

Pumpkin Soup

**This recipe comes from
allrecipes.com**

Pumpkins are extremely rich in Vitamin A, and also contains a good amount of Vitamins B and E, along with potassium



Apple Dumplings

This recipe comes from delish.com

Apples contain many different antioxidants, along with fiber, Vitamin C, and potassium



While most of these foods can be bought at any grocery store, please try to buy local!

**LOCAL
FOOD IN**

Autumn



By Girl Scout Troop 65254

Reasons to buy local by Ecowatch

1. Supports local farms
2. Boosts local economy
3. Less travel
4. Less waste
5. More freshness
6. New and better flavors
7. Good for the soil
8. Attracts tourists
9. Preserves open space
10. Builds more connected communities

For more information, visit
ecowatch.com

Food available in MA during the fall

(Varies from different times in the season)

- *Pumpkins
- *Squash
- *Cranberries
- *Rutabaga
- *Peppers
- *Parsnips
- *Brussels Sprouts
- *Apples
- *Eggplant

For more, check out
bostonmagazine.com

Cranberry Sauce

This recipe comes from
foodnetwork.com

Cranberries are good for your digestive system and can also help boost your immune system





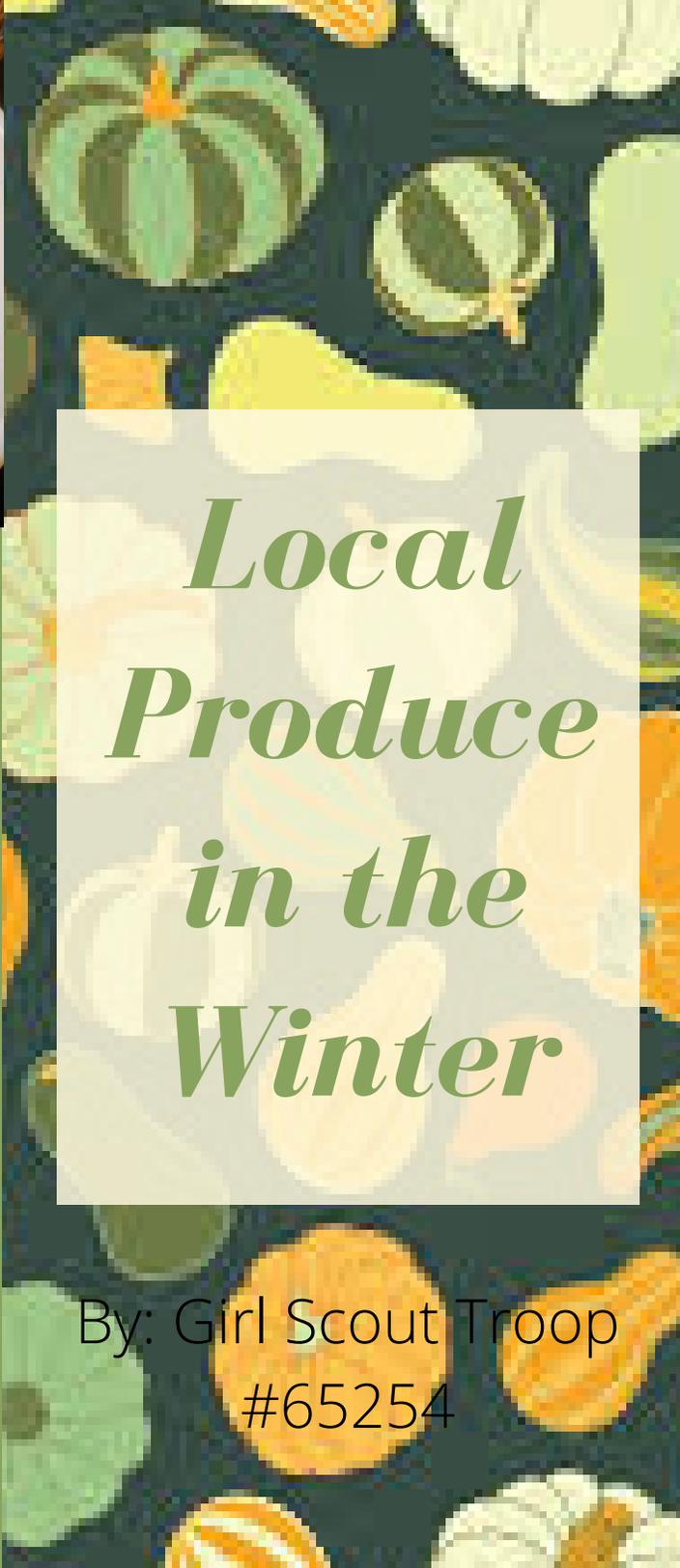
- <https://www.thewholesomedish.com/the-best-classic-burger/>
- <https://www.splendidtable.org/recipes/american-french-fries>

