

LIVE HEALTHY! NEWSLETTER

March 2024 | Vol. 3

Nutrition Workshops at our Nourish office

Nutrition Facts

Serving Size	
Amount Per Serving	
Calories	
Total Fat	% Daily Value*
Saturated Fat	% Daily Value*
Cholesterol	% Daily Value*
Sodium	% Daily Value*
Total Carbohydrate	% Daily Value*
Dietary Fiber	% Daily Value*
Sugars	% Daily Value*
Protein	% Daily Value*



JOIN our in-person nutrition workshops at our Nourish office located at 788 Southern Blvd, Bronx, NY 10455. Our workshops provide nutrition education and live cooking demonstrations. Check out our calendar on our website for the schedule

Recipe of the Month

Dill Cucumber Sauce

Need recipe ideas for dill found in your farmshare packages? Create this dill cucumber sauce that goes great on your choice of protein or salad!




SHOPPING AT FARMERS MARKETS



Its national nutrition month and this year's theme is beyond the table which focuses on the food journey from the farm to your table! Below are reasons to shop at your local farmers market:



 Shorter transportation time means we get our produce faster in its most nutrient dense state

 Support local farmers in preserving their land and offering a variety of produce to our communities

 Local food tastes better because it did not sit in a warehouse

 Accept several forms of payments such as cash, card, SNAP, and other coupons

What fruits and vegetables are in season for March?




Cabbage Apple Parsnip
Potatoes Onion Carrots

Get fresh produce like these in your farmshare packages at our three locations at 8 E 109th, 788 Southern Blvd, and 1290 Hoe Ave!

COOK with us in Recipe Club

Learn how to make:



Barley Turkey
Jambalaya
Tuesday,
March 5
@ 12:30pm!



Chicken Mole
Tuesday,
March 19
@12:30pm!



Explore our [BRAND NEW website!](#)



Become a [Live Healthy!](#) member



Contact Us!
Telephone: (917) 982-2564
Manhattan: 8 E 109th St
Bronx: 788 Southern Blvd