

Fresh Veggie Series

Vine & Fig Educational Outreach Program

Produce provided by Radical Roots Farm and
St. Isidore Homestead & Permaculture



vinefigeducation.org/recipes

This Week's Produce Items:

Spinach and Salad Mix



What is in your bag of salad mix?

- Arugula (Radical Roots & St. Isidore Homestead & Permaculture)
- Mizuna lettuce (Radical Roots) or Salanova (St. Isidore Homestead & Permaculture)
- Tender baby lettuce (Radical Roots)
or Microgreens (St. Isidore Homestead & Permaculture)

Spinach makes your bones stronger!

Spinach is packed with vitamin K, according to [research](#) vitamin K is related to bone health and the prevention of fractures.

Research also showed that lack of vitamin K is related to osteoporosis, a disease that makes bones weak.

Smoothies

Add spinach to your smoothies for an easy way to include veggies in your meals. Even people who don't like spinach can eat it this way!

Ingredients:

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

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

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

