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National Garden Month



Recipe

✓ Orange Glazed Beets



RD Corner

Hello! My name is Marissa Thorsen and I am your school Registered Dietitian. My main goals are to teach students lifelong healthy eating habits and to keep you in the loop on food and nutrition news. If you have any questions or comments, feel free to contact me at:
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National Garden Month

6 Tips On How To Be GREEN This Garden Month

Grow Vegetables — Consider growing some vegetables this spring in your yard. A few tomatoes, squashes, and cucumbers can produce pounds of vegetables for your kitchen. If you're ambitious, a 20-foot by 30-foot vegetable garden can yield more than 300 pounds of produce valued at more than \$600.

Garden In Containers — If space restricts you to patios or porches, container gardening is a great way to grow your own vegetables, herbs, and even fruits. With the new, improved self-watering containers, you can grow many common vegetables in pots without worrying about daily watering. You can grow most varieties of bush beans, greens, carrots, beets, cucumbers, and broccoli in large containers.

Start Composting — Composting may not sound like fun, but it's easy to do and when you compost grass clippings, leaves, vegetable scraps, weeds, and old plants you reduce the amount of yard and kitchen waste.

Mulch — If there's one gardening technique that will save you time, money, and effort, it's mulching. Simply adding a layer of organic mulch (straw, bark chips, leaves, etc.) around trees, shrubs, vegetables, and flowers reduces the amount of water you need to grow those plants and the amount of time you spend weeding.

Build a Rain Garden — This kind of garden collects the storm water in your yard and allows it to percolate into the soil. Your rain garden will benefit the environment, and if it's planted with flowers that thrive with some seasonal flooding.

Garden with a Friend or Neighbor — Gardening is great. Gardening with a friend, relative, child, or senior is even better. Start some container plantings together, or sign up for a community garden plot together.



Source: National Gardening Association
 National Garden Month, 2018

Let's Get Cooking

Orange Glazed Beets with Fennel Seed

The National Garden Bureau has declared that 2018 is the year of the BEET.

You may think of beets as hearty fall and winter food but sweet orange and bright, fresh fennel makes this salad a treat for spring's first warm days when we're still cooking with winter storage vegetables.

Serves 6

For salad:

3 large beets, in 1/2" dice
2 blood oranges, finely zested and juiced (about 1/3 cup)
1 tbs honey
1 tbs olive oil
2 tbs toasted fennel seeds
White pepper
1/2 cup crumbled queso fresco or feta cheese
1 head Butter lettuce

For vinaigrette:

1 shallot, minced
1/3 cup Sherry or cider vinegar
1 tsp Dijon mustard
2/3 cup olive oil - the good stuff!

Directions:

Place beets in steamer basket over water with 1 tbs orange zest. Steam beets over high heat until just tender, 15-20 min, adding water if needed.

Make vinaigrette: In medium bowl, whisk together shallot, vinegar and mustard. Season with salt and pepper. Add oil in a thin stream, while whisking, to form a creamy emulsion.

Separate lettuce leaves and place in large bowl. Dress lightly with vinaigrette.

Warm olive oil in a 12" skillet over med heat. Add beets and cook 2 min. Whisk together juice and honey and add to pan. Increase heat to med-high and cook until liquid reduces and glazes beets. Season with white pepper and salt.

Toss beets with fennel seeds, cheese and remaining zest, and serve over dressed lettuce leaves.

Recipe Modified From: National Garden Bureau

