

April 2022

FOOD FOR THOUGHT—

It's time for the Farmers Markets which to me is like going into the garden with friends! I look forward to the start of the Farmer's Markets every year because we get to see folks we haven't seen since the end of the summer, learn what's new with our local farmers and of course, Strawberries make their appearance! Which leads me to "FARM Table" Principle 4, make "Fat your Friend"! Fats are complicated and have been vilified for many years, but truth be told we need them to survive! Every cell of your body is comprised of fat; nerve endings are covered in fat, your brain is mostly fat (it's ok to be called a "Fat Head"), hormones are made of fat & our metabolism runs better on fat & fat helps you absorb the fat-soluble vitamins needed for life, like Vitamin D. The right kind of fats are the key, such as fats from avocados, extra virgin olive oil (olives), grass-fed Ghee, pastured, grass-fed butter, coconut oil, nuts & seeds (plus more). The wrong fats such as canola oil (who can tell me what a canola looks like?), soybean oil, corn oil, peanut oil & margarine to name just a few, are detrimental to your health. So with this Principle of making "Fat your Friend", I encourage you to eat healthy, quality fats with your fruits—like strawberries! This will help to turn on your satiety hormones and tell your brain that you are qualitatively satisfied and stop eating! Everyone wants to know the secrets to stop eating and here it is...quality fats (especially with your fruits!)

Principle 4:

"Make Fat Your Friend"—eat quality fats at every meal and especially with fruits!

Principle 3:

Plate 75 & Thrive—make 75% of your plate (by volume) non-starchy plants—every meal is made more nutritious by adding more vegetables!

Principle 2:

Make the "Rainbowl Connection"—Eat a Rainbow at Every Meal

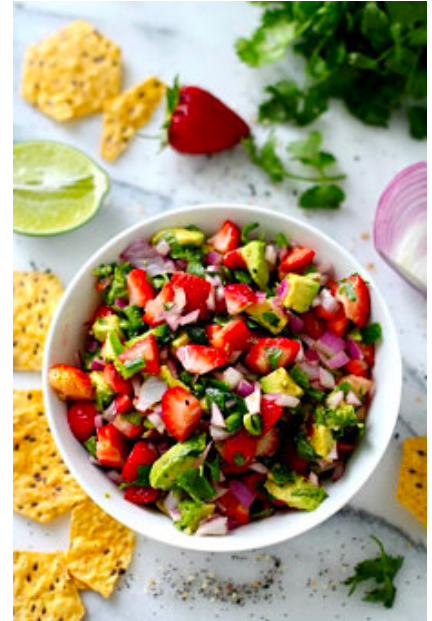
Principle 1:

Make your Table a FARM Table—Food As Real Medicine

This Month's Recipes:
STRAWBERRY AVOCADO SALSA
(Serves 4-6)

Ingredients

- 2 cups fresh strawberries, chopped
- 1 small-medium avocado
- ¼ cup red onion, finely chopped or to taste
- 2 tablespoons chopped fresh cilantro
- 2-3 tablespoons fresh lime juice
- 2 teaspoons finely chopped seeded jalapeño pepper (optional)
- Little salt to taste



Instructions:

Combine all ingredients in a medium bowl; toss gently. Serve immediately. Serve over grilled chicken, shrimp or salmon. Top tacos or eat with tortilla chips. Add to granola or Greek yogurt.

Enjoy!

Adapted from MyRecipes.

Jennifer Cole Conn, NFC, CMINHP, CFMC, CCNE & QUALITARIAN Food Integrated Training, Inc. fitonyourfork@gmail.com