

Welcome to

# ALL THINGS GREEN

with Basics Nutrition Mentor & Registered Dietitian

Lindsay Brown

**\*\* Class will begin shortly \*\***

**basics**<sup>™</sup>  
Market

# Questions?

Use the chat function for live help from  
your instructor.

This and all our class recordings are available on  
[basicsmarket.com/class-library](https://basicsmarket.com/class-library)



# ABOUT BASICS MARKET

*Basics™ Market is a locally owned market with a purpose: nurturing strong, healthy communities through food. With simplified selection, fresh ingredients and healthful recipes, our 5 locations in the Portland area are small and accessible, focused on just what you need to cook healthful meals at home.*

# All Things Green Overview

*Green produce is...*

- Nutrient dense
- High in vitamins and minerals
- Packed with phytonutrients, which have both antioxidant and anti-inflammatory properties
- Rich in fiber – Non-digestible component of plants that helps maintain digestive healthy and promotes satiety, regularity, and blood sugar control



# Parsley



## *A Little Bit About Parsley...*

- Native to the Mediterranean region
- Curley and Italian flat-leaf are the most common types
- Sow seeds in March for July harvest

# Parsley



## *Nutrition Benefits...*

- Rich in vitamin K – helps support proper blood clotting and production of bone building cells
- Rich in vitamin C – supports immune function and collagen production
- Rich in eye supporting carotenoids Lutein, Beta-Carotene, and Zeaxanthin

# Parsley Pesto

*Dairy Free, Gluten Free, Vegan, Heart Healthy*

## Ingredients

- ½ cup almonds
- 2 cups loosely packed Italian parsley, stemmed and washed
- 1 clove garlic
- 1/3 cup extra virgin olive oil
- ½ lemon, juiced
- 1/2 teaspoon sea salt
- 1/8 teaspoon pepper

## DIRECTIONS

Pulse almonds in blender or food processor for 30 seconds or until well chopped. Add all other ingredients and blend until smooth. May add additional olive oil for desired consistency and salt and pepper to taste.

### YIELDS

6, 1.5-ounce servings

### PREP/COOK TIME

5-8 minutes

### NUTRITION FACTS

Total Calories: 190 Total Fat: 19g, Sat. Fat: 2g, Trans Fat: 0g, Sodium: 170mg, Carbs: 4g, Fiber: 2g, Protein: 3g, Potassium: 200mg



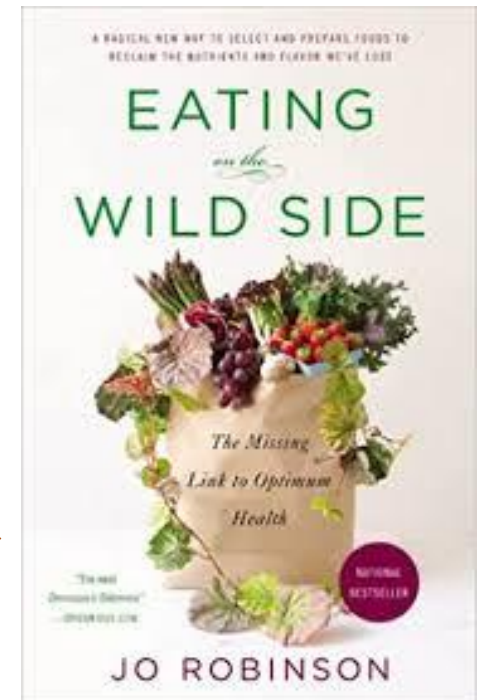


# Asparagus



## *A Little Bit About Asparagus...*

- Seasonally available in Oregon from end of April to end of July
- Asparagus is a perennial vegetable plant
- If inspired to grow yourself, asparagus takes about 3-4 years before it produces but is little maintenance from thereon out.
- High respiration rate, which means it loses freshness quickly.
- Eating on the Wild Side, great resource to learn how to select and store produce.





# Asparagus

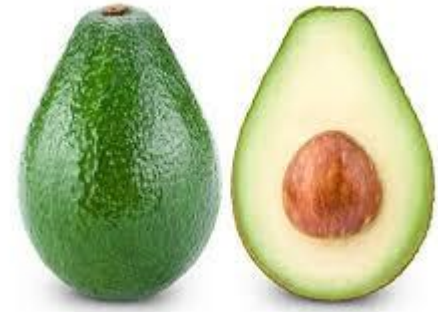
Check out our  
[Spring Pasta  
recipe](#)



## *Nutrition Benefits...*

- Excellent source of folate (vitamin B-9) – plays an important role in red blood cell production, early pregnancy with decreasing neural tube defects, and cardiovascular protection.
- Good source of Vitamin A & C – supports eye health and immune function
- Good source of Selenium – a mineral that supports thyroid health

# Avocado



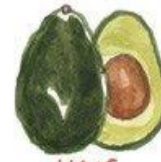
## *A Little Bit About Avocados...*

- Seasonally available from California from late spring to early fall
- They are a fruit 😊
- Before the name “avocado” was selected, “alligator fruit” was considered as the official market name

