



April 22, 2021

## Simple Spring Splendor

Get ready for Farmer's Market season (although we are lucky enough to have year-round markets here!) Spring greens, veggies, and strawberries are making their appearance and tantalizing us with thoughts of the beautiful produce to come! My veggies for the demo came from Street Fare Farm – Concord, NC, Matthews and Piedmont Farmer's Market, and Bush N' Vine Farm, York, SC. The ricotta cheese is from Uno Alla Volta – U.A.V., which I purchased at the Loyalist Market.

–Chef Megan Lambert

## Asian Inspired Salad

This is a pretty and surprisingly delicious salad that shows off the earliest of Spring greens and roots. You can use the dressing for any combination of greens that you like and can also add shredded carrots or finely sliced red bell peppers for additional color. This is great with a broiled salmon or local trout filet on top, or with the frittata recipe to follow.

*Yield: 4 servings*

- Salad Greens 4 c.
- Napa Cabbage ¼ of a large head
- Hakurei Turnips 4 small turnips
- Radishes 4 large radishes
- Pea Shoots ½ small box

## Asian Vinaigrette Dressing

- Rice Wine Vinegar ¼ c.
- Olive Oil ¼ c. + 3 T.
- Sesame Oil 1 T.
- Fresh Ginger, grated 1 T.
- Fresh Garlic 1 clove
- Honey 1 T.
- Toasted sesame seeds 2 T.

*Method:*

1. Place all dressing ingredients in a jar with a lid and shake to combine or whisk together in a bowl.
2. Place salad greens in a bowl and top with thinly sliced cabbage, turnips, radishes, and pea shoots.
3. Top with dressing and toss to combine.
4. Enjoy!

## Broccoli Frittata

Another simple springtime recipe filled with great nutrients and flavors! The frittata can showcase just about any vegetable you like but be sure to cook it ahead of time to remove excess liquid, which will make your eggs curdle while baking. Spinach or Swiss chard work especially well here! A frittata is an excellent protein source for breakfast, lunch, or dinner.

*Yield: 4 frittatas*

- Broccoli 1 small head
- Green Onions 2 onions
- Olive oil 2 t.
- Garlic 1 clove
- Salt and pepper ¼ t. each
- Eggs 4

*Method:*

1. Pre-heat oven to 325°F.
2. Chop broccoli into small pieces, and steam for 3-4 minutes to pre-cook.
3. Slice green onions, and saute in the olive oil for a minute, until they are tender.
4. Add broccoli pieces and saute until any extra liquid has evaporated.
5. Add the garlic and saute for 1 more minute, to release the aroma.
6. Evenly distribute the broccoli mixture into 4 silicone muffin cups or a lightly oiled 8” square pan.
7. Scramble the eggs and gently pour over the broccoli mixture.
8. Serve warm or allow to cool to room temperature. Makes a great addition to a salad for dinner.
9. Frittatas can also be frozen and re-heated in the microwave to serve.

## Simple Strawberry Tarts

This is a lovely little tart featuring fresh local strawberries and UAV ricotta cheese. It is made simple by using a refrigerated sugar cookie dough for the tart shells to save time. This dessert is very quick to whip up but tastes sophisticated and fresh. The jelly glaze will give the tarts a lovely shine, but it is optional.

*Yield: 12 mini tarts, about 4 servings*

- Refrigerated sugar cookie dough 1/3 tube
- Ricotta cheese 4 oz
- Powdered sugar 2 T.
- Lemon zest 1 each
- Fresh strawberries 1 pint
- Strawberry or apricot jelly 2 T.
- Water 2 T.





April 22, 2021

## Simple Spring Splendor

### Nutrition Notes

Sarah Hreyo, MAS  
UNC Nutrition Research Institute

### Why eat “farm to fork”?

- **Locally grown food is full of flavor.**  
Crops are harvested at the peak of their ripeness and immediately brought to market – sometimes within 24 hours of being picked!
- **Local food can have more nutrients.**  
Because you’re able to purchase local foods at the peak of their ripeness, their nutrient value remains high (compared to foods that are older and that have traveled farther).
- **Local foods support the local economy.**  
By investing in your local farmers, you’re investing in your community.
- **Local foods benefit the environment.**  
Supporting local farms helps to maintain farmland and greenspace in your community. It also helps reduce emissions associated with foods traveling long distances to make it to your grocery store.
- **Local growers can tell you how your food was grown.**  
Talk to your local farmer at the market – they can tell you exactly where your food comes from and who grew it.

