

Exclusive 4-Part Webinar Presentation

A JOURNEY THROUGH THE SEASONS

MAKING THE MOST OUT OF SEASONAL PRODUCE
WITH HERBS AND SPICES THAT ACCOMPANY THEM

Part
2

EARN UP TO 4 CPEUs

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Topics of Discussion and Learning Objectives

After completing this continuing education course, nutrition professionals should be able to:

1. Recommend regional, seasonal produce with complementary herbs and spices.
2. Provide clients with 7 recipes per webinar based on the seasonal produce.
3. Demonstrate tips and techniques that will assist the home cook with the provided recipes.
4. Direct clients to resources on the produce in their area.
5. Discuss evidence-based health benefits of herbs and spices in relation to a healthy well-balanced food plan.



Spring

- A time for transition-longer days and warmer weather.....the perfect season to “spring clean” your clients food plan.
- Change
- Renewal
- One of the most recognizable symbols of spring?? Asparagus!
- Goodbye to root vegetables and winter squashes and hello to asparagus and peas
- Focus on lighter fare overall, clients are likely craving less heavy and more refreshing, light meals as the weather warms up.
- Teach your clients about a softer color palette; pinks, bright greens, yellows, and pastels. (You eat with your eyes first!)



Menestra de Verdures (Green Beans, Asparagus and Artichokes)

1 LB French Green Beans
2 Pkgs Frozen Artichoke Hearts, Defrosted
2 Oz Chopped Serrano Ham or Prosciutto
2 Garlic Cloves, Grated
1 Cup Vegetable Stock
Sea Salt and Freshly Cracked Black Pepper to Taste

1 LB Asparagus Spears, sliced in 3
2 TB Olive Oil
½ Cup Minced Red Onion
2 TB Whole Wheat Pastry Flour
1 TB Lemon Zest
Lemon Wedges

Step One Blanch the green beans and asparagus by dipping them in boiling water and then dropping them in a bowl of ice water.


Step Two Heat the olive oil in a sauté pan and cook the ham over medium heat, remove from the pan and set aside. Add the onion and cook for five minutes, or until golden, add in the garlic and cook and stir for a minute. Stir in the flour and cook for an additional minute. Pour in the stock and bring to a boil. Add in the vegetables and remove from the heat and allow to stand for 5 minutes. Stir in the ham and lemon zest. Taste for salt and pepper and serve with lemon wedges.



Health Benefits and Highlights:

Health Benefits of Asparagus Organic Facts

Effective in treating Alzheimer's and Huntington's disease



Prevents low birth weight and birth defects during pregnancy

Aids in curing epilepsy and urinary tract infections

Effective in easing pre-menstrual bloating

Good remedy for curing hangovers, anxiety and stress

Maintains healthy levels of homocysteine and blood sugar

Helps prevent cataracts, rheumatoid arthritis and blood clotting

Caution: May cause gas and kidney stones

www.organicfacts.net

Asparagus - A member of the lily family - comes from the Greek word meaning "shoot" or "sprout."

Asparagus Continued...

- Antioxidants – Vit C, Beta Carotene, Vit E.
- Minerals – Zinc, Manganese, Selenium.
- Amino Acid - asparagine, important in the development and function of the brain.
- Study published in 2013 in the journal Neuron.
- Trace mineral- chromium -helps insulin transport glucose.
- Detoxifying compound - glutathione- can help destroy carcinogens.
- 2011 study published in Food Chemistry examined blanching.
- 2016, The BMJ medical journal published a study on why urine smells after eating asparagus.

Sheet Pan Sugar Snap Peas and Red Pepper

½ LB Sugar Snap Peas

1 Large Red Bell Pepper, Julienned

2 TB Olive Oil

2 TB Minced Garlic

2 Tsp Italian Seasoning

Sea Salt and Freshly Ground Black Pepper to Taste

4 Cups Prepared Quinoa

Step One Preheat the oven to 450F. Toss the peas and the red pepper with the olive oil, garlic and Italian seasoning, salt and pepper on a sheet pan and then spread them out. Roast for 7-8 minutes or until browned on the edges. Top quinoa with the roasted veggies and serve.



Health Benefits of the Recipe -

- Sugar Snap Peas – Vitamin K, B6, Vitamin C, folate, iron
- Low in calories- 60-70 calories in 1 cup.
- Sugar-snap peas are a good source of dietary fiber- 5 g in a 1-cup serving of the podded peas that have been cooked without salt, according to the U.S. Department of Agriculture Nutrient Database.
- Sugar Snaps are a cross between Snow Peas and Garden Peas. All kinds of peas are in season in the spring!



