



## Vibrant Vitamin C

Even though the official first day of winter isn't until December 21st, winter weather usually starts at the beginning of the month. Winter is the end of all seasons and in the Midwest, it's often cold and gloomy. Cold and flu season is in full swing, there is extra stress from the holidays, and lots of days with minimal amounts of sun. It takes a toll on your immunity and impacts your mood, so it's important to counteract it with foods and lifestyle behaviors that boost your immunity and your mood!

Vitamin C is a powerful antioxidant found in food that can do just that—boost your immunity and better your mood. And, it's no coincidence there are many foods high in vitamin C that are in season during the winter months. It's Mother Nature's way of providing us with what we need during the time we need it the most.

**Boosts Immune Function:** Vitamin C is an effective antioxidant that protects the body's cells against free radicals that are generated by immune cells to kill pathogens. It also has demonstrated the ability to stimulate the production and function of immune cells. Getting enough vitamin C can help reduce symptoms and shorten the duration of respiratory infections, such as the common cold, bronchitis, or sinusitis. It can also improve the outcomes and reduce the incidence of other conditions like pneumonia, malaria and diarrhea infections as well.

**Improves Mood—Depression and Anxiety:** It isn't vitamin C's most common function, but recent studies are showing that vitamin C status can affect mood disorders, and improvement to the diet to reverse vitamin C deficiency can improve or reverse symptoms of anxiety, depression, and bipolar disorder. This most likely stems from the essential role vitamin C plays in the synthesis of catecholamines which are a group of neurotransmitters that affect mood (1).

**Food Sources:** The most notable vitamin C containing food found during the winter months is citrus! It starts to come into season around November and continues into April—just like another vitamin C powerhouse—kiwi. In general, fruit tends to be a good source of vitamin C, but don't count out veggies—they have some of the highest levels of vitamin C, like in the red bell pepper—1 cup contains 317% of your daily value! Or, our beloved leafy greens like broccoli, kale, and Brussels sprouts that contain 135% in 1 cup raw.

Here are some other heavy hitters when it comes to vitamin C!

- Bell peppers
- Mango
- Peas
- Strawberries
- Cauliflower
- Pineapple
- Tomatoes
- Microgreens

(1) "The importance of norepinephrine in depression," Chantal Moret, Mike Briley, *Neuropsychiatr Dis Treat.* 2011; 7(Suppl 1): 9–13. Published online 2011 May 31, www.ncbi.nlm.nih.gov/pmc/articles/PMC3131098

**Your Green Bean Delivery Shopping List!**

 Apples	 Mango	 Microgreens
 Pears	 Pineapple	 Cauliflower
 Kiwi	 Broccoli	 Strawberries
 Oranges	 Kale	 Tomatoes



**RECIPE**  
**Winter Fruit Salad with Curry-Yogurt Dressing**

### Ingredients

#### Dressing:

- 1/3 cup whole milk yogurt
- 1 tablespoon honey
- 1/2 teaspoon curry powder

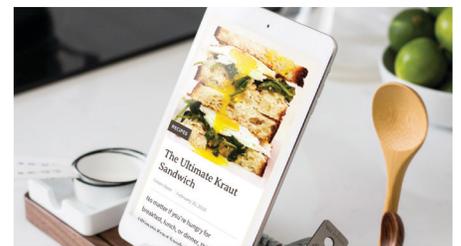
#### Salad:

- 2 apples
- 2 pears
- 3 kiwi
- 2 oranges
- 1 mango
- 1-12 ounce container cut pineapple

### Directions

In a small bowl, whisk together yogurt, honey and curry powder. Cut the fruit into similarly sized pieces. In a medium mixing bowl add the cut fruit then pour the dressing over the top. Stir to combine and serve. Allowing it to chill for 30 minutes in the fridge before serving helps meld the flavors.

Serves: 4-6



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