Shop Locally and Eat Happily

You have seen it in the grocery stores, in the media, and heard it from the people in your local community, but it is worth repeating: Eat locally. It is better for the environment (fewer natural resources wasted and less pollution) and supports your local farmers. Area farmers’ markets and community supported agriculture (CSA) are great resources for finding the freshest in-season produce. Not to mention that Fort Collins farmers’ markets start in May. So get your reusable grocery totes and sunscreen ready!

Below is a list of the fresh produce you can find at your local farmers’ markets available in May, along with tips and a healthy recipe. Happy shopping!

Colorado Produce Available in May:

- Green leafy vegetables (arugula, spinach, Swiss chard, kale, collards, and mustard greens)
- Asparagus
- Broccoli
- Carrots
- Mushrooms
- Peas
- Radishes
- Rhubarb
The Health Benefits of Kale

Is kale on your menu yet? If not, here is a long list of kale nutrients that should persuade you.

One cup of kale (36 calories) includes:

- 1327% Vitamin K
- 206% Vitamin A
- 134% Vitamin C
- 27% Manganese
- 9% Calcium
- 6% Iron

Also the phytonutrients (extra-nutritional health-benefiting compounds) in kale increase enzymes that are important in the detox process. Some of these phytonutrients are sulforaphane and carotenoids, such as lutein and zeaxanthin. Plus, organically grown kale has a much higher phytonutrient level than its conventionally grown counterparts. Just another reason to shop local!

For more information on kale and phytonutrients check out: http://www.detox-central.com/kale

Recipe

These easy-to-make kale chips are a great way to satisfy your salt craving while indulging in some essential vitamins and minerals as well as health-promoting phytonutrients. Serve as a side-dish at a BBQ or just munch on them as a snack.

Baked Parmesan Kale Chips

Ingredients:

- 1 bunch kale (remove leaves from stems)
- 1 tsp olive oil (preferably spray)
- A sprinkle of sea salt or kosher
- 1/2 cup shredded Parmesan cheese

Directions:

1. Preheat oven to 350°F. Lightly spray two large baking sheets with oil.
2. Wash and thoroughly dry kale (paper towels or a salad spinner works well). Remove the leaves from the thick stems and tear into bite-sized pieces.
3. Place on baking sheets, spray (or toss) with olive oil and sprinkle with salt.
4. Bake about 10-12 minutes, turning and moving them around as they shrink to make sure they are evenly crisp.
5. Top with shredded parmesan cheese, keeping a close eye on them, bake an additional 3-5 minutes until the edges are crisp but not burnt.

Note: Time will vary depending on your oven.

For more information check out: http://www.localharvest.org