I made this dish for my sister's eleventh birthday and she loved it just as much as I did! The beef has lots of protein and vitamins A and C. Organic, grass-fed beef has additional benefits: fewer calories, more healthy calories, reduces risk of heart disease, better for the environment, and a potential cancer fighter. Potatoes are low in cholesterol and high in fiber, potassium, and vitamins B6 and C. Carrots are a good source of beta carotene, fiber, vitamin K1, potassium, and antioxidants.

- <https://food52.com/recipes/12869-shaved-radish-and-celeriac-salad-with-pomegranate-pecorino-and-truffle-oil>

Although this dish is quite time consuming (a food processor is definitely a helpful tool) and has some obscure ingredients (with common substitutes), it is a delicious, healthy snack or side dish.

Traditionally, celeriac comes from Italy and radishes come from California and Mexico, so buying local reduces your carbon footprint. Celery root is high in fiber, low in fat and calories, high in vitamins B6, K, and C, and minerals like potassium, manganese, and phosphorus. Black radishes are high in potassium, vitamin C, and fiber. They can also help prevent skin disease and heart disease, as well as boost the immune system.



Local Produce in the Winter

By: Girl Scout Troop
#65254

Reasons to buy local:

1. Supports local farms
2. Boosts local economy
3. Food travels less
4. Less waste
5. More freshness
6. New/better flavors
7. Good for the soil
8. Attracts tourists
9. Preserves open space
10. Connects community

Ecowatch.com

Winter Produce:

Fresh foods available
in the winter:

- micro greens
- black radishes
- celery root
- potatoes
- eggs
- beef
- winter squash (acorn, buttercup, butternut, calabaza, delicate, Hubbard, spaghetti, sweet dumpling, turban, and pumpkin)



- <https://www.simmerandsauce.com/savory-recipes/roasted-butternut-squash-salad/>

This salad was one of my favorite salads that I made, and it's healthy as well as delicious. Health benefits of butternut squash include vitamins A, B6, and C, as well as folate, magnesium, fiber, riboflavin, phosphorus, and potassium. The micro greens contain potassium, magnesium, iron, zinc, and copper. Most grocery store squash is from Mexico, so buying local is much better for the environment.

PAN SCRAMBLED SOUFFLÉ

MAKES 1 SERVING



HEALTH BENEFITS

- **spinach:**

-vitamin K1 that helps healthy blood clotting

-iron that is used in hemoglobin formation which transports oxygen through the body

-zeaxanthin and lutein for eye health

-above information from:

<https://www.healthline.com/nutrition/foods/spinach>
#bottom-line

- **eggs:**

-choline which helps produce cell membranes and brain signaling

-high in protein which is necessary for tissues, can improve bone health, decrease blood pressure, etc.

-above information from:

<https://www.healthline.com/nutrition/10-proven-health-benefits-of-eggs>

INGREDIENTS

(2 cups) spinach

(2) eggs

(1 teaspoon) cheese

table salt

ground pepper

garlic powder



DIRECTIONS

1) grease a pan with olive oil and heat to medium/low

2) place the spinach in the pan to sauté until the leaves wilt

3) remove the spinach from the pan and drain any excess liquid

4) in a bowl combine the eggs and seasonings to taste, then whisk the mixture

5) re-grease the pan and pour in the egg solution

6) cook to desired consistency, adding in the spinach from step 3 midway

7) transfer the pan's contents to a dish and top with cheese

-enjoy!

GIRL SCOUT TROOP #65254

SPRING RECIPES

FROM LOCAL PRODUCE

PURPLE SMOOTHIE BOWL

MAKES 1 SERVING



HEALTH BENEFITS

- **berries:**

-antioxidants that protect cells from free radicals and perhaps protect against cancer

-decrease excessive inflammation and therefore help prevent diabetes, heart disease, obesity, etc.

