



LOCAL PRODUCE IN THE MERRY MONTH OF MAY



CABBAGE — packs a number of phytochemicals that inhibit the growth of cancerous tumors. Their optimum effect comes from consuming them raw. Just toss a bit into your salad every day, where it adds delicious crunch, a peppery flavor and vibrant color!



CHERRIES — contain antioxidants that relieve muscle and joint soreness as well as possibly lowering the risk of heart disease, diabetes, and high cholesterol. They also contain melatonin, which regulates sleep patterns, aids with jet lag, prevents memory loss and delays the aging process.



RADISHES — can be cooked as well as eaten raw. Steam, roast or sauté them and their color and flavor mellows to a sweetness similar to baby turnips. They can also be roasted or braised and added to many dishes. And, radish tops can be tossed into salads or lightly sautéed like dandelion greens or stirred into soups or pasta.



RHUBARB — grows in early spring and continues throughout summer. The leaves are toxic. So, cut them off the stalks and throw them away. Store rhubarb in your refrigerator, wrapped in plastic to prevent drying out or cut them into small pieces and freeze them in a zip-lock bag.



SQUASH — is low in calories, but high in vitamins A and C, potassium, fiber, and manganese. It's also a good source of folate, Omega 3 fatty acids, and vitamin B1. Summer squash will keep four to five days in plastic wrap or a plastic bag and kept in the refrigerator. Do not wash until ready to eat.



STRAWBERRIES — are an incredible source of vitamin C, manganese and fiber. They are also a good source of iodine, potassium, folate, and vitamins B2, B5, K, and B6. Refrigerate strawberries, without washing, as soon as possible in a dry container and they will keep for several days.



Information provided in this flyer is presented to you by the DGFUMC

Environmental Stewardship Committee

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