Why Should You Eat Seasonally?

- 1. More Nutrients
- 2. More Flavor
- 3. More Affordability
- *Please see our [Winter Wonderland](#) Webinar for specific studies. **Today's Dietitian** CE Learning Library Website.

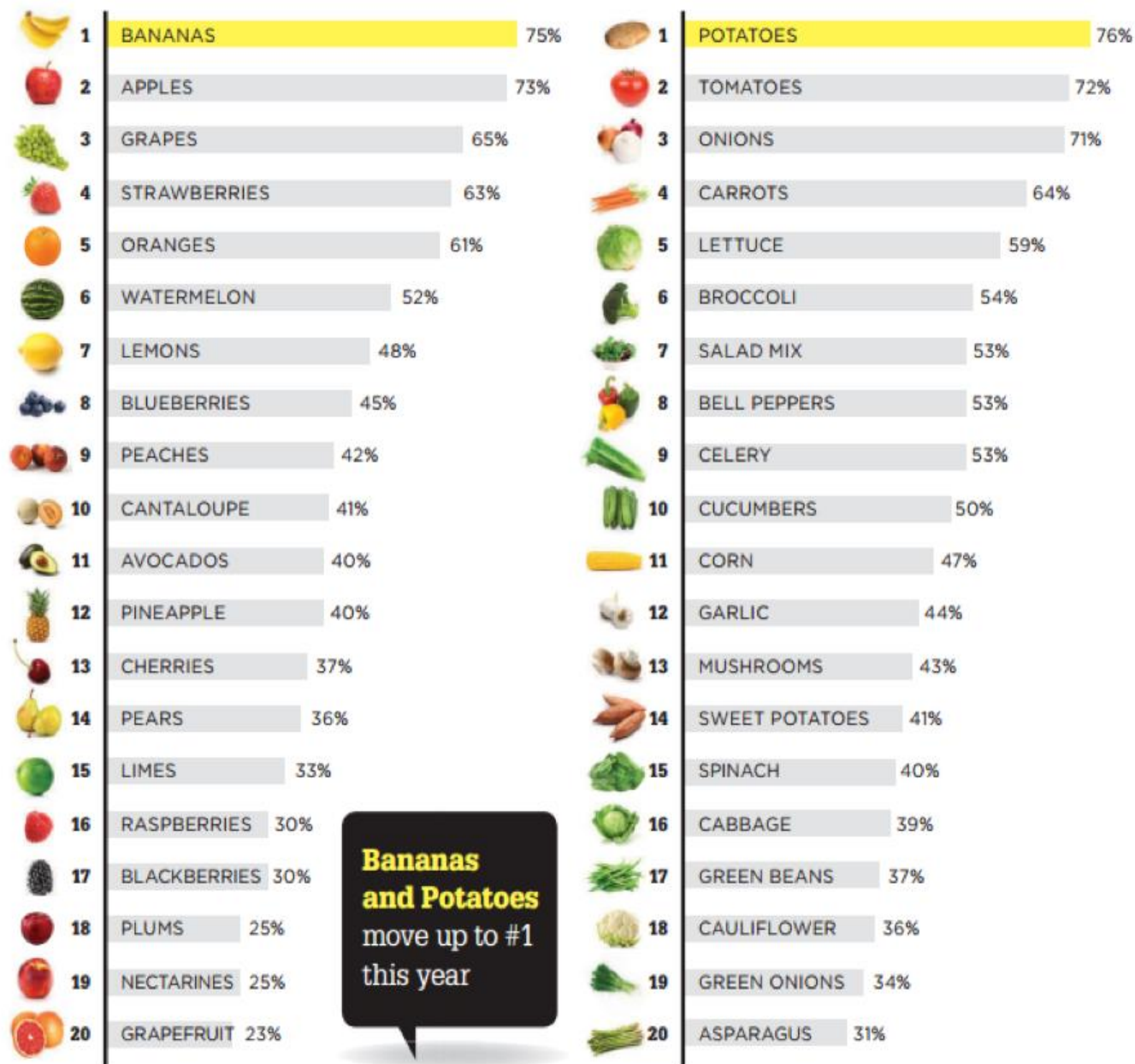
Why Is Eating Local, Seasonal Food Important?

