

# Fresh Veggie Series

Vine & Fig Educational Outreach Program



## This Week's Produce Items

### Radical Roots Farm:

Spinach, beets, garlic, lettuce mix, cherry tomatoes, tomatoes and peppers

### St. Isidore Homestead & Permaculture:

Head lettuce, eggplant, carrots and Radical Roots' Spinach



## Recipe of the Week: Banana & Spinach Smoothie

### Ingredients

- 1 cup of milk
- 1 large (frozen) banana
- Handful of spinach

Optional: more fruit (berries, mango, etc.); cocoa powder; cinnamon; vanilla extract; agave or maple syrup; rolled oats; chia seeds.

### Instructions

1. Add all the ingredients to a blender!

Enjoy!



[vinefigeducation.org/recipes](http://vinefigeducation.org/recipes)