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As a thank you for purchasing your organic produce from Life, Strength & Health we would like to share with you some delicious recipes that utilize the ingredients that you received in this week's box. Variety in the ways that your produce are juiced & prepared helps you to incorporate them in your diet on a more consistent basis.

Enjoy!

Juice Recipes of the Week

Kale
Carrots
Apples
Juicer or High Powered Blender

Cucumber
Apple
Spinach
Juicer or High Powered Blender

Apple
Pear
Juicer or High Powered Blender

Carrot
Cucumber
Spinach
Apple
Juicer or High Powered Blender

Wash fruits & vegetables. Chop if needed and feed into juicer. If you do not have a juicer you can blend all of the ingredients with 8ozs of water in blender. Then strain with a cheesecloth or juice bag.

Enjoy!

Smoothie Recipe

12 ozs Non Dairy Milk (Soy, Rice, Almond, Oat, etc)
Kale
Spinach
Natural Sweetener to taste (Agave Nectar, Raw Honey, Stevia)
2 Tablespoons of Hemp Protein Powder or Vital Mineral Greens
Blender

Wash fruit thoroughly. Combine ingredients in blender.

Meal Recipes

Salad

Red Leaf Lettuce
Arugula
Carrots, shredded
Cucumber, sliced or cubed
Onion, chopped
Tomato, chopped
Alfalfa Sprouts, desired amount
Spinach

Salad Dressing

Extra Virgin Olive Oil
Agave Nectar or Honey
Lemon Juice

Combine salad ingredients in bowl. Whisk salad dressing ingredients in a cup. Pour over salad and toss.

Kale Salad

Kale, remove stem and tear leaves into smaller pieces
Avocado, remove pit
Lemon Juice
Celtic or Himalayan salt
Tomatoes, chopped
Olives, Optional, pitted & chopped

Combine kale, avocado and salt in bowl with hands. The avocado should be coating the kale. Next add tomatoes & olives. Keep mixing with hands to combine thoroughly.

Braised Spinach and Onion

1 Bunch Spinach, wash & stemmed
2 onions, chopped
1 Cup Vegetable Broth
2 ¼ TBSP Vegan Butter (Earth's Balance)

Combine onions and vegetable broth in a large saucepan. Cook onion until stock reduces to ¼ cup, about 7 – 9 minutes, stirring constantly. Remove onions from heat and set aside. Coat a large skillet with extra virgin olive oil. With some water still clinging to the spinach, add to skillet and cook until just wilted. Remove from the heat and cool slightly. Squeeze out excess liquid and chop. Melt butter over low heat. Add butter to spinach and braised onion and combine. Salt, pepper to suit taste. Place in a casserole dish. Bake in a preheated 350 oven for 20 minutes or until heated through.



Produce Nutritional Facts 01/04/2010

Kal e – Powerful cancer fighter.

Key nutrients: Vitamin K, Vitamin A, Vitamin C, Manganese, Dietary Fiber, Copper, tryptophan, Calcium, Vitamin B6, Potassium, Iron, Magnesium, Vitamin E, Omega 3 Fatty Acids, Vitamin B2, Protein, Vitamin B1, Folate, Phosphorus, Vitamin B3.

Storage: Kale should be wrapped in a damp paper towel, placed in a plastic bag and stored in the refrigerator crisper. It should not be washed before storing since this may cause it to become limp. Kale can be kept in the refrigerator for several days, although it is best when eaten within one or two days after purchase since the longer it is stored, the more bitter its flavor becomes.

Pears – Lowers Cholesterol, Also promotes colon health by toning the colon walls.

Key Nutrients: Vitamin C, B2, E, Copper, Potassium and fiber.

Storage: should be stored in the refrigerator where they will keep for several days.

Apples – Promote cardiovascular health and colon health. Antioxidants.

Key Nutrients: Fiber, Vitamin C, and many phytonutrients.

Storage: store apples in the refrigerator and enjoy a sweet, crunchy, whole apple at least 2-3 times each week.

Carrots – Great for the heart, the eyes, the lungs, the colon and good health overall.

Key Nutrients: High in vitamin A, K, C, fiber and potassium. Also high in antioxidants.

Storage: Carrots are hardy vegetables that will keep longer than many others if stored properly. The trick to preserving the freshness of carrot roots is to minimize the amount of moisture they lose. To do this, make sure to store them in the coolest part of the refrigerator in a plastic bag or wrapped in a paper towel, which will reduce the amount of condensation that is able to form. They should be able to keep fresh for about two weeks. Carrots should also be stored away from apples, pears, potatoes and other fruits and vegetables that produce ethylene gas since it will cause them to become bitter.

