

FARM TO TABLE CO-OP WEEKLY HARVEST: JUNE 24TH, 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



Mint

Mint makes a delicious and healthy addition to many foods and beverages. Mint's health benefits range from improving brain function and digestive symptoms to relieving breastfeeding pain, cold symptoms and even bad breath.

2



Sage

Sage is high in antioxidants that support oral health, aid brain function, and lower blood and cholesterol levels. It can be enjoyed fresh, dried or as a tea. It relieves headaches and throat pain as well as many other benefits.

3



Lemon balm

It can help relieve stress, anxiety, and boost cognitive function. It can also help ease insomnia and other sleep disorders. It may help treat cold sores, relieve indigestion, headache pain, lessen menstrual cramps and toothache pain.



Oregano

Oregano is rich in antioxidants and may help fight certain strains of bacteria and it decrease inflammation. Oregano is available fresh, dried, or as an oil and can be added to stews, dressings, sauces, meats, and more.



Coriander

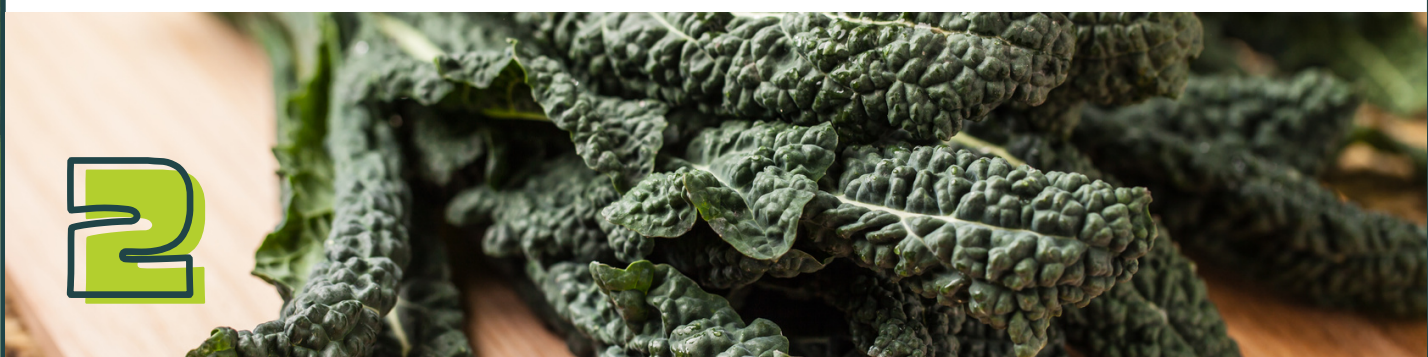
Coriander acts as a diuretic that can flush out extra sodium from the body and reduce blood pressure. It can also lower "bad" LDL cholesterol and reduce the risk of coronary heart disease.

Produce Benefits and Remedies



Red bib lettuce

Red bib lettuce contains potassium and magnesium minerals that helps reduce blood pressure and relax heart muscles. It also helps bone growth and development.



Kale

Kale has the ability to improve digestion, prevent heart disease, manage blood sugar; strengthen bones and support good vision. It can be prepared as kale salad, kale chips, sautéed kale, kale juice, and it can added onto pizzas.



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.



Swiss chard

Swiss chard is low in calories and high in magnesium, iron, potassium, and vitamins A,C, and K. It is also high in antioxidants including beta carotene and flavonoids, which may help prevent health conditions such as heart disease and lung cancer. It is high in fiber which can help maintain your weight and lower the risk of certain cancers and diabetes.



Garlic scapes

Garlic scapes are a great source of manganese, vitamin B6, vitamin C, and selenium. They can lower cholesterol and blood pressure. They can boost the immune system and prevent heart diseases.



Salad turnips

Turnips boost heart health and immune system, aid in digestion, improve blood circulation, bone strength, metabolism, and preventing cancer. They can be chopped, sliced, diced or left whole. They can be boiled, sautéed or steamed.



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



Stay connected

Instagram: @newarksas

Twitter: @NewarkSAS

Facebook: Newark Science and Sustainability, Inc.



NEWARK
SCIENCE AND SUSTAINABILITY INC.
Creating Self-Sustaining Communities

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.

Stay connected

Instagram: @newarksas

Twitter: @NewarkSAS

Facebook: Newark Science and Sustainability, Inc.



NEWARK
SCIENCE AND SUSTAINABILITY INC.
Creating Self-Sustaining Communities

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

Grow it Green Morristown, Morristown, NJ

Farmer Shaun Ananko

Rabbit Hole Farms, Newark, NJ

Keven Porter and Arelis Hernandez

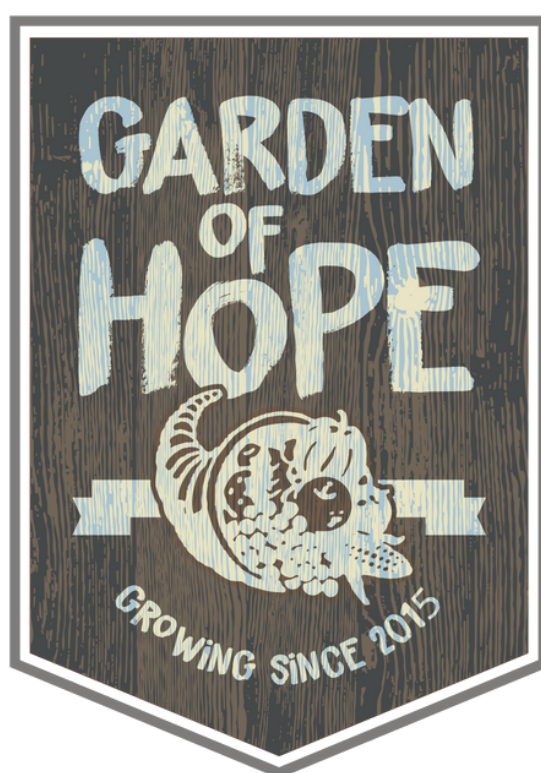
Julie Platnar

The People's Garden, Newark, NJ

Libby Klein and Ubuntu Permaculture Mission, Inc.



**NEWARK COMMUNITY
FOOD SYSTEM**



Stay connected

Instagram: @newarksas

Twitter: @NewarkSAS

Facebook: Newark Science and
Sustainability, Inc.



NEWARK
SCIENCE AND SUSTAINABILITY INC.
Creating Self-Sustaining Communities