

April 2021

Springtime means fresh, local produce and there is no better place to find it than our local Farmers Market. Visiting your local Farmers Market is more than just purchasing groceries, it's an experience! Getting up early on a Saturday morning to attend your local Market provides ever changing experiences in your food consumption and your experience with other like-minded people. As social beings getting outside with others and enjoying a wide array of colors that fresh produce provides sparks something intuitively in the body, mind & soul that says, "This is good!" We all need something "Good" in our lives and this recipe and the Farmers Market fill that void!

Guess what else is good? Strawberries! Right now Strawberries are in season and are at the Farmers Market and here is a recipe to showcase them all season long!

This month's featured recipe:
SPRING STRAWBERRY SALAD
(Feeds 4-6)

Ingredients For Salad

6 cups fresh baby spinach
1 pint strawberries, hulled and sliced
1 avocado, peeled, pitted and diced
4 ounces crumbled goat cheese (optional)
¼ cup sliced almonds, toasted
Half red onion, sliced
Fresh basil to taste

Ingredients For Dressing

¼ cup white balsamic vinegar
2 tablespoons maple syrup
1 teaspoon garlic, minced
½ teaspoon coarse sea salt
1 teaspoon Dijon mustard
½ cup extra virgin olive oil



To make dressing whisk all ingredients together until combined. Toss all ingredients together with your desired amount of dressing until combined. Serve immediately. Add organic grilled chicken, sautéed Alabama Gulf shrimp or chickpeas to make it a full meal!

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