



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**

Tips for Easier, Healthier Meals

- To preserve vitamins, don't overcook vegetables to the soft and mushy state. Try eating them raw, steamed or stir-fried in a little oil.
- To avoid excess fat, trim meat before cooking and broil, bake, boil or pan-fry without added fat.
- Prepare larger amounts of recipes you enjoy and refrigerate the leftovers. Eat leftovers in a day or two.
- Divide leftovers into individual servings, write contents (and date) on each package and freeze for later use.



If you are unable to shop and cook...CONTACT your local senior center to ask about the "Meals on Wheels" program...ASK relatives, friends and neighbors for help shopping and cooking.

Source: <http://www.fiu.edu/~gn/index.htm>

Broccoli Slaw - *Makes 2 servings*

2 teaspoons light mayonnaise

1 tablespoon cider vinegar

1 teaspoon sugar

1 teaspoon Dijon mustard

pepper to taste

2 teaspoons minced shallots or green onion

2 cups chopped broccoli, lightly cooked



In a small mixing bowl, whisk together the mayonnaise, vinegar, sugar, mustard and pepper. Stir in the shallots or green onions, then add broccoli. Toss the mixture well to coat the broccoli.

Per serving: 61 calories, 1.2 g fat, 62 mg sodium, 4.7 g protein, 11.4 g carbohydrates, 4 g dietary fiber.

Healthy Cooking for Two (or just you), Frances Price, R.D., 1995.



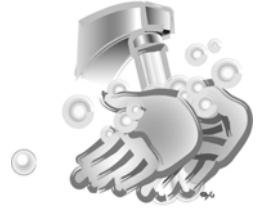
Visit your
local farmers
market!

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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Keep Your Food Safe

- ★ Always use clean hands, utensils, and cutting board when working with fresh fruits and vegetables.
- ★ Put produce that needs refrigeration away promptly after returning home.
- ★ Avoid touching raw meat, poultry or fish before handling fresh produce.
- ★ Wash all fruits and vegetables with cool tap water immediately before eating.
- ★ Use separate cutting boards for fresh produce, raw meat, raw poultry and raw fish.
- ★ Wash the cutting board and all utensils well after use.
- ★ Make a solution of 1 teaspoon chlorine bleach mixed with 1 quart of water to sanitize cutting boards and counter tops.



Country-Style Cucumbers - *Makes 2 servings*



- 1 large cucumber
- 4 red onion slices
- 2 tablespoons vinegar
- 2 tablespoons water
- 1 teaspoon sugar
- 1/8 teaspoon salt

If desired, peel cucumber. Cut in half lengthwise, scoop out seeds and cut into crescent slices. Place cucumber and onion slices in a small bowl. Stir together remaining ingredients and pour dressing over cucumbers. Let stand at room temperature for 30 minutes before serving, or cover and chill overnight.

Per serving: 21 calories, 2.8 g fat, 130 mg sodium, 0.5 g protein, 6.1 g carbohydrates, 0.9 g dietary fiber.

Healthy Cooking for Two (or just you), Frances Price, R.D., 1995.

Tips to help you save energy on hot summer days:

- Use lightweight cooking utensils, bowls and dishes.
- Sit at the kitchen table while preparing food.