Cucumbers – Great for the skin and complexion, lowers blood pressure, good for inflammation. Also promotes colon health.

Key Nutrients: Vitamin C, Molybdenum, Potassium and fiber.

Storage: Cucumbers should be stored in the refrigerator where they will keep for several days. If you do not use the entire cucumber during one meal, wrap the remainder tightly in plastic or place it in a sealed container so that it does not become dried out. For maximum quality, cucumber should be used within one or two days. Cucumbers should not be left out at room temperature for too long as this will cause them to wilt and become limp.

Spinach - Packed with nutrients, spinach fights cancer, strengthens brain, heart and bones; builds blood cells and also improves eyesight.

Key Nutrients: High in vitamin A, K, manganese, folate, magnesium, iron, C, E, potassium and a laundry list of other nutrients.

Storage: Store fresh spinach loosely packed in a plastic bag in the refrigerator crisper where it will keep fresh for about five days. Do not wash it before storing as the moisture will cause it to spoil. Avoid storing cooked spinach as it will not keep very well.

Avocado – Lowers cholesterol

Key nutrients:

Storage: place unwashed chard in the refrigerator in a plastic bag. It will keep fresh for several days. If you have large batches of chard, you can blanch the leaves and then freeze them.

fresh for about four days.

Bananas – Promote cardiovascular health, kidney and colon health. Protects eyesight and prevents ulcers. Helps to build bone.

Key Nutrients: Fiber, Vitamin C, Vitamin B6 and potassium.

Storage: While bananas look resilient, they're actually very fragile and care should be taken in their storage. They should be left to ripen at room temperature and should not be subjected to overly hot or cold temperatures.

Unripe bananas should not be placed in the refrigerator as this will interrupt the ripening process to such an extent that it will not be able to resume even if the bananas are returned to room temperature. If you need to hasten the ripening process, you can place bananas in a paper bag or wrap them in newspaper, adding an apple to accelerate the process. Ripe bananas that will not be consumed for a few days can be placed in the refrigerator. While their peel may darken, the flesh will not be affected. For maximum flavor when consuming refrigerated bananas, remove them from the refrigerator and allow them to come back to room temperature. For the most antioxidants and to prevent constipation, eat fully ripened fruit (they will have freckles).

Arugula – Cancer fighter

Key nutrients: Vitamin A & C, Folic Acid, Calcium, Manganese, Magnesium, Potassium, Iron, Zinc, Riboflavin & Copper.

Storage: Arugula is highly perishable and does not keep well, even when refrigerated. Before storing it in the refrigerator, wrap a damp paper towel around the roots and place the vegetable in a perforated plastic bag; it will keep for 2 to 3 days but should be consumed as soon as possible.

Arugula can also be preserved standing up in a glass of water, like flowers; change the water daily.

Red Leaf Lettuce – Heart-Healthy Green

Key nutrients: Vitamin K, A & C, Folate, Manganese, Chromium, Potassium.

Storage: wash and dry before storing in the refrigerator to remove excess moisture. A salad spinner can be very helpful in the drying of lettuce (and other salad ingredients as well). These lettuces should be either stored in a plastic bag or wrapped in a damp cloth and stored in the refrigerator crisper.

Yellow onion – Lowers Blood Sugar, Helps to Lower Blood Pressure & Cholesterol.

Key nutrients: Vitamin C, Chromium, Dietary Fiber, Manganese.

Storage: Onions should be stored at room temperature, away from bright light, and in a manner where they are well ventilated. To do this, either place them in a wire hanging basket or a perforated bowl with a raised base so that air can circulate underneath.

Tomatoes – Cancer Fighter, Improves Prostate Health

Key nutrients: Vitamin C, A & K.

Storage: store them at room temperature and out of direct exposure to sunlight. They will keep for up to a week, depending upon how ripe they are when purchased. To hasten the ripening process, place them in a paper bag with a banana or apple since the ethylene gas that these fruits emit will increase the tomato's maturation. If the tomatoes begin to become overripe, but you are not yet ready to eat them, place them in the refrigerator (if possible, in the butter compartment which is a warmer area), where they will keep for one or two more days. Removing them from the refrigerator about 30 minutes before using will help them to regain their maximum flavor and juiciness.

Alfalfa Sprouts – Anti-Oxidant Rich, Lowers High Blood Pressure, Immune Booster, Lowers bad cholesterol, Beneficial for arthritis sufferers.

Key nutrients: Calcium, Folic Acid, Magnesium, Manganese, Molybdenum, Phosphorus, Potassium, Silicon, Sodium, Zinc, Vitamin A, B, C, E & K.

Storage: Refrigerated, it can keep for four to five days, but the "eat fresh" principle applies.