-above information from:

<https://www.healthline.com/nutrition/11-reasons-to-eat-berries#section8>

- **oranges:**

-vitamin C which promotes skin strength and health

-potassium and fiber which are good for heart health, limit high blood pressure and stroke risk

-above information from:

<https://www.medicalnewstoday.com/articles/272782#benefits>

INGREDIENTS

(2 cups) spinach
(1/3 cup) raspberries
(1/3 cup) blackberries
(1/3 cup) blueberries
(1/3 cup) fresh orange juice
toppings - seeds, berries, coconut shavings, chocolate, etc.



DIRECTIONS

- 1) remove the leaves of fresh berries and halve them before freezing
 - 2) in a blender, add the frozen berries, fresh spinach, and orange juice
 - 3) blend this combination for a few minutes until smooth (try using medium power)
 - 4) pour the mixture into a bowl and add desired toppings
- *or pour into a cup to sip
-enjoy!

BUY LOCALLY!

It is good to try buying food locally for many reasons (see below for some examples). Both recipes in this pamphlet were inspired by the idea of local consumption and will hopefully motivate you to try buying more frequently from farms (and the like) near you.



BENEFITS

- 1) supports local farms
- 2) boosts local economy
- 3) limits travel of food
- 4) less waste
- 5) improved freshness
- 6) different and better flavors
- 7) beneficial for local soil
- 8) attracts tourists
- 9) preserves local open spaces
- 10) promotes more connected communities

-above information from ecowatch.com (more information is available on that and similar websites)

Why Eat Local?

1. **It supports local farms:** Buying local food keeps local farms healthy and creates local jobs at farms.
2. **Boosts local economy:** Food dollars spent at local farms and food producers stay in the local economy, creating more jobs at other local businesses.
3. **Less travel:** Local food travels much less distance to market than typical fresh or processed grocery store foods, therefore using less fuel and generating fewer greenhouse gases.
4. **Less waste:** Because of the shorter distribution chains for local foods, less food is wasted in distribution, warehousing and merchandising.
5. **More freshness:** Local food is fresher, healthier and tastes better, because it spends less time in transit from farm to plate, and therefore, loses fewer nutrients and incurs less spoilage.
6. **New and better flavors:** When you commit to buy more local food, you'll discover interesting new foods and a new appreciation of the pleasure of each season's foods.
7. **Preserves open space:** Buying local food helps local farms survive and thrive, keeping land from being redeveloped into suburban sprawl.



Beef Veggie Burger

Ingredients:

- 1 can of beets
- 1 can of black beans
- cayenne and/or black pepper
- cumin
- salt
- garlic & onion powder
- 1 egg
- 1/2 cup of bread crumbs

Instructions:

1. Heat oven to 375
2. Drain both cans, put in a large mixing bowl, mash.
3. Add several dashes of cayenne, black pepper, cumin, salt, garlic and onion powder, mix well.
4. Crack 1 egg and mix, add 1/2 cup of breadcrumbs, mix. If still too liquidy, add more breadcrumbs
5. Shape into patties, place on oiled or sprayed cooking sheet and put into the oven, 10 minutes on each side.



Local Summer Produce

By Girl Scout Troop #65254

Summer Produce

Some examples of what's in season during the summer are:

- Strawberries
- Blueberries
- Blackberries
- Corn
- Tomatoes
- Peaches
- Watermelon
- Carrots
- Summer squash
- Beets
- Kohlrabi
- Cucumbers
- Zucchini



Produce Showcase: Beets!

Beets are the ever popular root vegetable with a surprising number of health benefits. Not only are they tasty, but they are packed with nutrients. Despite being low in calories, they are high in vitamins and minerals. They can help lower blood pressure, fight inflammation, and improve digestive health. Beets contain a moderate amount of fiber and protein, and are high in water, making them great for reducing appetite and calorie intake. Most importantly, they are accessible and easy to include into your diet.



Beet the heat this summer with a refreshing strawberry-beet smoothie!

Ingredients:

- 1/2 cup roasted beets
- 2 cups of strawberries
- 1 cup of plain yogurt
- 2 tablespoons of honey
- 1 banana

Instructions:

1. (to roast the beets) Preheat the oven to 375°F.
2. Trim the tops and tails off the beets and cut in half. Place on a large sheet of foil.
3. Drizzle beets with olive oil and cover with the remaining foil.
4. Bake for about an hour or until beets are soft when pierced with a fork. Remove from the oven and allow to cool.
5. Once cool, peel off the skins.
6. Place all ingredients in a blender.
7. Blend until smooth
8. Enjoy!

Recipe from: <https://livesimply.me/beet-strawberry-smoothie/>