

## NEWS RELEASE

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### **Mother Told You to Eat Your Greens— Go to Berthoud Farmers' Market**

Even though telling you to eat your greens may have been the only good advice your mother ever told you, take this one to heart. Leafy green vegetables reduce cancers, are rich in nutrients, boost immune response, plus contribute to heart health.

**Next Thursday, June 15, 3-7 pm**, residents of Berthoud and its neighbors will get a chance to stock up on those Kermit-colored super foods at the **Berthoud Farmers' Market's opening day, at Mountain Avenue and 3<sup>rd</sup> Street**. Fresh, crisp, dewy greens just bursting with flavor and goodness can go home with you having been just picked from local farms and gardens. The open-air market happens every Thursday through October 19, and is a project of The Berthoud Main Street Program.

Greens include spinach, collard greens, mustard greens, kale, dark green lettuce, Swiss chard, mache, escarole, beet greens, bok choy, cabbage, endive, dandelion greens, radicchio, turnip greens, watercress, arugula and broccoli.

Greens are truly super foods. Look at the benefits:

- § Excellent source of vitamins A and C, which may help reduce the risk of certain cancers.
- § Low in calories.
- § Good source of calcium, iron, magnesium, folate and fiber.
- § Spinach, kale, Swiss chard, lettuce, bok choy and collards are a rich source of the antioxidants lutein, zeaxanthin and beta-carotene. These antioxidants help promote eye health and keep your heart ticking.
- § Cruciferous greens such as broccoli, kale and cabbage contain the sulfur-rich phytochemicals sulforanes and indoles. They also help promote eye health and keep your immune system healthy.

Try adding some of these leafy greens to your diet:

**Kale:** This is one of the healthiest greens for your bones. Just one cup cooked contains nearly 1,300 percent of your daily requirement of vitamin K, a nutrient that helps to support healthy bone formation. Kale also contains manganese, which promotes bone density and is high in calcium. Best of all, kale is the top leafy green source of carotenoids that promote eye health and may help lower the risk of age-related macular degeneration.

**Swiss Chard:** These leafy greens may help you lower your blood pressure because one cup cooked supplies nearly one-third of your daily potassium requirement. A mineral marvel, Swiss chard is the top leafy green source of iron and an excellent source of vitamin C.

**Mustard and Turnip Greens:** While these two don't pack quite the nutrient punch as kale and Swiss chard, they still contain large amounts of the bone-healthy vitamins K, C and folate. They're also a good plant source of vitamin E, a potent antioxidant that may help boost the body's natural immunity. Compared to kale, turnip greens are even higher in calcium making it a top plant source of this mineral.

### **Easy and Delicious Swiss Chard**

1 large bunch chard, washed

3 cloves garlic, minced

2 teaspoons olive oil

Salt and pepper, to taste

Balsamic vinegar

Remove stems from chard and cut stems into ¼-inch pieces. Stack the chard leaves on top of each other and cut into 1-inch wide strips.

Place a large skillet over medium heat and add olive oil. When hot, add the chard stems, cover and cook 3 to 4 minutes, stirring a couple of times.

Add the chard leaves; use tongs to stir the chard until it reduces some in volume (like spinach).

Add the garlic, salt, and pepper to taste. Stir again; cover for another 2 minutes, until tender.

Drizzle with balsamic vinegar and serve.

Yield: Four servings

Nutritional information per serving: 50 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 530 mg sodium, 6 g carbohydrate, 2 g dietary fiber, 2 g protein

Local entertainment of all kinds is welcome at each week's market. Singers, dancers, musicians, mimes, magicians, fire-eaters, or any other entertainers are encouraged to participate in this well-attended market.

Berthoud non-profit organizations, community growers, or artisans within both the town and county who wish to sell either home grown produce or home made crafts may attend the market twice during the season at no charge.

A volunteer-driven, greens-eating, non-profit organization, The Berthoud Main Street Program encourages the community to volunteer with its many upcoming activities and events, such as downtown beautification as well as its annual Berthoud Farmers' Market. For volunteer opportunities of all kinds, or any questions, please contact Eric Boyd at 532-5199.

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