



# FUEL

MARCH

## ...YOUR BODY AND YOUR MIND

### GARDENS AND GREEN THUMBS

I know it is hard to believe, but spring is on its way! With any luck, we will soon be shedding the heavy jackets, hats and gloves and welcoming days out in the sun. It's also a perfect time to shift the kinds of foods we eat. Shaking things up with seasonal foods is a fun way to celebrate the changing weather. It's time to say goodbye to the warm, hearty soups, stews and casseroles and bring on the lighter side salads and grilled favorites—and that means a return to local gardens and farms!

Now is the time to start thinking about the types of yummy fruits, veggies and spices you might want to plant in your own garden. We traditionally think of those juicy tomatoes, crunchy carrots and succulent cucumbers, and perhaps our favorite berries, but why not try expanding your produce palette with different kinds of harvests this year?

You can start with the old standbys but add a rainbow of color! Did you know that carrots come in colors other than orange? Yup, they do! Try a purple, yellow, blood red or white carrot crop. Purple or orange cauliflower options make for a fun and nutritious addition as well. Or how about some broccoli, artichokes or root vegetables, such as beets or celeriac? Spice up your spice collection with some chili or habañero peppers. A fruit lover? There are more melon variations than you can ever imagine—and have you ever had a blackberry or huckleberry?

Not a gardener with a green thumb? There are many local farm stands you can find for on-the-spot purchases. With a little research, you can find a local resource that can spice up your warmer weather recipes with new and exciting ingredients!



Move over romaine and iceberg; celery is taking over as a bread replacement. Just like in the recipe we share on the next page, more and more people are looking to either avoid gluten or reduce their carb intake by finding sandwich bread alternatives, and celery is stepping up to the plate. But why choose celery? It contains vitamin C, beta carotene, flavonoids and many necessary antioxidants to protect our bodies from toxins and damage, plus a single stalk can help reduce inflammation and support digestion. Plus, the stalk is sturdy, crunchy and handy, which makes eating your favorite filling a cinch!

# FAMILY RECIPE CORNER

# CHICKEN SALAD CELERY STICKS

**YIELDS: 8 SERVINGS**

## INGREDIENTS

2 cups cooked chicken, chopped  
8 large whole celery ribs, cleaned  
1 stalk celery, chopped  
½ cup mayonnaise  
1 green onion, diced (or chives or red onion)  
1 tsp. Dijon mustard  
Salt and pepper to taste  
1 tsp. fresh dill, optional

## DIRECTIONS

Combine all ingredients in a small bowl and mix well. Season with salt and pepper to taste. Scoop chicken salad mixture into the crease of your celery ribs and serve.