- Benefits the environment- maintains farmland and open space in your community. A recent USDA study also found that direct-to-consumer producers were less likely to apply pesticides and herbicides to control weeds and insects than conventional producers (with the exception of chemicals to control insects and weeds in fruit, nut and berry crops).
- Supports the local economy- The money stays in the community and is reinvested with other local businesses. In addition, it can generate jobs and subsequently helps stimulate local economies.
- Growers can tell you how the food was grown- have a conversation with the grower! As a nutrition professional, this can be hopefully be educational and inspiring.

Most Popular Produce?

Consumers are eating more fruits and vegetables than they did five years ago, according to The Packer 2017 Fresh Trends. The next slide provides an overview of the most popular fruits and vegetables purchased, based on the percentage of primary shoppers buying in the last 12 months in the U.S.

TOP 20 FRUITS & VEGETABLES



*PERCENTAGE NOTES THE PORTION OF SURVEY RESPONDENTS WHO HAVE BOUGHT THIS ITEM IN THE PAST 12 MONTHS.

Top Spring Produce

- Peas (especially sugar snap peas)
- Kohlrabi
- Greens (Bok Choy, Chard, Kale, Spinach)
- Asparagus
- Rhubarb
- Radishes
- Strawberries
- Beets

4 of these are on the most popular U.S. produce list!



Spring Strawberry Salad with Lime Honey Dressing

1 Bag Baby Spinach
3 Cups Sliced Hulled Strawberries
2 Large Haas Avocados Peeled, Pitted and Chopped
¼ Rice Vinegar
¼ Cup Lime Juice
2 TB Honey
2 Tsp Dijon Mustard
1 Tsp Chopped Mint
1/3 Cup Extra Virgin Olive Oil
Sea Salt and Freshly Ground Black Pepper
2 TB Sesame Seeds

Wash and dry the spinach well. Place in the bottom of a salad bowl and top with the strawberries and avocado. In a food processor blend together the vinegar, lime juice, honey, mustard, mint and olive oil. Season to taste with salt and pepper. Drizzle over the salad and top with sesame seeds.



Health Benefits of Recipe: Strawberries

Health Benefits of Strawberry

Organic  Facts



Boosts immune system

Reduces risk of eye related ailments

Helps maintain normal blood pressure

Lowers risk of arthritis, gout and cancer

Helps regulate proper functioning
of nervous system

Prevents heart diseases and reduces
cholesterol

www.organicfacts.net

Health Benefits continued:

- Nutrients include vitamin C, folate, potassium, manganese, dietary fiber, and magnesium.
- Of note- 1 cup of these berries provide roughly 10% of our daily recommended folate (400 micrograms)
- A single serving of strawberries has approximately 150% of your daily requirement of vitamin C, isn't that incredible!
- Flavonoids – anthocyanins, quercetin, and kaempferol
- In cardiovascular-focused studies, the amount of strawberries consumed per day has varied between approximately 2–4 cups, and the period of time required in order to see cardiovascular benefits has varied between approximately 10–30 days.
- Tannins - Ellagitannins. These beneficial antioxidant and anti-inflammatory polyphenols change in concentration along with the ripening of the berries. Food Quality and Safety Journal Dec 2017 “Ellagic acid in strawberry: Biological, technological, stability, and human health aspects.”

“Moroccan” Style Roasted Beets with Yogurt Dill Sauce

4 Medium Beets, Scrubbed but not peeled
1 TB EVOO
1/2 Tsp EACH Sea Salt, Freshly Cracked Black Pepper, Turmeric,
Coriander, Cumin
Arugula to Serve
Yogurt Dill Sauce

Step One Remove the tops from the beets. Make 4 squares of aluminum foil, big enough to completely encase the beet. Place a beet in the center of each square.

Step Two Drizzle the beets with olive oil and just a sprinkling of salt and pepper. Wrap the foil around the beet until it is completely enclosed. Place the beets in the slow cooker and cook on high for 6 - 8 hours.

Step Three When the beets are done, make a bed of arugula, slice the beets and drizzle the beets with the yogurt dill sauce.

