

Farm to Table Co-op Weekly Harvest: June 22nd, 2023

Please bring your reusable bag with you to The People's Garden, 86 Garside Street, Newark, each week to receive new items. All herbs and produce are organically grown.

Herbal Benefits and Remedies

1

Basil

Basil contains many vitamins and minerals, as well as antioxidants such as lutein, zeaxanthin, beta-carotene and beta-cryptoxanthin. Many of basil's health benefits comes from these antioxidants as well as its essential oils. You can enjoy them fresh as a topping, blended or added to your cooking. Keep in mind when cooking to add it towards the end of the process as the oils are volatile so adding at the end gives it a delicious flavor.

Produce Benefits and Remedies



Zucchini

Zucchini is rich in several vitamins, minerals, and other beneficial plant compounds. It contains small amounts of iron, calcium, zinc, and several other B vitamins. Raw zucchini offers a similar nutrition profile as cooked zucchini, but with less vitamin A and more vitamin C, a nutrient which tends to be reduced by cooking. The highest levels of antioxidants are found in the fruit's skin. It is rich in water and fiber but low in calories.

2

Bok choy

Bok choy is a variety of Chinese white cabbage. Bok choy is an especially good source of vitamins C and K. It also contains some fiber, a critical nutrient found only in plant foods. Fiber supports digestive health and helps reduce the risk of many chronic diseases. Bok choy has a very mild flavor and pairs very well with meats and fish. It can be steamed or sauteed in spices and served as a nutritious side dish.

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Green Beans

Green beans are antioxidants rich in vitamin C and help fight inflammation and regulate blood pressure. They are a good source of protein and fiber that improves one's gut health and digestive system. They can detoxify the body as well from unwanted toxins.



Cucumbers

Cucumbers consist mostly of water, and they also contain important electrolytes. They can help prevent dehydration in hot weather or after a workout. Cucumbers contain substances that may help lower blood sugar or stop blood glucose from rising too high. They are a crunchy addition to any salad and dish.

Value Added Products



Assorted Tea Bags

Provided by Keven Porter and Arelis Hernandez of Rabbit Hole Farms.



Lip Balm

Provided by Julie Platnar

All organic ingredients: beeswax, cocoa butter, mango butter, coconut oil, vitamin E essential oil

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Vitamins & Minerals Explained

Vitamins and minerals are micronutrients required by the body to carry out a range of normal functions. However, these micronutrients are not produced in our bodies and must be derived from the food we eat.

Vitamin A: supports eye health, bone health, cell growth, and production of white blood cells

Vitamin B: supports releasing energy from carbs, transporting oxygen and energy-containing nutrients around the body.

Vitamin C: controls infections, support wound healing, neutralizes free radicals

Vitamin D: supports calcium and phosphorus retention for bone health, and eases the effects of Seasonal Affective Disorder

Vitamin E: acts as an antioxidant (which removes free radicals, which damage cells)

Vitamin K: helps to make various proteins that are needed for blood clotting and the building of bones

Potassium helps your nerves to function and muscles to contract. It helps your heartbeat stay regular. It also helps move nutrients into cells and waste products out of cells.

Iron is a mineral that the body needs for growth and development. Your body uses iron to make hemoglobin, a protein in red blood cells that carries oxygen from the lungs to all parts of the body, and myoglobin, a protein that provides oxygen to muscles.

Calcium is vital for healthy teeth and bones. It also important for the health and functioning of nerves and muscle tissue.

Antioxidants are substances that protect the body by neutralizing unstable molecules called free radicals.

Amino acids are vital for functions such as protein synthesis, tissue repair and nutrient absorption.

Fiber helps regulate the body's use of sugars, helping to keep hunger and blood sugar in check.

Magnesium is important for many processes in the body, including regulating muscle and nerve function, blood sugar levels, and blood pressure and making protein, bone, and DNA.

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**Thanks to our community
partners for helping to make this
week's harvest plentiful.**

English Farm, Liberty Corner, NJ

Carol English

Rabbit Hole Farms, Newark, NJ

Keven Porter and Arelis Hernandez

Julie Platnar



**NEWARK COMMUNITY
FOOD SYSTEM**



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