

NUTRITION To Go



FOOD PANTRY

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Nutrition To Go is written and edited by Samantha Van Dyke, RDN

Reminder: Due to COVID, you can now visit the pantry two times per month to pick up food.
Ahora puede visitar esta despensa dos veces al mes para obtener comida.

In Praise of Spring!

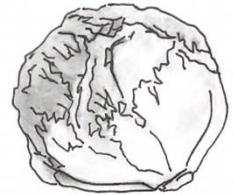
Have you ever noticed how many different shades of green there are as trees, lawns, shrubs and even weeds, send forth new growth? Keep your eyes open and you will discover many variations. All along the Blue Ridge Mountains, in the days before grocery stores, people were on the lookout for edible, budding spring greens, to supplement their winter diet of stored root vegetables. Those tender green shoots were the tasty promise of warm weather to come.

Spring is a great time to experiment with the tender leaves we often lump together as lettuces. When a study ranked fruits and vegetables, the first 16 were greens! Here are "the most common lettuces" in nutrient order:

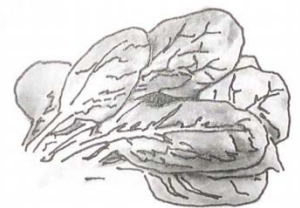
- Spinach (from baby leaves to large leaves)
- Leaf and bibb lettuces (loosely bound heads, sometimes with a reddish tinge)
- Romaine (elongated head, light green and crisp)
- Iceberg or head lettuce (pale green, crisp, mainly water)

Your best road to health is to eat greens regularly and choose different kinds. Even things like beet and radish tops are healthy. If you have a garden plot, greens are easy to grow from seed. Try Swiss chard, which tolerates Virginia heat. Written by Jolene H. Bodily, RDN

Iceberg lettuce



Baby spinach

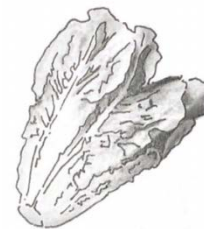


Tipos de Lechuga

En la primavera se puede conseguir varios tipos de lechuga y espinaca. ¿Que prefieres en tu ensalada?

- Lechuga "Iceberg" - La lechuga más común, suelen venderlo a un precio bajo. Es crujiente y su sabor simple complementa todo. Es la lechuga con menos valor nutricional a nuestro cuerpo. ¡Aun así, comer lechuga "iceberg" es mejor que no comer lechuga!
- Lechuga romana - Una lechuga con hojas largas y robustas de un verde intenso. Tiene un sabor ligeramente amargo y va con todas las ensaladas. Siempre se usa en la ensalada César.
- Lechuga trocadero (o francesa) - Este tipo de lechuga deliciosa tiene hojas más lisas que en otras lechugas con un sabor más mantecoso y una textura tierna. El suave sabor combina bien con aderezos ligeros.
- Espinaca bebé - La espinaca bebé no es más que la espinaca de hoja lisa que ha sido cosechada en forma temprana. Las hojas son más tiernas y dulces que las de la espinaca grande. Se usa con sus tallos. La espinaca es una excelente fuente natural de vitaminas y minerales.

Romaine lettuce



Butterhead lettuce



Lettuce illustrations by Loaves & Fishes volunteer Kris Kerber

Ask Samantha

Q. Does spinach have iron in it?

A. Yes, spinach does have iron in it, but how you eat it is important. Spinach has a type of iron called non-heme iron which is not always absorbed well by your body. To help absorb non-heme iron from spinach and other plant foods, eat it with citrus fruits or other foods high in vitamin C, and avoid having dairy foods at the same time as spinach.

Storing & Washing

How to Store Salad Greens

Store lettuces in a plastic bag in the crisper in the refrigerator. Crisp head and romaine lettuces can be stored up to 1 week. More delicate lettuces can be stored up to 5 days. Store loose salad greens wrapped in a paper towel, then put in an open-ended plastic bag. Only wash the amount you need, just before using.

How to Wash Salad Greens

Wash and thoroughly dry unblemished greens just before use. The dressing adheres better to dry greens and extra water dilutes the flavor of the dressing. You can use a salad spinner, or shake and dry on a clean kitchen towel.

Ensalada de espinaca y toronja

Ingredientes

- 3 onzas de espinacas baby (unas 3-4 tazas)
- 1 toronja (o 1 naranja grande si prefiere)
- 1 aguacate en rodajas

Para el aderezo

- Sal y pimienta al gusto
- 1 cucharadita de miel o azúcar
- 1 cucharada de jugo de limón
- 1 cucharadita de vinagre
- 1 1/2 cucharadas de aceite

Preparación

Lave y seque las espinacas baby. Pele la toronja, retire la cáscara y la membrana de la fruta. Luego, con un cuchillo para pelar, retire con cuidado la membrana que sobre, para dejar solo la pulpa.

Para el aderezo:

Combine todos los ingredientes en un frasco y mezcle bien. Antes de servir, revuelva con cuidado la toronja y el aguacate con las espinacas. Añada el aderezo y mezcle bien. Sirva inmediatamente.

Loaves & Fishes



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Sauteed Greens

Sauteed Greens for 4:

- Wash and chop hearty spring greens (like mustard, dandelion, and/or spinach) to equal 8 cups.
- In frying pan, stir-fry 1/2 cup chopped onion (red or yellow or green) and 2 cloves chopped garlic over medium-high heat.
- When onions are tender, add damp greens and a few splashes of vinegar.
- Cover the pan, turn heat to medium-low, and steam until greens are wilted (2-5 minutes). Add salt (sparingly) and pepper to taste.

Spotlight on: Virginia Cooperative Extension

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