

## September 2020

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## The Dietitian's Desk

Welcome to "The Dietitian's Desk!" This monthly newsletter is committed to providing insightful nutritional information and facts that promote a healthy lifestyle inside and outside of Sodexo's outstanding school nutrition program.

If you have any questions or comments, feel free to contact me at:

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Recipe and Jersey Fresh image from: [www.farmtoschool.nj.gov](http://www.farmtoschool.nj.gov).



## The Benefits of Buying Locally Grown Food

Buying and eating produce, eggs, meat and other foods from local farmers is not only healthy for your body but also helps to support the local economy and is beneficial for the environment. Buying local produce helps to ensure you are eating the freshest, most seasonally available fruits and vegetables which tend to be highest in nutrients and tastiest too. According to the New Jersey Department of Agriculture's *NJ Seasonality Chart*, produce that is in season during the months of September and October include apples, cranberries, kale and cauliflower. Buying locally grown food helps to reduce transportation-related environmental impacts, such as emissions of air pollutants. Many local foods can be purchased right from the farm in which they were grown or at a community farmers market which is near the farm. Buying from local farmers helps to support the local economy by giving money to a local business and helping to create more local jobs. Schools can also support local farmers by participating in the Farm to School Program where they can partner with nearby farms to purchase seasonal produce. **Jersey Fresh Farm to School Week is September 21-25.** More information can be found on the website: [www.farmtoschool.nj.gov](http://www.farmtoschool.nj.gov).



### Kale Strawberry Salad

#### Ingredients:

- 1 lb kale (approx. 1 bunch)
- ½ cup oil
- ½ cup strawberries, sliced
- ¼ cup lemon juice
- 1 Tbsp honey
- ¼ tsp salt
- ½ tsp pepper



#### Directions:

1. Wash kale and dry thoroughly.
2. Cut stems out by slicing them along each side so you are only left with the leaves.
3. Stack 4 leaves and roll them up tightly lengthwise. Cut across the roll into very thin strips.
4. Add ¼ cup oil to kale. Massage oil into kale for 2 minutes.
5. Add strawberries to kale.
6. Mix together remaining oil, lemon juice, honey, salt & pepper.
7. Add dressing to kale. Mix. Refrigerate.