

WELCOME BACK

Happy New Year! The holiday season is settling down, and getting back into a routine can feel dreary. Cold weather and shorter days often lead to low energy and mood changes. While sunshine and light exercise are shown to help, adding some of these items to your winter diet may help fight the winter blahs.

Bananas

Bananas really pack a punch when it comes to battling winter blues. Bananas are loaded with tryptophan and B6. In addition, stress will deplete your body's potassium reserves, and the potassium found in a banana can provide a boost that can actually lower stress.

Avocados

Avocados are full of mood-enhancing folate, calming tryptophan and, as an added bonus, energy-boosting vitamin B6.

Leafy Greens

A healthy salad can go a long way in terms of easing seasonal depression, since dark leafy greens such as spinach, kale, chard and broccoli are rich sources of folate and vitamin B12, which have also been found to boost serotonin levels. Oranges are also a great source of folate.

Eggs

Eggs contain high levels of zinc, a mineral that is effective in moderating blood-sugar levels and regulating the metabolism, which can combat seasonal feelings of fatigue by increasing energy.

Dark Chocolate

Studies have shown that eating an ounce-and-a-half of dark chocolate each day, for a two-month period can cause a reduction in stress-causing hormones, thanks to antioxidants called flavonoids. For the best results, look for dark chocolate that has at least 75% cocoa.

WEEKLY SHARE ITEMS

Tangerines

Red Leaf Lettuce

Delicata Squash

Carrots

Bananas

Avocados

Pomegranate

Bonus Item

Our Farmers:

Silverleaf

Vida Verde

Schwebach

