



# HEALTHY to a "T"

May 2025

## Harvest of the Month

Viola



### FUN FACTS:

Violas were crowned the "2022 Herb of the Year" because of their outstanding culinary, medicinal, and decorative qualities.

Viola flowers are commonly known as violets, pansies, or violas. They are edible flowers with delicate blooms that range from dainty flowers to large showy blooms.

They come in beautiful shades of purple, yellow, white, and even bi-colored combinations.

They add a layer of beauty and charm to creative culinary dishes, from salads to desserts to beverages, along with a burst of flavor and numerous health benefits. Try a viola today!

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## Benefits of Eating Seafood

Eating seafood is a healthful weekly addition to a balanced diet. Whether your seafood comes from saltwater fish, freshwater fish, or deep-water shellfish, they all are nutrient packed. Seafood is a good source of protein, vitamins, and minerals, rich in omega-3 fatty acids and low in saturated fat and cholesterol. There are many benefits to seafood and here are just a few.

- **Brain Food:** Studies have found consuming omega-3 fatty acids may lower the risk of developing Alzheimer's disease and help boost cognitive function. Sufficient intake of DHA and EPA, both an omega-3 fatty acid, promote proper brain growth in infants and children.
- **Relieves Joint Stiffness:** Regularly eating the omega-3 fatty acids in seafood has been proven to ease symptoms of arthritis and reduce inflammation in joints.
- **Provides Essential Nutrients:** Seafood is loaded with B-complex vitamins, vitamin D, iron, copper, and zinc, all essential to immune function and building a stronger body.
- **Fights against Depression:** Recent research has found an association between consuming omega-3 fatty acids and decreasing the risk of depression, and potentially a treatment for depression.
- **Vision Benefits:** Omega-3 fatty acids have been found to boost night vision and reduce the likelihood of macular degeneration, a disease that can result in vision loss.
- **Promotes Heart Health:** Seafood is low in saturated fat and rich in omega-3 fatty acids. The combination provides benefits in reducing the risk of cardiovascular diseases such as stroke, heart attack, and arrhythmia.

Go ahead; enjoy summer meals with a fresh catch from the lake, sea, or grocer to reap the benefits of the beloved delicacy of seafood.

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### Pansy Petal Salad with Citrus Vinaigrette

12 servings

- 12 cups mixed greens (arugula, spinach, and lettuce) loosely packed.
- 36 fresh pansy petals (assorted colors)
- 2 cups cherry tomatoes, halved.
- 1 small red onion thinly sliced

#### DRESSING (Yield 12 oz.):

- 3 Tbs orange juice
- 2 Tbs lemon juice, freshly squeezed
- 1 clove garlic, minced.
- 1 Tbs Dijon mustard
- 2 Tbs honey
- 2 Tbs extra virgin olive oil
- 1/8 tsp iodized salt
- 1/8 tsp freshly ground pepper

## HARVEST OF THE MONTH RECIPE - MAY

- Featuring Viola -

1. Start by washing and drying your mixed greens thoroughly.
2. Arrange the greens on a plate and scatter the cherry tomatoes, red onion slices, and fresh pansy petals on top.
3. In a small bowl, whisk together the olive oil, lemon juice, orange juice, honey, salt, and pepper to create the citrus vinaigrette.
4. Drizzle the vinaigrette over the salad just before serving.
5. Garnish with extra pansy petals for an exquisite touch.

The pansy petals not only add a pop of color to your salad but also contribute a mild, slightly grassy flavor that compliments the freshness of the greens and the zesty vinaigrette.

**NUTRITION SNAPSHOT:** 1 serving, 145 calories, 2 g total fat, 0 g sat fat, 0 g trans fat, 0 mg cholesterol, 205 mg sodium, 21 g carbohydrate, 6 g fiber, 4.5 g sugar, 2.5 g added sugar, 10.5 g protein

