

LIVE HEALTHY! NEWSLETTER

July 2022 | Vol. 2

Greenmarket Season

The Greenmarket Season
is here!

We have Farmer's Market
tours in East Harlem and the
South Bronx, offered in 3
languages.



Healthbucks will be available!

Contact a Live Healthy! staff
member if you are interested
in participating.

Recipe of the Month

Salad Dressings:

Sweet & Sour, Tangy
Citrus and Zesty Herb
Healthy salad dressings!

Check it out on our
BRAND NEW website (below)!



SUMMER SALADS with SEASONAL FLAVORS

Make a fresh and seasonal salad, anytime! Have ingredients in each of these categories on hand so you can build a variety of flavorful salads anytime during the week. Here are some examples and tips!

Aim for no more than 1 tbsp of
dressing per 1.5-2 cups of greens.

Dressings: Low calorie, low sodium options like Zesty Herb,
Sweet & Sour, and Tangy Citrus (see recipes on our site!).

Grains: Quinoa, brown rice, orzo, whole wheat
pasta, couscous, farro, amaranth.

Fresh, Canned or Cooked Vegetables:
Carrots, pickled onions, bean sprouts.

Protein: Leftover chicken, canned
beans, low fat cheese, ham, turkey.

Nuts & Seeds: Almonds, pepitas,
sesame, peanuts, walnuts, cashews.

Leafy Greens: Kale, spinach,
arugula, spring mix, swiss chard.

Fresh & Dried Fruit: Avocado, plums,
berries, peaches, dried cranberries.

Herbs: Basil, mint, parsley, cilantro,
tarragon, cilantro.



What is in season?

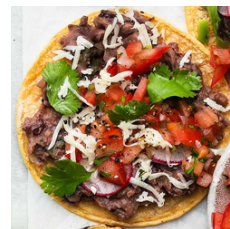


Swiss chard, snap peas and more!

Get fresh, organic, seasonal
produce like these in our
Farmshare package!

This month in Recipe Club

Learn how to make:



Corn Black Bean Tostada

Tuesday, July 5th
@ 12:30pm!

Chicken and Green Beans

Tuesday, July 19
@ 12:30pm!



Explore our
**BRAND
NEW**
website!



Become a
**Live
Healthy!**
member



Join our
**Farmshare
Program**



Contact Us!

Telephone: (917) 982-2564
Manhattan: 8 E 109th St
Bronx: 423 E 138th St 2nd Fl