

Eat The Rainbow

Southwest Edmonton Farmers' Market SPROUTS

Have you ever walked down a row of Farmers' market stalls and thought to yourself, "There's so much colour here!?"

Well, all that colour is why eating at a Farmers' market can result in so many healthy choices. This recipe is an easy one... tangy, sweet & intensely coloured, it is beautiful & ever-so-delicious!

Ingredients

- 2 apricots or 1 nectarine
- 1 cup red berries (strawberries or raspberries)
- 1 cup blackberries or blueberries
- 1/2 cup Fresh orange juice (juice of 1 orange)*
- 1/4 cup Fresh lemon juice (juice of 1 lemon)*
- 1 tbsp. liquid honey
- 1 tsp. brown sugar
- * Fresh squeezed juice always tastes best

Sprouts recipe
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"Antioxidants" is a big word that you hear spoken a lot when scientists and nutritionists talk about healthy eating. What are they? They're the pigments... the chemicals that give your food its amazing colour. Eat colour. Eat the RAINBOW and you'll know right away that you are eating healthy when it comes to market Fruits & veggies!



Market Shopping List

2 apricots or 1 nectarine

1 cup of your favourite red berries

1 cup of your favourite black or dark purple berries

honey

Makes 4 servings

Southwest Edmonton
Farmers' Market



Directions

Wash your apricot or nectarine. Lay it on a cutting board and slice it through with a paring knife until your knife reaches the pit. With the knife in place, roll the fruit along the surface of your cutting board until your knife makes a cut all the way around the fruit. Remove the knife. Take the fruit and twist the two halves apart. The fruit should easily pop open, revealing the pit inside one of the halves. Either pull the pit out with your fingers, or lever it up with your knife. Slice your fruit into bite-sized pieces.

Carefully rinse your berries and place them in a large bowl with your apricots or nectarine fruit pieces. (Chop strawberries into small pieces if you are using them.)

Slice your orange and your lemon in half around their middles (to do this, make sure the stem end is on your left or your right). Take each half and twist it back and forth on a citrus juicer. In a small bowl, place the juice, honey and brown sugar, stirring until the sugar and honey have dissolved.

Pour the mixture over the berries and stir gently until it is all mixed up.

For an extra special treat, serve this fruit salad over low-fat frozen yogurt and top with a mint leaf for a little extra pizzazz. Be sure to spoon some of the sauce on top as well. Mm-mm good!

Sprouting Chefs

It is very important to wash your fruits and veggies before using them in a recipe or eating them raw, straight from the market. Because berries are so delicate, you need to rinse them carefully in a strainer at the LAST minute or they will go very mushy.

Creative Cooks

"Presentation" is a fancy word used by chefs when they talk about how pretty their food looks. Along with how food tastes, it's one of the key ways we can truly come to enjoy the food we make. Food can really be art.

When it comes to using bright coloured berries, presentation is easy. Using contrast is important. Choose different colours. Black raspberries, pink tayberries, red strawberries and pieces of chopped up orange apricots or nectarines will make this look very beautiful.