

TIPS FOR SAVING MONEY ON HEALTHY FOOD

While you are at home, establish a shopping list for the week's meals and snacks. To prevent purchasing items you already have, keep your kitchen organized and keep an inventory. Reduce food waste by including all of your produce in the food you prepare. Find creative uses for those leftovers. You can make soup, stir-fry, or casserole out of any leftover beans, grains, meats, or vegetables.

One strategy to save money is to shop at farmer's markets and stock up on seasonal produce. At the peak of the season, both the price and flavors of the produce are at their best. Preserve fresh produce by buying it in bulk during peak season and storing it in the freezer or canner for later use.

When shopping for fruits and vegetables, you can select between fresh, frozen, and canned options. Instead of spending a fortune on proteins, dried beans, peas, and lentils are excellent plant-based protein sources. Choose natural whole foods over pre-cut, processed, or fast foods. For example, if you desire fruits, buy them whole rather than pre-cut ones. Instead of overspending on branded things, choose store brands. Rice, beans, wheat, and oats can be bought in bulk or in family packs. Lastly, instead of sugary beverages, consider fruits-infused water.

购买健康食品的省钱小窍门

当您在家时，列出一周的膳食和零食购物清单。为了避免购买已有的物品，打理好厨房并整理出一份已有的物品清单。在准备食物时，将所有已有的食物都包括在内，以减少食物的浪费。为剩菜剩饭寻找创意用途。你可以用剩下的豆子、谷物、肉类或蔬菜做汤、炒菜或砂锅菜。

另外一种省钱策略是在农贸市场购买食物，储备季节性农产品。在收获期，农产品的价格和口味都是最好的。可在旺季时大量购买新鲜农产品，储存在冰箱或罐头中以备后用。

在选购水果和蔬菜时，您可在新鲜、冷冻和罐装蔬果之间进行选择。与其花相对较大的价钱购买肉类，干豆、豌豆和扁豆都是极好的植物性蛋白质来源。选择天然食品，而不是预切、加工食品或快餐。例如，如果您想要水果，请购买整个水果，而不是预先切好的水果。不要花太多钱购买品牌食品，可以选择本土的商店品牌。大米、豆类、小麦和燕麦可以批量购买或购买家庭装。最后，可以考虑用在家用新鲜水果制作果味水，代替购买含高添加糖的饮料。

References/参考资料:

1. New York City Department of Health and Mental Hygiene. Nutrition education handouts for adults. <https://www.nyc.gov/assets/doh/downloads/pdf/cdp/nutrition-education-handouts-adult-workshops.pdf>. Accessed January 26, 2024.
2. California Department of Social Services. Find a recipe. <https://eatfresh.org/find-a-recipe/>. Accessed December 7, 2023.

Eat Well, Stay Healthy! 吃得好，保持健康!

Vegetable Spotlight: Chrysanthemum Greens
蔬菜聚光灯: 茼蒿



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SAUTÉED CHRYSANTHEMUM GREENS WITH GARLIC (Serves 4)

蒜蓉炒茼蒿 (4 人份)



INGREDIENTS

- 1 1/5 pounds Chrysanthemum greens
- 1/8 cup Olive Oil
- 1 1/3 cloves Garlic
- 1/8 cup Water
- 1/3 teaspoon Salt, adjust to taste
- 1/8 teaspoon Black Pepper

配料

- 1 1/5 磅茼蒿
- 1/8 杯橄榄油
- 1 1/3 瓣大蒜
- 1/8 杯水
- 1/3 茶匙盐，根据口味调整
- 1/8 茶匙黑胡椒

DIRECTIONS

1. Rinse, drain and pat chrysanthemum greens dry with paper towels.
2. In a large skillet, over medium heat: heat oil.
3. Add garlic cloves and sauté until golden brown.
4. Add chrysanthemum greens one quarter at a time and cook, stirring often and adding water for moisture.
5. Once all chrysanthemum greens have been added, add salt and pepper; adjust seasonings if necessary. Serve warm.

步骤

1. 茼蒿洗净，沥干，并用纸巾拍干。
2. 在一个大平底锅中，用中火加热油。
3. 加入蒜瓣，炒至金黄色。
4. 每次加入四分之一茼蒿烹煮，翻炒并按需加水。
5. 加入所有茼蒿后，按喜好撒上盐和胡椒粉，趁热食用。



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