Yogurt Dill Sauce
1 Cup Shredded, Seeded and Peeled Cucumber
1 Cup Non Fat Greek Yogurt
2 TB Lemon Juice
1 TB Fresh Dill
1/4 Tsp EACH, Sea salt and Freshly Cracked Black Pepper



Health Benefits and highlights:

- Beets - grew naturally along coastlines in North Africa, Asia, and Europe. Originally, it was the beet greens that were consumed; the sweet red beet root that most people think of as a "beet" today wasn't cultivated until the era of ancient Rome.
- By the 19th century, the natural sweetness of beets came to be appreciated and the whole vegetable was eaten.
- One cup of beets provides approximately (in daily value): 60 calories, 4 grams of fiber, 2.5 grams of protein
- Folate, manganese, potassium, copper, and magnesium
- Vitamins C and B.
- Help reduce blood pressure, anemia, improve circulation, and cognitive function.
- Studies have explored how beets may contribute to improved athletic performance by enhancing blood flow, which improves the delivery of fuel to muscles and the removal of byproducts such as lactic acid that can dull performance. (beet juice before a workout anyone?)
- Effects of Beetroot Juice Supplementation on Cardiorespiratory Endurance in Athletes. A Systematic Review- Jan 2017

1-2-3-4 Soup

This is a recipe for a super simple leftover veg soup that is warm, comforting and delicious the day after a big day of eating. Once you get the basic formula down, consider adding in other ingredients to the 1-2-3-4 format. You'll never forget how to make this soup!

1 TB Grapeseed or Canola Oil

2 Cups Chopped Onion

2 Garlic Cloves, Grated or Chopped

In a Stock Pot, sauté the onion in the oil until soft. Add in the garlic, and cook and stir until fragrant about 1 minute.

3 Cups Leftover Veggies – Any Roasted Veg like Spring Kohlrabi, Beets. Brussel Sprouts, Carrots, Broccoli or Cauliflower, what ever is left over.

Add the veggies to the pan.

4 Cups Vegetable Broth

Pour in the veggie broth, bring the soup to a boil, turn the heat to low and simmer for twenty minutes. Let the soup cool for a few minutes, and then use the immersion blender to make a thick, rich, creamy soup. If desired, garnish the bowls of soup with a little nonfat Greek yogurt and prepared salsa.

Health Benefits and Highlights:

- Nutrition summary of a basic homemade vegetable soup: 1 cup calories 98
- Fat 4.45g
- Carbs 12g
- Protein 4.12g
- Calorie breakdown: 38% fat, 46% carbs, 16% protein
- A study published in "Appetite" in November 2007 found that eating broth-based soup before meals, including both pureed and chunky versions, helped people eat up to 20 percent less during the meal. Regularly consuming soup may also increase your blood levels of leptin, a hormone that regulates fat storage in your body, according to another study published in the same journal in June 2010. This may help explain why people who eat soup regularly tend to weigh less.

Asian Inspired Greens

1 Head Bokchoy (Regular or Baby)
1 Head Swiss Chard
½ Head NAPA Cabbage
2 TB Extra Virgin Olive Oil
2 TB Toasted or Black Sesame Oil
3 TB Unseasoned Rice Wine Vinegar
2 TB Toasted Sesame Seeds



Step One Shred the bokchoy, chard, and NAPA cabbage, removing any hard stems.

Step Two Warm the olive oil in a skillet and sauté the greens until wilted. Remove from the heat and toss with the sesame oil and vinegar. Sprinkle with the sesame seeds and serve.

Health Benefits and Highlights

- Asian leafy greens (bok choy, swiss chard, baby bok choy, choy sum and gai lan) are rich in vitamin C, beta-carotene, fiber, B vitamins, calcium, and iron.
- Because of their lower levels of oxalic acid, the iron and calcium in Asian greens is more readily absorbed than traditional leafy greens such as spinach.
- They are inexpensive.
- Nutrition (1 Cup):
 - Calories: 46
 - Protein (g): 0.9
 - Saturated Fat, g: 0.0



Kohlrabi and Cauliflower Mash

1 Small Head Cauliflower, cut into florets
1 Kohlrabi, peeled and cut large chunks
1/2 Cup Plain Nonfat Greek Yogurt
1 TB Prepared Horseradish
1 Tsp+ Sea Salt
1/2 Tsp Freshly Ground Black Pepper
1/4 Cup Minced Shallots
2 TB Chopped Dill for garnish

Step One Cook the cauliflower in the microwave until tender, about 3-4 minutes.

Step Two Bring water to boil in a saucepan, season with salt and add kohlrabi. Bring to a boil, and then turn to a simmer. Simmer for about 10 – 15 minutes or until tender. Drain the cooking water and add veggies back into the same pan and use an immersion blender to smash the cauliflower and kohlrabi together. Add in yogurt, horseradish, salt, pepper and shallots. Garnish with dill.

Health Benefits and Highlights

Health Benefits of Kohlrabi

Organic  Facts

- ✿ Reduces risk of breast and prostate cancer
- ✿ Lowers risk of stroke or heart attack
- ✿ Helps to improve digestive health
- ✿ Improves body metabolism
- ✿ Aids in weight loss
- ✿ Reduces strain on cardiovascular system
- ✿ Helps to improve nerve and muscle function



Continued...

