

SPRING IS HERE

SPRING CLEAN YOUR FAMILY'S DIET BY INCORPORATING LOCALLY GROWN, IN-SEASON PRODUCE. BUYING IN-SEASON FRUITS AND VEGETABLES NOT ONLY HELPS TO SAVE MONEY, IT ALSO IMPROVES THEIR FLAVOR AND TASTE!

Honey-Glazed Carrots

Ingredients:

- 5 cups thinly sliced carrots
- 3 tablespoons chopped fresh parsley
- 2 tablespoons honey
- 1/2 teaspoon salt
- 1/2 teaspoon grated orange rind
- 1/4 teaspoon freshly ground black pepper

Directions:

1. Bring water to a boil in a medium saucepan.
2. Add carrots; cook for 20 minutes or until tender. Drain well.
3. Place carrots and remaining ingredients in a large bowl; toss gently. Makes 6 servings.



Whole Wheat Blueberry Muffins

Ingredients:

- 1 cup unsweetened applesauce
- 2 cups 100% whole wheat pastry flour
- 1/2 cup sugar
- 1 tsp baking soda
- 1/2 tsp salt
- 1 1/2 cups blueberries
- 1 large egg, beaten
- 1 tsp vanilla
- 2 tbsp melted butter

Directions:

1. Preheat oven to 325°. Combine flour, sugar, baking soda, and salt in a large bowl. Mix well.
2. In a medium bowl, mix eggs, melted butter, vanilla and applesauce. Add to the flour mixture and stir until just blended. Gently fold in blueberries.
3. Pour batter into 12 lined muffin tins and bake at 325° for 25 minutes, or until a toothpick inserted in the center comes out clean. Makes 12 servings.



Spring Produce Includes:

- Apricots
- Asparagus
- Blueberries
- Carrots
- Celery
- Cherries
- Leafy greens
- Peas
- Potatoes
- Strawberries
- Spinach