

The Fresh Veggie Series

Vine & Fig Educational Outreach Program

This Week's Produce Items:

Spinach, Salad mix, Radish, Kale, Head lettuce, Herb

Recipe of the Week:

Spinach Smoothie

Ingredients:

- 1 ripe (frozen) banana
- 1 cup milk (of choice - dairy, oat, almond, etc.)
- Large handful of spinach

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

Instructions:

Add all ingredients to a blender; add a few ice cubes for a frosty texture



vinefigeducation.org/recipes



Radical Roots
COMMUNITY FARM