- Kohlrabi tastes almost like the turnip, but sweeter and milder.
- Cruciferous vegetables that contains glucosinolates - strong anti-cancer properties. They are sulfur-based compounds that are responsible for the odor and pepper flavor of certain vegetables.
- 1 cup serving: 2.6 grams of protein, 4.9 grams of fiber, 83.7 milligrams of vitamin C, 472 milligrams of potassium, 62 milligrams of phosphorus, 22mg of folate, and 32 mg of calcium.
- Can help reduce C-reactive protein.



Roasted Radish Toasts

4 Pieces Rustic Whole Wheat Bread

1 TB and 1 Tsp Extra Virgin Olive Oil, divided

Sea Salt and Freshly Ground Black Pepper to taste

1 Bunch Radishes, halved or quartered

2 TB Chopped Fresh Parsley

Step One Spray or brush the toast with 1 Tsp of oil and sprinkle with salt and pepper. Broil, or place over a gas flame until browned.

Step Two Toss the radishes with the remaining 1 TB of oil and sprinkle with salt and pepper. Place on a sheet tray and slide into a 425F oven for 15 – 20 minutes or until browned on the edges. Remove from the oven and top the bread with the radishes, sprinkle with the parsley and serve.

Health Benefits and Highlights- Radish

- Very good for the liver and stomach
- They purify the blood and eliminate toxins and waste. They are useful in treating jaundice because they remove bilirubin and also keep its production at a stable level.
- Radishes are diuretic in nature-- Juice from radishes also cures inflammation and the burning sensations during urination.
- Vitamin C, folic acid, and anthocyanins
- They are apart of the Brassica family, and these cruciferous vegetables are packed with antioxidants (isothiocyanates).
- Only 12 calories and no fat for ½ cup!

Spring Herbs/Spices - *“Dainty and light as a feather are the herbs of springtime, those first tender tendrils that lend our cooking the unmistakable flavor and fragrance of freshness and green.”*

- **Chives** – A kind of garlic that belongs to the herb family, strengthens bones, great for pregnant women (Vitamin K and folic acid),
- **Dill** -antibacterial properties. Settles stomach. Loses most nutrients when heated to high temperatures.
- **Lemongrass** - Diuretic properties that eliminate the toxins from the body through urination, can help prevent anemia, insomnia, and provide an immune booster.
- **Mint** – helps with indigestion, nausea, gas, bloating. Also enhances cognitive function.



Continued...

- **Marjoram** – help lower blood sugars, heart healthy, helps with digestion.
- **Oregano** - Rosmarinic acid and thymol, (antioxidant compounds) that have been closely linked to reducing oxidative stress in the body. Antibacterial as well.
- **Parsley** - not safe for pregnant/lactating women (can trigger contractions of the uterus.) Powerful anti-inflammatory, great source of beta carotene.
- **Rosemary** -antioxidant carnosol. Cognitive stimulant, helps with digestion. Plant this perennial!
- **Tarragon** - helps prevent clot formation, promotes healthy blood flow, anti-oxidants, anti-inflammatory.

Resources For Your Clients:

- <https://www.choosemyplate.gov/seasonal-spring>
- 3 simple ideas: Using home-grown herbs in cooking, Growing a garden as a family, and Visiting the farmers' market
- www.seasonalfoodguide.org
 - **California in Early April/May** – Artichokes, Arugula, Asparagus, Avocados, and Beets
 - **Texas** – Arugula, Asparagus, Beets, Blackberries, Broccoli, Cabbage
 - **Florida** – Arugula, Asparagus, Bananas, Basil, Beets
 - **Michigan** – horseradish, mushrooms, parsnips, pea shoots, ramps, sprouts, tarragon, watercress
 - **Pennsylvania** – Apples, Asparagus, chives, fiddleheads, horseradish, mint

Credit Claiming

You must complete a brief evaluation of the program in order to obtain your certificate. The evaluation will be available for one year; you do not need to complete it on April 18, 2018.

Credit Claiming Instructions:

1. Go to CE.TodaysDietitian.com/SpringSeason **OR** log on to CE.TodaysDietitian.com, go to “My Courses” and click on the webinar title.
2. Click “Take Course” on the webinar description page.
3. Select “Start/Resume Course” to complete and submit the evaluation.
4. Download and print your certificate.