

Spring Green Shake

INGREDIENTS

1 grapefruit, peel cut away	1 big bunch parsley, stems and all
2 lemons, outer peel cut away	1 big bunch cilantro, stems and all
2 limes, peel cut away	1 big handful sunflower sprouts (opt)
2 cucumbers, peeled & chopped	1 big bunch kale, spinach, Swiss chard or any combination
1 T vanilla	
Stevia or agave nectar, to taste	

PREPARATION

- In a blender, blend the grapefruit, lemons, limes, cucumbers and vanilla into a liquid.
- Add the herbs, sprouts, and greens a bit at a time and blend as you go.
- Sweeten to taste with stevia or agave nectar.
- Store whatever you don't consume right away in a tightly sealed glass jar and refrigerate for another day or two.

Adapted from: Living Raw Food, by Sarma Melngailis

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Kale is a **superfood!** Kale is great for protecting your health, providing you with a rich source of vitamins and minerals, and preventing cancer.

The ten to fifteen organosulphur compounds these superfood vegetables have been proven to be highly effective against many cancers, including stomach cancer, colon cancer, breast cancer and ovarian cancer. When these vegetables are chopped or chewed, enzymes in the liver are triggered to produce enzymes that disable cancer-causing agents in the body. Studies have shown that animals that ate these sulphuric compounds found in brussels sprouts, cabbage, and collard greens had tumors that shrunk in size.

Kale also protects the eyes with the carotenoids, lutein and zeaxanthin. These phytochemicals help protect the eyes against damage from the sun and ultraviolet light and prevent cataracts. Kale also ranks really high up there for its large amounts of **vitamin A, vitamin C, B6, manganese, calcium, copper, and potassium!**

While one cup of kale only has 36 calories, it provides **192%** of the daily value of vitamin A, and since this is a plant source of vitamin A, you cannot overdose on it. Did you know that three servings of dark green leafy vegetables a day can slow mental decline that comes with age? Kale and other green leafy vegetables can slow this decline by a whopping 40%! This decrease has been compared to reversing age by 5 years.

Source: www.truthaboutabs.com

