

## Healthy Feast Days With Bulk Orders at MoGro!

Your upcoming feast day can be healthy and budget friendly. Order ahead with **MoGro** and we'll do our best to meet your needs! Please allow at least 1-2 weeks in advance to ensure adequate time for delivery.

**MoGro** has access to thousands of products, most of which do not fit on our truck. Customers can receive a 5% discount on case orders for most items. All inquiries and orders can be placed in the store or online and submitted to [orders@mogro.net](mailto:orders@mogro.net).



### Our Customers Say it Best!

David Deutsawe from Laguna Pueblo is a regular shopper at **MoGro** and here is why he shops there:

*"Shopping at **MoGro** is important to the Laguna Pueblo. It provides a variety of foods that are only found in the city. **MoGro** provides food products that could aid in the control of several diseases that are found on the reservation."*

David also wants to encourage other community members to shop at **MoGro** and he says, "Don't be afraid to try new things." Thanks for shopping at **MoGro** David! You said it best!



David Deutsawe, Laguna Pueblo



## Weekly MoGro Schedule



Pueblo	Day	Time	Location
Cochiti	Thursday	10:00am-2:00pm	Senior Center Parking Lot
Cochiti Lake	Monday	3:00pm – 7:00pm	C-Store Parking Lot
*Jemez	Tuesday	10:30am-7:00pm	Senior Center Parking Lot
Laguna	Wednesday	11:30am-7:00pm	Across Community Services Bldg.
Santo Domingo	Monday	10:00am – 2:00pm	Community Center
	Thursday	3:00pm – 7:00pm	
*San Felipe Pueblo	Friday	3:00pm – 7:00pm	San Felipe NB3 Soccer Field

\*Schedule has changed in San Felipe Pueblo. The store will no longer be open in the morning.

\*Schedule has changed in Jemez. The store will open at 10:30am instead of 10:00am.

## **Start Your Own MoGro Food Club!**

Interested in having MoGro come to your neighborhood? We are beginning to develop a MoGro Food Club where families and community members can order together to purchase healthy food at a discount!

Communities that would like to sign up for this service will select a Mogro Champion to help coordinate, combine and place orders from participants and distribute the food orders once delivered.

Want to learn more? Contact Rebecca at [mogro@santafecf.org](mailto:mogro@santafecf.org) or visit the [www.mogro.net](http://www.mogro.net)

## **Wanted: Produce From Local Farmers**

MoGro helps local farmers by buying their produce and selling it at the MoGro store. Pass the word!



**Get Happy Tip: Eat More Vegetables.**

You will love the way you look and feel!

### **Acai Berry Smoothie Recipe**

Ingredients:

- 1 package Sambazon frozen acai puree
- 10 strawberries
- 1/2 cup blueberries
- 1 banana, peeled
- 3 cups baby kale
- 1 tablespoon cacao powder (opt.)
- 8 ounces milk

Blend all ingredients until creamy.



## **Acai Berry Featured Products of the Month**

The acai berry comes from a Brazilian palm tree. For the indigenous peoples of the amazon region where it grows, acai berries have been a diet staple for generations. The berry provides antioxidants, healthy fats, protein and fiber with very little sugar. Although it has been marketed as a weight loss and anti-aging “wonder food”, there is no scientific evidence to back up those claims. It is, however, a tasty, healthy and exotic addition to your day!

MoGro carries many acai berry products, including:

- Healthy warrior acai chia bars
- Celestial seasonings acai mango tea
- Siggis acai and mixed berry yogurt
- Sambazon frozen organic acai puree (for Smoothies)



## June Product of the Month:

### Okra



## A Seasonal Treasure!

### Full of Fabulous Fiber.

Okra is a popular vegetable all over the world and it grows well in the New Mexico heat. It is a great source of two kinds of fiber: soluble and insoluble fibers. Soluble fiber, like gums and pectins, helps to lower cholesterol levels and reduce risk of heart disease. Insoluble fiber, the kind your body can't digest, keeps the digestive tract healthy and reduces risk for colorectal cancer.

Okra is also a great source of vitamins A, C and folic acid. All of these health benefits for just 18 calories in half a cup!



### How to Eat Okra

Okra has a pleasant, mild flavor that compliments especially well with tomatoes, onions and corn. When boiled, it produces a gel -this is the healthy soluble fiber - that is a great thickener for stews and soups.

When cooked quickly with high heat, such as in stir-fries and when roasted, okra doesn't form the gel that it does when boiled. Some people prefer these methods because they find the gel to be "slimy". Roasting okra is a great alternative to breading and frying (a popular but unhealthy version). See recipe on the next page for delicious roasted okra!

### Easy, budget friendly stewed okra

- Place 1 lb. of washed and chopped okra, 3-4 chopped tomatoes and some green chile in a saucepan with about 1 cup of water. Simmer until tender (about 15-20 minutes).
- Add 1 can (8oz) tomato paste, salt and pepper to taste. Cook 5 more minutes.

### Okra storage

Refrigerate unwashed, dry okra pods in the vegetable crisper, loosely wrapped in perforated plastic bags. Wet pods will quickly mold and become slimy. Okra will keep for only two or three days. When the ridges and tips of the pod start to turn dark, use it or lose it. Once it starts to darken, okra will quickly deteriorate.

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## RECIPE of the month

# Roasted Okra



### What You Need

About 18 fresh okra pods  
1 Tablespoon olive oil  
1/2 teaspoon salt  
1 teaspoon pepper  
Lemon wedges (optional)



### What You Do

1. Preheat the oven to 425 degrees Fahrenheit. Wash and dry the okra. Slice off the stems and discard. Slice the pods horizontally about 1/3 inch thick.

2. Line an oven safe pan with tinfoil. Dump the okra onto the pan and drizzle with olive oil. Sprinkle okra with salt and pepper.

3. Place the pan in the oven and roast okra for about 15 minutes until just turning brown around the edges. To serve, squeeze fresh lemon juice over the top. Enjoy!

### What You Get

Servings: 3  
Ready in 20 minutes.

Per serving:  
65 calories  
1.6 g protein  
4.6g fat  
2.7 g fiber  
0.9 g sugar  
200 mg sodium

Source: adapted from [www.allrecipes.com](http://www.allrecipes.com)  
Nutrition analysis: Sarah Vanegas, M.S.