



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!*

September

Volume 1, Issue 4



ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE



Visit your local
farmers market!

Market Fresh Produce in December!



Wouldn't it be nice to have blueberries or green beans months from now? You can! Just follow the simple steps for freezing fresh produce below.



ALWAYS: 1. Label containers with the date and contents.

2. Leave 1½ inches of space at the top of containers and freezer bags.

• **VEGETABLES:** Blanch (briefly cook) to inactivate enzymes that cause loss of flavor, texture, color and some nutrients.



1. **WASH.** Peel if necessary and cut into slices or strips
2. **BLANCH** – Put 1 to 2 inches of water into a pot and bring to a boil. Place vegetable pieces directly into pan (or use a steamer basket). Cover and steam for 2-4 minutes. Remove from pot and dunk into a sink full of cold water. Drain on a paper towel or cloth.
3. **PACK** – Put blanched vegetables into freezer bags or containers and freeze.

• **FRUIT:** Freeze as is or with some added sugar, water or juice. Ascorbic acid powder (vitamin C) may be added to prevent fruit from browning.

1. **WASH** fruit carefully (except blueberries). Dry. Remove pits if necessary and slice. Follow one of the methods below depending on the type of fruit.
2. **TRAY PACK** – Recommended for raspberries, blueberries, steamed apples, gooseberries, currants, cranberries, rhubarb and figs. Spread berries or fruit slices out in a single layer on a cookie sheet. Place cookie sheet in freezer. When frozen, put berries or fruit into freezer bags or containers.



3. **SUGAR PACK** – Recommended for strawberries, cherries, apricots, peaches, plums and nectarines. To pack in sugar add 1/2 to 2/3 cup sugar for each quart (1 1/3 pounds) fruit. Mix well and pack into freezer bags



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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or containers and freeze. Or pack in water, juice or pectin following the information in the websites below.

Note: Some foods not recommended for freezing are: lettuce, watermelon, radishes and cabbage.

For more information on freezing specific fruits & vegetables contact your county WSU Extension office or go to:

<http://www.uga.edu/nchfp/how/freeze.html>

<http://skagit.wsu.edu/FAM/MFP.htm>

http://myveggiegarden.freesevers.com/freezing_vegetables.htm

What's Available in September?



Fruit: Apples, grapes, melons, blueberries, blackberries, pears, boysenberries, plums, quince, peaches, currants, gooseberries

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



Summer Sauté – Makes 4 servings

Public Health: Seattle & King Co.

Ingredients:

- 1 Tbls olive oil
- 1 onion, chopped
- 2-3 cloves garlic, minced
- 3 carrots, chopped
- 1 bunch greens, chopped
(Swiss chard, Spinach or Bok Choy)
- 2 zucchini, sliced
- 2 Tbls fresh herbs
(oregano, basil, chives)
- ¼ tsp salt (optional)
- 1 tsp lemon juice



1. In a large skillet, sauté onion and garlic in oil on medium-low heat.
2. Add carrots and the stalk part of the green being used. (Reserve leafy part of the green). Cover and sauté over medium heat for 5 minutes.
3. Add the zucchini slices and chopped green leaves. Cover and sauté for 2-4 minutes.
4. Garnish with fresh herbs, a pinch of salt and a squeeze of lemon juice.
5. Serve hot.

Per serving (1 cup) with no added salt: 56 calories, 3 g total fat, 0 mg cholesterol, 4 mg sodium, 2 g protein, 6 g carbohydrates, 2 g dietary fiber.

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