Nutrition Connection

The latest news and events from the Kendall Anderson Nutrition Center at Colorado State University

How to Enjoy the Community
YOU Live in!

From Farmers’ Markets to races and bike trails, May provides plentiful opportunities to enjoy beautiful weather, outdoor activities, and the start of summer harvests. Many communities work hard to provide safe, clean, and beautiful bike and running trails, and to offer you the best of their local fare.

Whether you want to try out your first 5K or shoot for a personal record, there are many exercise events to challenge you. For produce, support your community gardens and local farms, explore ways to start your own garden, or share in the abundance of the locals at the Farmers’ Markets!

Hit the Ground Running!
Check out the following websites for upcoming events in your area:
- www.runningintheusa.com
- www.runnersworld.com
- www.runcolo.com

Reasons to run a race:
- You can run anywhere
- It is a fun social event
- Goal setting gives you motivation to work harder and train smarter
- You’ll make new friends
- Signing up for a race will keep you accountable for your exercise
- You will build stronger bones, boost energy, and improve your self esteem

No Bike? No Problem!
Many cities have sites where you can rent a bicycle or use bike share station for free! Park your car and enjoy the ease of biking through town.

Check out these websites to search for a bike rental near you:
- www.rentabikenow.com
- www.bikerentusa.com

Reasons to ride a bike:
- Reduce your carbon footprint
- Save on gas money
- Get a good workout
- May be faster than driving in urban areas
- It’s a fun outdoor activity the whole family can enjoy
What’s in Season?

Farmers’ Markets

Support local farmers and buy from a farmers’ market near you
- SNAP and WIC are accepted at most farmers markets
- Connect with your community
- Great for the whole family to enjoy

How to find a farmers’ market:
- Check your local newspaper
- Ask your friends and neighbors
- www.localharvest.org
- www.farmersmarket.com
- http://search.ams.usda.gov/

Asparagus
- Good source of fiber
- Loaded with folate and vitamins A, C, E, and K
- Good source of chromium which helps get energy from your blood to your cells
- Rich source of antioxidants which help fight against disease
- Contains high levels of asparagine which is a natural diuretic

Strawberries
- Loaded with vitamin C to boost immunity
- Contains high amounts of antioxidants
- Contain flavonoids and phytochemicals that can be beneficial for heart health and reduce inflammation
- Low in calories, high in flavor and fiber!
- Good source of folate which aids in production of red blood cells

Spring Spinach Strawberry and Asparagus Salad

Utilizing all the brilliant colors of spring, this refreshing salad combines some of the best seasonal fruits and vegetables for a delectable treat that will be sure to satisfy your taste buds!

Ingredients
- 10 cups rinsed baby spinach
- 2 cups rinsed strawberries, sliced
- 2 cups asparagus, quickly blanched
- 1/2 cup crumbled feta cheese
- 1/2 cup sliced almonds
- 6 tablespoons balsamic vinaigrette

Directions
1. Cut off bottoms of asparagus.
2. Boil in water for 3 minutes on the stove over medium heat.
3. Remove asparagus and cool in a bowl of ice and water for 2 minutes.
4. Combine all the remaining ingredients together in a large bowl and toss with asparagus.

Serves 4

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<thead>
<tr>
<th>Nutrition Information / Amount per serving:</th>
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<tbody>
<tr>
<td>Calories 270</td>
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<td>Sodium 296 mg</td>
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Locally in Fort Collins

Looking for a local road race?
5/4: Cinco-Cinco 5k Run/Walk 2013, Fort Collins
5/5: Colorado 5k, 10k, Half, Full Marathon, Laporte
5/11: A Day in May 5k, Loveland
5/11: Run For Orphans, Loveland
5/11: 2nd Annual New Vision 5k Run/Walk, Loveland
5/18: Carbon Valley Half Marathon, Longmont

For more information visit:
http://www.roadraceplace.com/colorado/fort-collins/schedule/

Need to rent a bike?
Fort Collins has not one, not two, but FOUR locations where you can reserve a bike for the day. Simply fill out a reservation form online or just show up and fill out the waiver and you are set to take the tires to the road! You can “check out” a bike and bike lock for up to three days for free. Just be sure to bring an ID and your own helmet!

Locations:
Best Western University Inn
914 S. College Ave., 80524
Café Bicyclette
13 Old Town Square, 80524
CSU Lory Student Center
CSU Campus, 80523
LaPorte Station
222 LaPorte Ave., 80521
http://www.fcbikelibrary.org/index.php

Farmers’ Markets

- Larimer County Farmers’ Market
  200 W. Oak Street, 80521
  Opening day May 18th
  Saturdays 8am-noon

- Drake Road Farmers’ Market
  802 W. Drake, 80526
  Opened April 13
  Saturdays 10am-1pm

- Fort Collins Farmers’ Market
  1001 E. Harmony Rd, 80528
  Opening day May 6th
  Sundays 11am-3pm

To find a farmers’ market in Colorado:
http://www.coloradofarmers.org/

http://www.fortcollinsfm.com/Photo_Gallery.php