# Avocado

So Many Varieties

[Learn more about avocado varieties](#)



HAAS



PINKERTON



MIGUEL



BACON



BROGDON



BERNECKER



LULA



REED



ORO NEGRO



GWEN



RUSSELL



FUERTE



ZUTANO



SIMMONS



CHOQUETTE

# Avocados

Check out  
our  
[Avocado  
Toast recipe](#)



## *Nutrition Benefits...*

- Fantastic in fiber! Half of an average sized avocado provides 5 grams of fiber.
- Rich in the heart healthy monounsaturated fats.
- Excellent source of potassium – a mineral that supports healthy blood pressure

# Seaweed



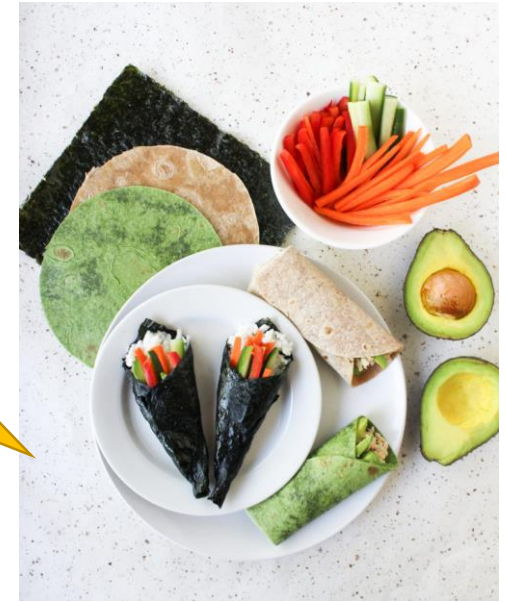
## *A Little Bit About Seaweed...*

- Most edible seaweeds are marine algae, whereas most freshwater algae are toxic
- Some of the most common commercially available seaweed are: Nori, Wakame, Kombu
  - [Learn more about the edible varieties of seaweed and their nutrition benefits](#)



# Seaweed

Check out our  
[kid friendly  
sushi recipe](#)



## *Nutrition Benefits...*

- Rich in Iodine (varies between each variety-most to least: Kombu, Wakame, Nori) – Iodine is vital for the body to produce thyroid hormones T3 and T4.
- Majority of seaweed is made up of dietary fiber – fiber supports gut and heart health
- Contains omega-3 fatty acids (DHA and EPA) – Promotes brain health in pregnancy and early life, supports heart health and eye health.



# Cruciferous Vegetables



## *A Little Bit About Cruciferous Vegetables...*

- Diverse group that includes broccoli, cauliflower, Brussels sprouts, cabbage, kale, collards, watercress, radishes, turnips, and arugula.
- Seasonally available almost year round

# Cruciferous Vegetables

Check out  
our [roasted  
cauliflower  
recipe](#)



## *Nutrition Benefits...*

- Excellent source of vitamin C-supports collagen production and boosts immunity
- Contain phytonutrients that may possess anti-cancerous properties.
- Broccoli and Brussels sprouts contain a metabolite, indole-3 carbinol, that may increase sex hormone clearance in the liver, which may decrease risk of pre-menopausal breast cancer.

# Matcha



## *A Little Bit About Matcha...*

- Matcha is made from grinding young green tea leaves into a fine powder to be enjoyed as tea or added into other recipes such as smoothies and baked goods.
- Matcha does contain caffeine. Each variety varies, but typically 1 teaspoon of powder contains ~70 mg of caffeine (little less than 1 cup of regular brewed coffee).
- Make sure the matcha you purchase is from a reliable manufacturer that sources green tea leaves grown in Japan and tests for heavy metals.

# Matcha

Check out our  
[Matcha Banana  
Ice Cream  
recipe](#)



## *Nutrition Benefits...*

- Packed with ECGC (Epigallocatechin Gallate), a type of polyphenol with powerful antioxidant properties that may protect cells from free radical damage.
- ECGC content in matcha is much higher than what is found in green tea.
- ECGC may help improve total cholesterol and LDL cholesterol levels.

# Matcha Nut Butter Bites

*Dairy Free, Gluten Free, Vegetarian, Heart Healthy*

## Ingredients

- 5 ounces (~1 cup) salted roasted macadamia nuts
- 5 ounces (~1 cup) raw unsalted cashews
- 1 tablespoon matcha powder
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- 1-3 tablespoons honey
- 1 cup gluten-free rolled oats
- ¼ cup hemp hearts
- 1 tablespoon chia seeds

## Directions

1. In a food processor, grind the nuts until completely smooth. Scrape down the sides of the bowl as necessary.
2. Once the nuts are blended smooth, add matcha powder, vanilla extract, almond extract, honey and oats. Blend until combined. Transfer to a bowl.
3. Mix in hemp hearts and chia seeds. Stir until combined.
4. Roll into 1 tablespoon balls and store in refrigerator for up to 7 days.





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