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Did you Know...

Not only the leaves, but the flowers of arugula are edible.

Unlike many veggies, cooking kale doesn't decrease any of its nutritional value.

EAT WELL, AGE WELL. June – Arugula and Kale

June is Alzheimer's and brain awareness month! Arugula is a leafy green plant that is packed with vitamins, minerals, as well as antioxidants, molecules that fight free radicals in the body. Specifically, arugula is an excellent source of omega-3 fatty acids, as well as vitamins A and C, which may protect the brain from degenerative diseases such as Alzheimer's.

- **Storage:** Wrap the stems of bunched arugula with damp paper towels. Store both leaves and bunches in a plastic bag in the refrigerator for up to 2 days.
- **Preparation:** Carefully handle arugula to avoid bruising. It is crucial to wash the leaves thoroughly in cold water to remove any trapped soil or grit, and then dry them completely with a kitchen towel.

Kale comes in a variety of colors, flavors, and textures: redbor is characterized by its deep purple, curly leaves; red Russian has blue-green and purple leaves with a semi-sweet taste; and Siberian has large green leaves. It also contains a variety of nutrients including fiber, and folate, as well as vitamins K, C, and A.

- **Storage:** Kale can be stored for 5-7 days raw; cooked for 5 days; and frozen for 8 months.
- **Preparation:** Remove the stem from the center of the kale leaf. Chop or tear the kale into pieces. Larger pieces can be used for soups and stews, while smaller pieces are great for salads and pasta. Wash the kale thoroughly and massage it to make it more tender.

Green Goddess Dressing

Ingredients

- 1 cup Greek yogurt
- 1 cup parsley
- 1 cup mixed leafy herbs, dill, mint, and/or cilantro
- 2 tbsp chopped chives
- 2 tbsp lemon juice, plus ½ tsp zest
- 1 tbsp extra-virgin olive oil
- 2 tsp capers
- 1 garlic clove
- ¼ tsp salt
- Pepper to taste



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Instructions

1. In a food processor, combine all ingredients. Pulse until well mixed. Season to taste.
2. Serve as a dip or toss with salad greens such as kale and arugula.
3. Store in an airtight container in the fridge for up to 5 days.

Notes

- Makes just over 1 cup of dressing.
- *To make this vegan:
 - Use 1 cup raw cashews and ½ cup water instead of yogurt.
 - Blend all ingredients, except herbs, in a blender until creamy.
 - Add herbs and pulse to combine.
 - Add water to make the dressing less thick.
- Recipe adapted from <https://www.loveandlemons.com/green-goddess-dressing/#wprm-recipe-container-48918>

Check out more Recipes at: <https://foodhero.org/healthy-recipes-search>

Word Scramble:

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|-----------------------|------------------------|
| 1. BRIFE _____ | 4. UULRGAA _____ |
| 2. AOSIZNDITANT _____ | 5. ERASBINI LAEK _____ |
| 3. SWOFELR _____ | 6. DREIGNESS _____ |

Answers: 1. FIBER 2. ANTIOXIDANT 3. FLOWERS 4. ARUGULA 5. SIBERIAN KALE 6. DRESSING