



Food for Skin Health

It's June and the official first day of summer is the 21st. However, most of us have been enjoying the warmth of the sun's rays for a while now. With increased sun exposure, more care needs to be taken to help with the health of your skin and the prevention of sunburn (photodamage). Careless sun exposure makes skin damage worse. Damaged skin is less healthy and is more prone to further damage. Using the correct sun protection is key, but so is diet!

Here is what you can do to help improve your skin health!

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Green Tea: One of the most potent dietary sources of antioxidants! Antioxidants are important because they bind to free radicals deactivating them before they can cause harm to the body. The most abundant antioxidants in green tea are the catechins. They are extremely effective in protecting against skin inflammation and cancerous changes in the skin. Sunlight depletes the antioxidant levels in the skin and increases our need for more antioxidants to help reduce inflammation and protect the skin cells from sunburn. Sipping on green tea daily is one of the best foods you can incorporate into your diet to promote skin health.
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Bone Broth: One of the best dietary sources of collagen. Collagen is found in our skin and helps to keep its elasticity and maintain a plump, soft appearance. The sun's rays lead to photoaging (skin laxity, wrinkling, and thickening of the skin) by breaking down and slowing the production of collagen. Try using it in soups or drinking it by the cup to help give your skin strength and elasticity!
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Eggs: This means the whole egg—yolk included! Egg yolks contain vitamin A which the skin uses to renew itself and encourage healthy skin cell production. Eggs also contain collagen, and like bone broth, improves skin quality and decreases wrinkles.
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Coconut Oil: One of the foods in your kitchen that you can eat and use topically! Coconut oil is composed mainly of lauric acid which is a medium chain saturated fatty acid. It is anti-inflammatory, promotes skin elasticity, creates good skin tone and reduces the formation of wrinkles.
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Grass-fed Ghee/Butter: Contains vitamin A and vitamin K2 which fights skin aging and the emergence of wrinkles by protecting the elasticity of the skin. Ghee is also used topically in Ayurveda for healing and protecting skin.
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Extra Virgin Olive Oil: Another food you can use in the kitchen and use topically! EVOO is abundant in vitamin E and antioxidants like the phenolic compounds. The phenols in EVOO are powerful antioxidants and free radical scavengers. This makes EVOO perfect for protecting our skin!



RECIPE
Curried Carrot and Leek Soup

Ingredients

- 2 tablespoons unsalted butter, ghee, or coconut oil
- 1 large leek, white and tender green parts, thinly sliced
- 1 tablespoon curry powder
- 8 medium carrots, thinly sliced
- 5 cups chicken or turkey bone broth
- Salt and freshly ground pepper

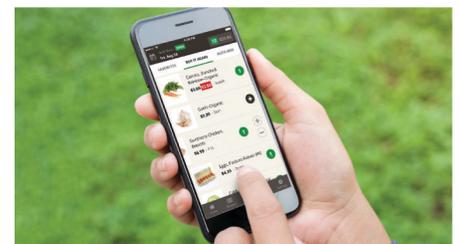
Directions

In a soup pot, melt the fat over medium heat. Add the leeks and cook, stirring occasionally, until beginning to brown, about 4 minutes. Add the curry powder and stir until fragrant, about 45 seconds. Add the carrots and cook until just tender, about 7 minutes. Add the bone broth and bring to a boil, then simmer over low heat for 4 minutes. Season with salt and pepper.

Working in batches, puree the soup in a blender or food processor until smooth. Return the soup to the saucepan, if a thinner consistency is wanted, use more bone broth to thin it out.

Serves: 4

Recipe adapted from foandwine.com



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Your Green Bean Delivery Shopping List!



Green Tea



Bone Broth



Eggs



Coconut Oil



Grass-fed Butter



Extra Virgin Olive Oil