



Cathy Says... Spring is the time to transition to a lighter way of eating. With the beautiful days outside, don't tie yourself to the kitchen with heavy meals. Make a large salad the centerpiece of your meal. Organic spring vegetables are becoming more abundant. Avocados, asparagus, green peas, spinach, chard, green beans, along with a variety of lettuces are the perfect foundations for a delicious salad. Make sure to use a variety of colorful vegetables in your salad. These bright colors indicate foods rich in multiple phytonutrients and antioxidants to help keep your body healthy. Increase your essential fatty acid intake by adding salmon, walnuts or even a few tablespoons of flax oil.

Finish your salad with fresh herbs and a healthy dressing, and you have a delicious spring meal. Check out Harvest Health Foods' selection of certified organic fresh fruits and vegetables along with a wide variety of natural and organic dressings to make your salad complete!