

Eat Well, Be Well

Whole foods are those that have undergone minimal processing and have no additives or other artificial substances. They are nutrient dense meaning they provide vitamins, minerals, and other health-promoting compounds with little added sugars, saturated fat, or sodium.

Nutrient dense food is the foundation of a healthy eating pattern and is recommended to maintain good health and prevent disease. The locally sourced items found in your CSA box can *not only* benefit individual health but also promote environmental and economic health in the community.

Food for Health

Eggs x 2 dozen - Mix of producers



Excellent source of omega-3 fatty acids which are good for brain health and development

Rhubarb - Roger's Berries - Brainerd, MN



Great source of fiber which can help with healthy digestion and lower cholesterol

Romaine, hydroponic - Barry's Cherries - Staples, MN



Excellent source of vitamin A which is important for vision and eye health

Parsley, hydroponic - Barry's Cherries - Staples, MN



Excellent source of vitamin K which is essential for bone health and blood clotting

Beets, bunched - Kleinschmidt Farms - Staples, MN



Rich in folate (vitamin B9) which is important for cell growth and function

Kohlrabi - Kleinschmidt Farms - Staples, MN



Excellent source of vitamin C which is important for immune function and skin health

Napa Cabbage - Kleinschmidt Farms - Staples, MN



Excellent source of calcium which is necessary to build and maintain strong bones

Asparagus - Boys-N-Berries - Brainerd, MN



Good source of iron which is responsible for the transport of oxygen in the body

Olive Garlic Sourdough Bread - Backwards Bread - St. Cloud, MN



Good source of thiamin (vitamin B1) which allows the body to use carbohydrates as energy



Sesame-Ginger Summer Salad

1. Preheat oven to 400 degrees Fahrenheit.
2. Combine kohlrabi and beets in one layer on a baking pan and drizzle to coat with olive oil and salt (if you don't have a pan large enough, place on two separate pans).
3. Roast in oven about 25 minutes or until very tender, turning once to make sure all sides caramelize.
4. When tender, remove from oven and cool completely (it helps to put them in the freezer to stop cooking and cool thoroughly).
5. In a large bowl, combine romaine, napa cabbage, grated asparagus, carrots and peppers if using.
6. Add roasted vegetables when cool.
7. Whisk dressing in a bowl, taste to adjust. Pour slowly over salad to desired amount.
8. Peel eggs, cut into slices or small dice and sprinkle over salad (alternatively, place salad in individual bowls and spread egg on each bowl).
9. Garnish with chopped peanuts or cashews, cilantro and/or mint

This would also be delicious along side grilled meat, chicken, or tofu.

Ingredients

Salad:

- 1/2 napa cabbage rinsed, core removed, sliced thinly or grated
- 1/2 head romaine lettuce, core removed, sliced thinly
- 1/2 bunch asparagus, trimmed and grated OR roasted
- 1 kohlrabi, cleaned and cut into matchsticks
- 2 medium beets, cleaned and cut into matchsticks (no need to peel, skins are nutritious and full of fiber)
- 4-6 eggs, hard boiled, peeled
- 1/3 cup olive oil for roasting

Optional additions:

- 2 carrots, grated
- 1 red or green bell pepper, deseeded and sliced thinly

Dressing:

- 1/4 cup olive oil
- 1/4 cup toasted sesame oil
- 1 Tablespoon honey or maple syrup
- 1/4 cup rice vinegar or apple cider vinegar
- 1 Tablespoon dijon or stone ground mustard
- 2 Tablespoons fresh lime juice
- 1 Tablespoon soy sauce (tamari) OR 1 teaspoon salt
- 3 cloves garlic, minced
- 1 inch ginger, peeled and minced

