



- June is Farm Market season! Please call to request your Farm Market Vouchers that may be used at selected sites within the seven county service area. For more information please contact Brianne Parrish at 616.249.0159 or brianne.parrish@nhbp.org.

*News*



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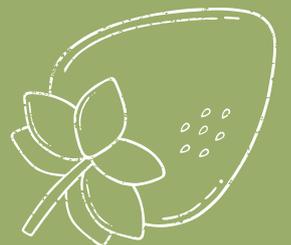
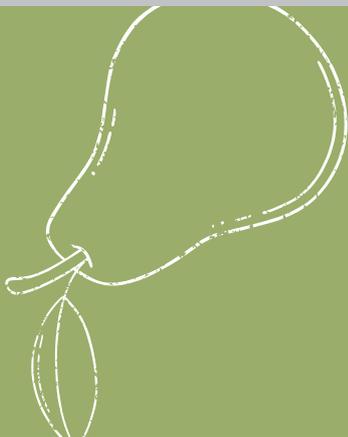
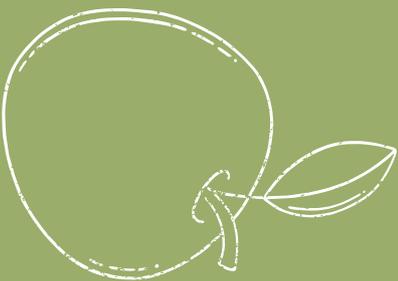
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*Mno-Bmadzewen*



## Recipe: Sesame Zoodles

Servings: 8

### Ingredients:

#### Sesame Dressing:

- ¼ cup soy sauce
- 2 tablespoons rice vinegar
- 2 teaspoons Sriracha sauce
- 1 tablespoon creamy peanut butter
- 2 cloves garlic, minced
- 2 tablespoons sesame oil

#### Zoodles:

- 4 to 5 large zucchini
- 1 tablespoon olive oil
- Optional: 2 tablespoons sesame seeds



#### Nutrition Information (per serving)

- 175 calories
- 5 grams of fat
- 2 grams of carbs
- 10 grams of protein

### Directions:

1. Whisk all the ingredients for dressing together in small bowl. Set aside.
2. Using a spiralizer or mandolin, prepare zucchini into long noodles or ribbons, making zoodles.
3. Warm olive oil in large skillet over medium heat. Add zoodles to skillet and sauté for 3 to 4 minutes, or until slightly softened.  
Option: Skip this step altogether and serve the zoodles raw.
4. Zucchini will release liquids, so when the zoodles are done cooking drain before tossing with marinade.
5. Toss with marinade and sprinkle with sesame seeds.

### Recipe Tips:

This dish can be served warm or cold, as a side dish, salad or even as a full meal.

## EAT GREEN ON EARTH DAY

Earth Day will be celebrated on April 22 this year. This is an important day to celebrate the Earth and all that it provides to us. Follow these tips for eating green on Earth Day.

- 1.** Buy fresh, buy local. Endorse fresh, local food by following the seasons and shopping at local markets. Look for local signs in the produce section and read the labels on products for a location.
- 2.** Grow your own. Now is the perfect time to think about growing your own groceries in Michigan and beyond. Start with a simple deck planter of tomatoes or an herb garden in your kitchen. Take a gardening class or ask a neighbor who has a large harvest each year to give you tips for getting started.
- 3.** Consume and waste less. Think ecologically minded to reduce, reuse, recycle and compost. Short shopping lists and small waste streams cut energy use and slow global warming. Try buying whole foods in bulk, as they require less processing and packaging. Bring reusable produce bags to the store.
- 4.** Choose organic and avoid genetically modified organisms, commonly known as GMOs. Organic farming systems reduce pollution, protect waterways and make the Earth a cleaner place. The United States Department of Agriculture's organic label is the best guarantee to avoid GMOs.
- 5.** Skip conventionally grown meat and dairy. Choose largely plant-based diets or buy meat directly from the farmer who preferably raised it grass fed, and free of hormones and antibiotics.
- 6.** Trade fairly. No one wants to give up coffee and chocolate without a fight, but fair trade and organic products help to make up an Earth-friendly shopping list.
- 7.** Make conscious decisions. What's good for the Earth is good for humans. The climate crisis has a lot to do with what is at the end of our forks. We can choose organic, plant-based, grass fed, sustainably and humanely raised food to help our bodies and the Earth.

Nutrition Notes

