



Rita's Natural Food Market

"Your neighborhood natural grocery store since 2009"

NEWSLETTER

Monday - Friday 10-6; Saturday - 10 - 4; Closed Sunday
New Braunfels, Texas; 830-625-7472 - ritasmarket@gmail.com



Nutrition, Health and Caring.

Our commitment to you is healthy living with affordable prices!

Balance and Strengthen your Immune System

Most people would like to feel healthy and strong. If you are one of those people, consider what you are eating and thinking. Are you exercising? If you drink milk, did you know organic milk has more antioxidants, omega 3, CLA and vitamins than conventional milk? Organic farmers are most likely improving the soil without the use of harmful chemicals. Most people will agree that organic produce has more nutrients, tastes better and is healthier for your body. If you are a meat eater, consider eating grass-fed beef that is free of antibiotics and hormones. Grass-fed beef is more eco-friendly and nutritious. Here at Rita's we sell local grass-fed Bastrop beef, Buddy's natural chicken (whole, thighs, breasts/with bones and boneless and tenders) and lamb from Round Rock, TX. We also have buffalo, natural ground turkey, turkey breast, natural hot dogs, organic bacon, pepperoni, sausage and more. (Resources: www.bastropcattlecompany.com, www.buddystexas.com).



Benefits Of Walking

Walking for only 30 minutes a day, four days a week has been known to control weight, lower blood pressure and help with your good cholesterol. If you don't exercise right now, start with a 5 or 10 minute walk and work your way to 30 minutes each day. Be present and see what's around you, and fill your heart and soul with gratitude.

Did you realize most people have up to 70,000 thoughts each day! I find a great way to get rid of what I don't want is to get a journal and start writing what I want and what I'm thankful for. You will be amazed at how much that will enhance your life. Take 2-5 minutes each day and only write the uplifting events you experience each day. It's fun and rewarding!

Three Reasons To Eat Locally

1. Supports the local economy.
2. Produce and meats that are grown locally are fresher and tastier.
3. Eating with the seasons provides abundant choices that are less expensive.

Boost your immune system by eating healthy, wholesome, organic, natural foods, taking probiotics, vitamin D3, fish oil, flax or hemp oil, and a good multi-vitamin.

ORGANIC PRODUCE Every Tuesday... Any Requests?



Quick and Easy Nutritious Recipes

Beet, Turnip and Onion Salad

- 3 medium beets
- 2 medium turnips
- 1 large red onion, sliced or diced
- 1-2 celery ribs, chopped
- 1 handful of fresh parsley*
- 1 or 2 Tbs of fresh oregano*
- organic feta cheese (optional)
- salt and pepper to taste

Cut beets & turnips in to nice-sized chunks or any size you prefer. Lightly steam or boil them.** Strain and reserve water and place beets and turnips in a bowl. Slice or dice your onions and sauté in olive oil for five minutes or until transparent. (You can also use the onions raw). Chop parsley and oregano. Toss onions, celery, herbs and feta cheese in bowl with the beets and turnips. Drizzle with olive oil and balsamic vinegar. Serve warm or cold.

*1 teaspoon of the dried herb = 1 tablespoon of the fresh

**any vegetable juice left in the pan, drink or store in a glass jar and drink later. Nutritious and delicious.



Nutritional tidbits about this recipe:

Beets are a blood cleanser and have been known to rid the body of unwanted toxins. Turnips are a good source of B6 and dietary fiber. Some benefits of parsley are high vitamin C & vitamin A. Vitamin A is a great antioxidant. Oregano is known to inhibit the growth of bacteria. It has many nutrients including iron, manganese, calcium, vitamin C, vitamin A and has dietary fiber.

Check out our Organic Produce every Tuesday. We take requests for vegetables and fresh herbs.

Chicken Soup

- 1 whole Buddy's Chicken
- 16 cups of water
- 2-4 Tbs. extra virgin olive oil
- 1 medium white or yellow onion, chopped
- 4 – 6 garlic cloves, peeled and left whole
- 4– 6 carrots chopped
- 3-4 stalks of celery, chopped
- 2 turnips chopped
- 2 lemons or limes juiced or organic bottled lemon or lemon juice
- 1/4 cup chopped oregano
- 1/4 cup chopped parsley
- 2 large handfuls of any greens, spinach, chard, collards, broccoli leaves, kale, turnip
- salt & pepper to taste.

Place whole chicken and garlic cloves in the water and cook in large pot. While chicken is cooking heat the olive oil in large skillet, sauté onions for five minutes or until the onions are transparent in a pan.

When chicken is done take it out of the pot, let cool until you can handle it. Chop or shred chicken and place

in a bowl. Chicken will fall apart and some may end up staying in the pot. Once the stock is slightly cooled, strain and place stock back in the pot, add the chicken, vegetables and lemon or lime juice. Cook 5 – 15 minutes to desired tenderness of the vegetables. Add the onions, garlic, herbs and greens. Cook 5 more minutes. Serve by itself or over rice, millet or any grain you desire. Enjoy.

Benefits of using Himalayan or Celtic Salt

Himalayan salt is superior to traditional iodized salt. It is millions of years old. It is a pure form of salt, untouched by many of the toxins and pollutants that pervade other forms of ocean salt.

Himalayan salt contains the same 84 natural minerals and elements found in the human body.

Celtic Salt has a spectrum of ocean minerals & trace elements with many unexpected health benefits.