

**OLYMPIA FOOD CO-OP'S  
PRODUCE NEWSLETTER**

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**11 Ideas to Help You Eat More Vegetables and Fruits in the New Year**

1. On your day off, slice/prepare vegetables that you know you like to eat and store them in containers in your refrigerator– they will be ready to eat when you are hungry
2. Wash several heads of lettuce, or bunches of spinach , kale, or collards at the start of the week to use as a base for salads and easy steamed or sautéed side dishes
3. Think of easy ways to add in fruits and veggies- for example for breakfast try eating oatmeal soaked in a green smoothie with berries or scrambled eggs on a bed of spinach, use romaine leaves or collard greens in place of bread or tortillas, snack on kale chips instead of tortilla chips, etc.
4. Try using fresh citrus juice (lemon, lime, blood orange, tangerine) or vinegars to add depth of flavor to vegetables and salads.
5. Add a bunch of greens (kale, chard, spinach) to soups in the last few minutes of cooking
6. Put together a lunch bag or box with containers that have secure lids and are a good size to hold the healthy things you like to eat. Look forward to filling your containers and bag with food that makes your body feel good and your mind feel happy
7. Think of a few small nutritional changes you'd like to make. This might be a goal like "I will eat one serving of kale a day". Write these changes down. Start small– one goal a week is enough- only add more if you think you can realistically accomplish them
8. Keep a journal of how making the changes you're working on is going. Note how you feel having made the changes (i.e. more energy, less mood-swings, etc.) as well as how it feels to have accomplished your goal
9. If you find a goal is not working for you, cross it off your plan and try something else! Maybe you find that you really don't like kale. You could try changing your goal of "I will eat one serving of kale a day" to "I will eat one serving of broccoli a day"
10. At the end of each month, write a summary of the changes you've made and keep track of the recipes you've enjoyed making that month. At the end of the year, you'll have your own personalized cookbook!
11. Look at each day as a new opportunity to feed yourself healthy, nutritious food. Even if you don't meet your goals every day, try to keep working towards healthier eating with the same enthusiasm that got you started in the first place. Give yourself credit for all the times you DID meet your goal, and remind yourself of all the delicious vegetables and fruits you can still look forward to eating!



## New Year's Black Eyed Peas and Greens

*adapted from Vegetarian Times*

1/2 lb. dried black-eyed peas (1 1/4 cups)

1 bay leaf

2 Tbs. red wine vinegar

1 3/4 tsp. salt, divided

1 bunch kale, stems removed, leaves torn into pieces

2 Tbs. lemon juice, divided

2 large tomatoes, seeded and diced (1 1/2 cups)

2 Tbs. olive oil

4 green onions, sliced (1/2 cup)

1/4 cup finely chopped fresh parsley

1 tsp dried oregano

1. Set peas in saucepan, and cover with boiling water; let sit 1 hour. Drain, return peas to saucepan, cover with fresh water, and add bay leaf. Bring to a boil, and cook 20 minutes. Add vinegar and 1 tsp. salt, and cook 10 to 25 minutes longer, or until peas are tender but keep their shape.

2. Steam kale for approximately 7 minutes (or until it is tender but not too soft) and then toss with 1 tsp. lemon juice.

3. Toss tomatoes with 1/4 tsp. salt in colander. Let sit, shaking occasionally, to drain juices.

4. Combine remaining 1/2 tsp. salt, remaining 5 tsp. lemon juice, oil, green onions, parsley, and oregano in large bowl.

5. Drain peas, and remove bay leaf. Add to bowl with lemon juice and herbs, and mix well. Add tomatoes, and mix again. Divide kale among three plates and top with black-eyed pea mixture.

Quicker variation using canned peas: replace dried peas with 3 15oz cans of peas. Skip step 1, and instead add vinegar and salt to step 4, omitting 1/2 tsp of salt.



## Nice Cream:

### Banana Ice Cream Substitute

very ripe bananas

A flat freezer safe dish (a pie pan works fine)

a freezer safe container with a lid

a food processor

anything you'd like to mix into your Nice Cream: I've used coconut and pecans, peanut butter, chocolate hazelnut spread, and a co-worker told me he's used fresh figs. Really, anything you'd enjoy eating in regular ice cream should work fine

Fresh berries (optional)

Step 1: Peel the bananas and slice them onto the flat freezer safe dish in a single layer

Step 2: Freeze the bananas until they are solid (I freeze them overnight)

Step 3: Puree the frozen bananas in the food processor. They will go through some weird stages (big hard lumps, tiny gritty lumps, etc.). You want to keep pureeing them until they are still frozen but starting to get smooth. When they get to that point, mix in your other ingredients and give it one more whirl. Scrape your concoction into a freezer safe container and freeze for a few more hours. Top with fresh berries if you have them. Yum.

