



# 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!*

August

Volume 1, Issue 3



ENERGIZE YOUR LIFE!  
EAT HEALTHY-BE ACTIVE



Visit your local  
farmers market!

## Ideas for Easy No-Cook Meals

August brings hot weather and delicious locally grown fruits and vegetables. It's easy to make a quick healthy meal using produce without turning on your stove.

- **“Salad Sandwich”** – Chop veggies like cucumber, tomato, summer squash, peppers, lettuce and onions. Wrap your salad in a flour tortilla, pita bread or whole grain bread. For protein, add sliced turkey, chicken, ham or cheese. Use a low-fat mayonnaise, cream cheese or dressing.
- **Make-A-Meal-Salad** – Salads take advantage of the seasonal produce at the farmers market. Start with greens, then add seasonal vegetables. For a burst of sweetness, add berries and sliced fruit such as peaches and pears. Don't forget to add some protein to your salad (for example, cooked chicken, canned tuna, hard boiled eggs, cheese, nuts, sunflower seeds, cottage cheese and beans). Use dressing sparingly and try low-fat varieties.
- **Don't Forget Your Microwave** – Vegetables are easily cooked in the microwave. Just place chopped vegetables in a microwave safe bowl with 2 tablespoons water. Cover and microwave until vegetables are tender. If cooking vegetables whole (like potatoes) pierce the skin several times before cooking.

## What's Available in August?

**Fruit:** blueberries, blackberries, plums, quince, boysenberries, grapes, melons, apples, peaches, nectarines, pears, raspberries



**Vegetables:** artichokes, beans, beets, broccoli, cabbage, carrots, cauliflower, celery, corn, garlic, cucumbers, greens, tomatoes, lettuce, onions, peppers, peas, potatoes, spinach, summer squash, zucchini, kohlrabi, eggplant, mushrooms

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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## How to Microwave Sweet Corn

- ✓ Peel back husk of corn and remove strings from cob
- ✓ Pull husk back over the cob
- ✓ Place on a microwave safe plate
- ✓ Microwave for 5-6 minutes
- ✓ Carefully remove from microwave. Let cool for a few minutes. Unwrap carefully as corn will be very hot.



## Summer Pasta – Makes 3 servings

[www.allrecipes.com](http://www.allrecipes.com)

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| <p>2 cups bow tie or macaroni pasta</p> <p>1 medium zucchini or summer squash, sliced</p> <p>1 tablespoon butter or margarine</p> <p>1 clove garlic, minced</p> <p>2 tablespoons chopped fresh parsley</p> <p>2 tablespoons shredded Parmesan cheese</p> <p>salt and pepper</p> | <p>1. Bring a large pot of water to a boil. Add pasta and cook for 8 to 10 minutes. Drain.</p> <p>2. In a skillet over medium heat, cook zucchini in butter or margarine until tender, about 3-5 minutes. Add minced garlic and cook for 1-2 minutes.</p> <p>3. Add drained pasta, parsley and cheese. Toss together.</p> <p>4. Salt and pepper to taste</p> |
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*Per serving: 330 calories, 6 g total fat, 15 mg cholesterol, 65 mg sodium, 12 g protein, 59 g carbohydrates, 3 g dietary fiber*

## Peach Dumplings – Makes 4 servings

*Healthy Cooking for Two, Price 1995*

- 3 cups peeled and sliced peaches
- 2/3 cup light brown sugar, packed
- 1/2 cup water
- 1 cup reduced-fat biscuit mix
- 2 tablespoons sugar
- 6 tablespoons low-fat milk



1. In a heavy skillet, combine peaches, brown sugar and water. Cover and simmer 3 to 5 minutes over medium heat.
2. In a small bowl, stir together the biscuit mix and sugar. Stir in milk to form a stiff dough.
3. Drop spoonfuls of dough onto the simmering peaches. Cook for 5 minutes. Cover skillet and cook for 10 to 12 minutes, or until the dumplings are cooked through. Serve warm.

*Per serving: 263 calories, 5 g total fat, 1 mg cholesterol, 400 mg sodium, 4 g protein, 76 g carbohydrates, 2 g dietary fiber*