



# Market Basket

## Basket

of the month

The **Market Basket of the Month** featured vegetable is

## SALAD GREENS



### Produce Tips

- Dark green leaves have more vitamins.
- Choose lettuce heads that are firm.
- To store heads or bunches of lettuce, place in the refrigerator in a plastic bag with holes.
- Bok choy, kale and spinach have a slightly bitter taste when eaten raw. Try their "baby" versions for a soft leaf with a mild taste.
- Choose arugula to add a peppery taste to your meal.

### Just the Facts

- Leafy greens come in all different types, including spinach, kale, cabbage, beet greens, endive, and many more varieties.
- Most of the lettuce grown in the United States is iceberg lettuce.
- The average American eats about 30 lbs. of lettuce every year.
- Microgreens are immature versions of the leafy greens we know. Some studies show they contain more nutrients compared to their full-grown version.

## May

### Simple Green Smoothie

Makes 2 servings.

#### Ingredients:

- 1 C. kale or spinach, rinsed
- 1 medium banana
- 1 C. low fat milk or non-dairy alternative
- 1 C. plain yogurt
- 1 medium apple, cored and chopped
- 1 C. frozen fruit (can be all one type of fruit or mixed frozen fruit)

Optional: 1 T. flax seeds or chia seeds

1. Blend kale or spinach and milk in a blender.
2. Add remaining ingredients one at a time, blending after each item.
3. Serve cold and enjoy!

Drink within 24 hours of making.

Source: USDA- What's Cooking?

### Simple Serving Tips

- Mix small, tender leafy greens like spinach, arugula, and romaine lettuce with tomatoes, carrots, cucumbers, and peppers for a simple salad.
- Make kale chips by rinsing kale and cutting it into 1 ½ in. pieces. Drizzle with olive oil and salt. Toss to coat. Bake for about 20 min. at 275 degrees F., flipping half way, or until leaves are crisp.
- For seafood-spiced kale chips, try sprinkling seafood seasoning (such as Old Bay) and 1/8 tsp. cayenne pepper in place of salt

### Nutrition Facts

**Serving Size:** 2 cups, green leaf (72g)

Amount per Serving

**Calories 10** Calories from Fat 0

% Daily Value

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 20mg 1%

**Total Carbohydrate** 2g 1%

Dietary Fiber 1g 4%

Sugars 0g

**Protein** 1g

**Vitamin A** 106% **Calcium** 2%

**Vitamin C** 22% **Iron** 4%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

### Let's Move!

Try these fun family fitness ideas this summer:

- Find a local park or school and play a game of basketball.
- Go to a pool for a refreshing swim! Or set up a sprinkler in your backyard to run and jump through.
- Go on family adventures at local parks this summer. Check out the Get Outdoors programs in the area:  
Adams County: [www.goadams.org](http://www.goadams.org)  
Lancaster County: [www.goephrata.org](http://www.goephrata.org)  
Lebanon County: [www.golebcounty.org](http://www.golebcounty.org)  
York County: [www.goyork.org](http://www.goyork.org)

### Be sure to visit our Market Basket of the Month partners:

- Adams County Farmers' Market
- Brown's Orchards & Farm Market
- Central Market York
- Dillsburg Farmers' Market
- Flinchbaugh's Orchard & Farm Market
- Lebanon Farmers Market
- Leg Up Farmers Market
- Miller's Plant Farm
- Penn Market



Market Basket of the Month is a WellSpan Community Health & Wellness initiative. To view monthly newsletters, go to: [Wellspan.org/market](http://Wellspan.org/market)

