



May Newsletter

See below on
how to donate!

The Fresh Veggie Series



May's Harvest of the Weeks



Cilantro and Swiss Chard



Scallions



Beets



Parsley



Nutritional Spotlight: Meal Planning May

Meal planning can seem scary and difficult at first, but it really just means thinking a little more about the foods you are eating. This month, we've got some resources from a local dietitian and the team at Harrisonburg Redevelopment Housing Authority.

The information and worksheets will help you think a little bit more about what you're eating, and help you find a few ways to plan your next meals!

Being just a little more attentive to your eating by working through these resources could help you save money, make healthier choices, and take some stress off of meals.



Meal Planning 101



🍃 Check out the link below to get started with some simple food tracking and eating habits.

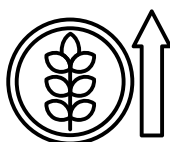
🍃 The activities are beginner friendly and don't take much time, so it's easy to get started!



HRHA Resources

Thank you to Victoria Hill from Harrisonburg Redevelopment Housing Authority (HRHA) for providing these materials for you or your organization to use!

Did You Know?



Studies have shown that people who meal plan have a higher overall diet quality.¹



1. Ducrot P, Méjean C, Aroumougame V, et al. Meal planning is associated with food variety, diet quality and body weight status in a large sample of French adults. Int J Behav Nutr Phys Act. 2017;14 (1):12. Published 2017 Feb 2. doi:10.1186/s12966-017-0461-7



HOW TO MAKE A VINAIGRETTE DRESSING

1

CHOOSE YOUR OIL

- Extra Virgin Olive Oil
- Avocado Oil
- Grapeseed Oil
- Canola Oil
- Walnut Oil
- Sunflower Oil



2

CHOOSE YOUR ACID

- Balsamic Vinegar
- Red Wine Vinegar
- White Wine Vinegar
- Lemon Juice
- Lime Juice



3

ADD FLAVOR BOOSTERS

- Honey, Maple Syrup
- Fresh or Dried Herbs
- Garlic
- Dijon Mustard
- Greek Yogurt
- Tahini
- Salt and Pepper



4

MIX IT UP & STORE IT

- Whisk in a Bowl
- Shake in a Mason Jar
- Store in a Non-Reacting Container (mason jar or glass dish with tight lid)



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This quick and easy Vinaigrette recipe can be used on almost anything, it can be fun to experiment!

Visit our web page for:

- **delicious recipes featuring local produce from environmentally friendly farms**
- **past newsletters**
- **library of cooking videos**
- **more nutritional information**

vinefigeducation.org



Vine & Fig News



Tuesday's Deliveries



Vine & Fig is excited to work with The Arc of Harrisonburg

**We are currently serving
820 individuals per week with fresh
fruits and vegetables.**



Food Pharmacy with Harrisonburg Healthy Community Health Center

Thank you to Radical Roots for growing the organic food!



Vine & Fig with Collaborating Organizations

Our Annual Zero Waste Brunch at Radical Roots Farm featured speakers on Food Pharmacy and Service-Enriched Housing



More photos to come in June's Newsletter!

Serie de verduras frescas

Programa de extensión educativa Vine & Fig

Albahaca



Fresh Veggie Series

Vine & Fig Educational Outreach Program

Basil



Follow us on Instagram, Facebook or Youtube to get ideas on how to use our Harvest of the Week Vegetables!
Link to our website vinefigeducaton.org/recipes and social media is at the top of this newsletter under Fresh Veggie Series!



WANT TO CONTRIBUTE TO YOUR COMMUNITY?

The best thing you can do is provide financial support:

- Fund **1/2 bag of veggies** for a family of four for a week: \$17.50
- Fund **one bag of veggies** for a family of four for a week: \$35
- Fund **5 families** with one bag of veggies for a week: \$175

Want to fund something bigger?

- Fund a **smaller organization** like Our Community Place that addresses homelessness for the season for \$4,220.
- Fund a **medium organization for a season** like Healthy Communities Health Center (HCHC) that provides food access to nutrient dense vegetables to help address pre-diabetes, hypertension, and heart disease for \$17,000.
- Fund a **larger organization** like the Boys & Girls Club that incorporates our Fresh Veggie Series programming into their weekly curriculum for a season for \$70,000. This changes people's lives!

Donate Today!

www.vinefigeducation.org



Community Benefits

When you donate to our educational program your investment ripples across the community:

- Long-term impact on children's nutrition
- Families receive access to broader community resources
- University students receive hands-on experience
- Farmers gain access to more markets

"Your kindness today shapes a better tomorrow."