### Asian Inspired Salad and Asian Vinaigrette Dressing

**Dark leafy green vegetables** tend to be considered powerhouses of nutrition. They are mostly water and therefore, when cooked, their nutrient content becomes more concentrated. Kale, along with other leafy greens, packs in a hefty amount of nutrients like fiber, vitamins A, C, and K, and magnesium. It also contains calcium, iron, and potassium. **Lutein**, a pigment and carotenoid antioxidant, is found in many leafy greens like kale and has been found to support brain and eye health. General recommendations are for at least 1.5 cups of dark green vegetables each week. For those taking blood thinners, it is recommended to consult with your physician or a registered dietitian, as a large amount of leafy greens may interfere with medications like Warfarin due to their high content of vitamin K.

*Did you know?* NRI Principal Investigator Carol L. Cheatham, PhD, is studying the effects of lutein on the development and functioning of the hippocampus and frontal lobes, brain structures that are integral to the formation and retrieval of memories and to higher-order cognition.

**Ginger** is often regarded as a “superfood” due to its many proven health benefits. Gingerol, the main bioactive compound in ginger, is responsible for many of its medicinal properties, including its anti-inflammatory and antioxidant effects [2]. Researchers at the Mayo Clinic [3] are currently conducting

a study to examine the effect of ginger on the **gut microbiome** (the complex community of bacteria, yeasts, and viruses living in our intestines) – hoping to demonstrate a powerful connection between diet and the microbiome.

*Did you know?* NRI Principal Investigator Katie Meyer, ScD, is the recipient of a Research Scientist Development Award from the National Heart, Lung, and Blood Institute to study the gut microbiota, nutrient metabolites, and cardiovascular disease in the Coronary Artery Risk Development in Young Adults (CARDIA) Study.

## Broccoli Frittata

**Eggs** are an inexpensive source of high-quality protein (6 grams in 1 large egg). Additionally, eggs contain the nutrient choline. While the body can make choline in small amounts, humans must eat foods that have choline in order to obtain a sufficient amount.

*Did you know?* NRI Director Steven H. Zeisel, MD, PhD is credited with the discovery of choline's role as an essential nutrient, particularly for women during pregnancy. His studies on choline were the first to create an understanding of the nutrient's critical role in brain development of infants.

In the Zeisel Lab, scientists study the functions of choline and the factors that alter its dietary requirement in individuals. Much of this choline research focuses on brain and eye development and how choline and other nutrients influence generation of different types of neural cells that make up the brain and the light-sensing structure of the eye, the retina. The laboratory also studies the implications of choline in liver and muscle health.

## Simple Strawberry Tarts

**Strawberries** are an excellent source of vitamin C and manganese and also contain moderate amounts of folate (vitamin B9) and potassium. **Folate** is important for normal tissue growth and cell function — and fundamental for pregnant women and older adults. [4]

*Did you know?* NRI Principal Investigators Natalia Krupenko, PhD, and Sergey A. Krupenko, PhD, study folate. Dr. Natalia Krupenko's research is focused on the role of folate in promoting health and preventing disease in humans, while Dr. Sergey Krupenko's research focuses on folate and its role in liver function and cancer disease.

## Carolina Farm Trust

The Carolina Farm Trust mission is to directly impact local farmers, help purchase land, and, in return, directly impact the food on your table. Strengthening our local food systems offers a multitude of benefits:



- Increasing the availability and affordability of fresh, nutritious, culturally relevant food.
- Creating equitable economic opportunity in agriculture and supporting sectors.
- Strengthening regional food security.
- Reducing the environmental impact of the food we eat.
- Shifting the power of food systems toward consumers and local growers.

- **Rebalancing the relationship between people and land.**

Carolina Farm Trust manages a network of urban farms in the Charlotte Metro with the goal of making the area a global leader in sustainability by feeding the region with food from local farms.

Learn more about Carolina Farm Trust: <https://carolinafarmtrust.org>

[1] MSU Extension. 7 benefits of eating local foods. Available at [https://www.canr.msu.edu/news/7\\_benefits\\_of\\_eating\\_local\\_foods](https://www.canr.msu.edu/news/7_benefits_of_eating_local_foods)

[2] Healthline. 11 proven health benefits of ginger. Available at <https://www.healthline.com/nutrition/11-proven-benefits-of-ginger>

[3] Mayo Clinic. Clinical trials. Available at <https://www.mayo.edu/research/clinical-trials/cls-20442902>

[4] Healthline. Strawberries 101: Nutrition facts and health benefits. Available at <https://www.healthline.com/nutrition/foods/strawberries>