



Kates Kitchen

by Kate Jarvis C.N.P., Buying Club Representative

When I think of the Spring, I always think of fresh greens, lighter meals and vibrant colours on my plate. Although we still need warm soups to get us through the last few months of cooler weather, it's a great time to start incorporating some lighter, fresher fare. It's time to shake off those winter blahs!

The following fresh veggies and fruit are available in Ontario in the months of March and April. I always try to start incorporating more of these foods, uncooked, into my diet this time of year:

Apples, beets, cabbage, carrots, cucumber (greenhouse), lettuce (greenhouse) mushrooms and onions (both available year round), parsnips, peppers (greenhouse), potatoes, rhubarb, rutabaga, sprouts, squash, sweet potatoes (year round) tomatoes (greenhouse).

The Spring is also a good time to add some detoxifying foods into your diet. After a winter of craving more comforting foods, some of us may have let a few too many not-so-healthy treats enter our daily routine. Luckily enough, this is the time of year when dandelion leaves will start to spring up in any green space available. They are a great liver detoxifier and a refreshing addition to any salad. Remember these guidelines if you pick your own:

- * The smaller the leaf, the sweeter the taste.
- * Always collect the leaves before the flowers appear as they will be richer in vitamins and minerals.
- * Never collect them if there is any chance they could have been contaminated with pesticides.

"A common food in Italy, dandelion is crispy, fibrous and only slightly bitter. When you put them together with the sweetness of pear or apple, the bitterness brings a nice balance to the palette." Julie Daniluk, Meals that Heal Inflammation

Here are a couple of Spring salads guaranteed to get you in the mood for a Spring re-fresh!

Dandelion Salad with Tahini Dressing

2 cups dandelion greens, chopped
1 medium apple or pear, chopped
fresh grated ginger to taste
2 tbsp pumpkin seeds

Tahini Dressing:

½ cup tahini
¼ cup lemon juice
¼ cup extra virgin olive oil
2 tbsp agave nectar or 3 – 5 drops stevia liquid
1 tbsp tamari soy sauce or 1 tsp umeboshi plum paste

Directions:

1. In a medium bowl, combine salad ingredients.
2. In small bowl, combine dressing ingredients
3. Portion the salad on 1 or 2 plates, and drizzle with dressing. Enjoy!

Beet Detox Salad

1 large beet, grated
1 large carrot, grated
1 large apple, chopped
2 tbsp almonds
2 tbsp olive oil
2 tbsp lemon juice
Pinch of grey or pink salt

Optional additions:

2 tbsp fresh dill or parsley (chopped finely)
2 cloves garlic (minced)

Directions:

Toss all ingredients together in a large bowl.
Best if left to marinate for a day or two.

Both recipes adapted from Julie Daniluk's Meals that Heal Inflammation

Daliluk, Julie R.H.N. Meals that Heal Inflammation: A Practical Guide. LukSmith Publishing. 2008