



Fresh from the Farm

Washington Senior Farmers Market Nutrition Program

Making it easier to add fresh fruits and vegetables to your diet, and support local farmers too!

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**ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE**



Visit your local farmers market!

Potassium: *Fresh Produce helps to meet the new recommendations*

The institute of Medicine released new recommendations for potassium. The advice is to consume at least 4,700 milligrams of potassium a day. That's three times as much potassium as sodium.

Potassium is important for healthy blood pressure levels. It works with sodium to regulate water in the body. Diets with more potassium and less sodium have been shown to contribute to healthy blood pressure levels. Research suggest potassium rich foods should be eaten every day and not to rely on potassium supplements.

Unfortunately, Americans are not eating enough potassium rich foods and are consuming too much sodium. Most Americans are consuming only half the recommended amount of potassium.

The good news is that fresh produce is an excellent and delicious source of potassium!

Adapted from the University of California, Berkeley Wellness Letter May 2004

Make-A-Meal Spinach Salad – *serves 1*

- 1 cup spinach, torn or cut
- 1 green onion, sliced
- ¼ cup ham, diced
- ¼ cup fruit*, sliced or chopped
- 1 tablespoon nuts, chopped
- 1 hard-cooked egg, sliced

Salad dressing

Combine spinach, onion, ham, fruit and nuts. Tpe with egg slices and salad dressing of choice.

Fruit ideas: Strawberries, raspberries, apples, peaches, or grapes.

Per serving: 204 calories, 14 g fat, 542 mg sodium, 6 g carbohydrate, 15 grams protein, 2 grams fiber.

HeaAdapted from: *Simply seniors Cookbook, Utah State University Extension FNP Program*



The Washington Basic Food Program can help people with a low-income buy nutritious food for a better diet. To find out more contact your local DSHS, Community Service Office or call 1-800-865-7801.

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Where's the Potassium?

Eat more of these potassium rich foods:

Amount of potassium shown in milligram (mg)

Spinach 1 cup	840
Potato, baked with skin, medium	800
Sweet potato, baked medium	700
White beans, ½ cup	600
Yogurt, nonfat 1 cup	600
Brussel Sprouts, 1 cup	500
Orange Juice, 1 cup	500
Banana, medium	470
Cantaloupe	430
Tomato Sauce, ½ cup	400
Corn, 1 cup	390
Milk, nonfat 1 cup	380
Lentils, cooked ½ cup	365
Kale, cooked, 1 cup	300
Tomato, medium	290
Mushrooms, ½ cup	275

Asparagus with lemon mustard vinaigrette -

Makes 2 servings



- ½ pound fresh asparagus, washed and trimmed
- ¼ cup thinly sliced red onion
- 1 teaspoon Dijon mustard
- ½ teaspoon vinegar
- ¼ teaspoon sugar
- 1-2 Tablespoon vegetable oil

Steam and boil the asparagus for 7 to 10 minutes.

Rinse with cold water.

Place asparagus on a platter and top with the red onion.

Combine the remaining ingredients, drizzle over the asparagus and serve.

Per serving: 86 calories, 7 g fat, 300 mg sodium, 5 g carbohydrate, 2 grams protein, 2 grams fiber.

Adapted from: *How Does Your Garden Grow?* University of Wisconsin-Extension, 2003..