

The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 1



FRESH RX FOR MOMS
FOR MOTHERS-TO-BE ON MEDICAID



FRESH. LOCAL. LIVELY.

Pregnancy and Bone Healthy

During pregnancy, women need more calcium because the baby needs plenty of calcium to develop its skeleton. Good news is that women absorb calcium from food and supplements better than women who are not pregnant. It is recommended for pregnant or breastfeeding women consume 1,000mg (milligrams) of calcium each day. For teenage women, consume 1,300mg of calcium each day.



Good sources of calcium include:



Dairy products



Dark green, leafy vegetables



Tofu, almonds, canned sardines and salmon with bones.



Fortified foods/drinks such as orange juice, cereals, breads

FreshRx for Mothers-to-Be provides pregnant women with Medicaid \$24 each week to buy fresh fruits and vegetables at the Franklin County Farmers Market. To learn more, stop by the Market on Tuesdays or Saturdays, 8:30 am - 12 noon, or visit www.fcmarket.org.

Seasonal Recipe



Kale Salad with Fresh Strawberries and Toasted Almond Recipe

Ingredients

- 1 large bunch kale leaves*
- Juice of 1 medium orange, divided (or 1/4 cup of orange juice*)
- ¼ cup plus 1 tablespoon extra-virgin olive oil, divided
- Pinch of salt/pepper (to taste)
- 1 tablespoon orange zest (optional, if available)
- 2 teaspoons honey
- 2 tablespoons of balsamic vinegar (or preferred vinegar)
- 1 cup sliced strawberries (or blueberries, blackberries or raspberries)
- ¼ cup raisins
- ¼ cup slivered almonds*, toasted

Directions

1. Remove and discard center ribs and stems from kale leaves. Chop kale leaves into bite-sized pieces.
2. Combine kale, half of orange juice, 1 tablespoon olive oil and salt in a large bowl. Massage kale by scrunching small amounts with your clean hands, then releasing and repeating.
3. Make the dressing by whisking remaining orange juice, vinegar, orange zest, honey, and pepper in a small bowl. Gradually whisk remaining ¼ cup olive oil into the juice mixture to combine well.
4. Pour the dressing over kale. Add strawberries, raisins, and toasted almonds. Toss gently. Let salad ingredients marinate at least 15 minutes before serving.

Chef's Notes: For additional calcium, add your favorite cheese (feta, goat, etc.). Sub any dark green vegetables for kale (spinach, cabbage, etc.)

*Calcium Containing Foods

FreshRx for MOMs is a collaboration of the Franklin County Farmers Market and Community Farm Alliance, funded by a USDA/NIFA GusNIP grant.