVESTED VEGETABLES

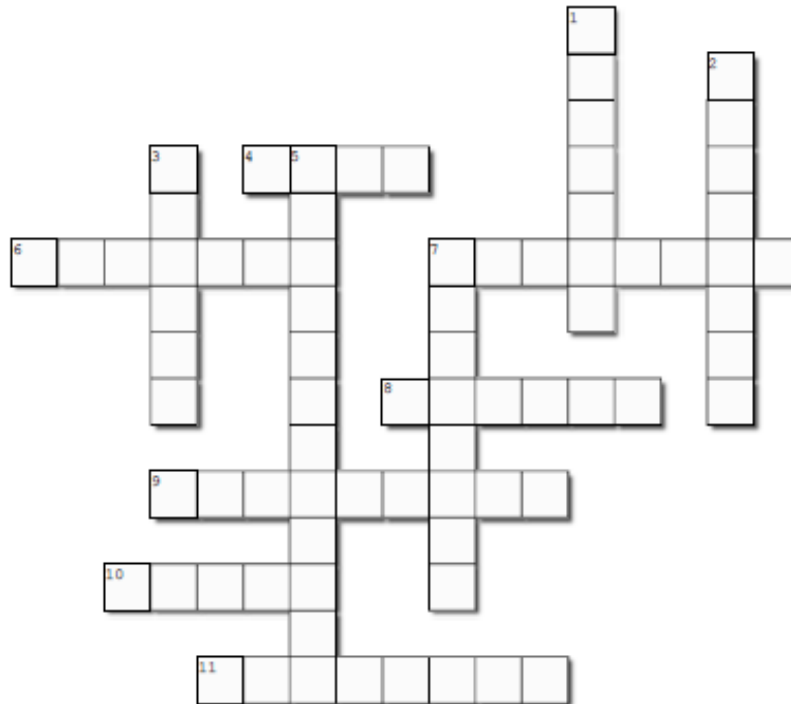
TRY A DIFFERENT WAY TO COOK VEGETABLES

EXPLORE NEW VEGETABLES

PLANT A GREEN HERB LIKE BASIL, THYME, CILANTRO, etc.

## June- Eat Those Greens!

Complete the crossword puzzle below. Good luck and have fun!



Created using the Crossword Maker on TheTeachersCorner.net

### Across

4. Either \_\_\_\_\_ or eat your vegetables raw, both are great!
6. Incorporating greens and bright vegetable in your food makes your food look more \_\_\_\_\_.
7. Another benefit of vitamin K is blood \_\_\_\_\_, important for people with thin blood.
8. Necessary for DNA duplication and repair which protects against cancer, green vegetables contain the \_\_\_\_\_ you need.
9. In addition to vitamins green vegetables can be very \_\_\_\_\_, especially important in the warm summer months.
10. Even if you don't have a garden, you can still plant \_\_\_\_\_. Not only will you have a green thumb you'll have a green seasoning.
11. Green vegetables can also be used for cooking \_\_\_\_\_. For example, zucchini bread makes for a great treat.

### Down

1. Local farmers \_\_\_\_\_ are a great place to purchase fresh vegetables.
2. As suggested, it is a great idea to keep a food \_\_\_\_\_ to help keep track of how many greens you ate this month.
3. If you love to \_\_\_\_\_ try planting some vegetables instead of flowers.
5. Vitamin K, most common in green vegetables \_\_\_\_\_ and inflammatory disease.
7. As a super food, leafy vegetables are high in minerals and vitamins while low on \_\_\_\_\_.