



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!*

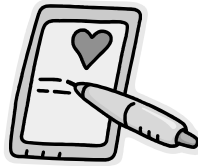
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ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE

Fruits and Vegetables: Good for Your Heart!



Here's more good news about eating 5 or more servings of fruits or vegetables every day. A recent study of over 100,000 men and women found that eating one extra serving of fruit or vegetables daily decreased the risk of heart disease by about 4%. The people who ate the most fruits and vegetables had the lowest risk of heart disease; about 20% lower!

The lower risk group ate the most green leafy vegetables, like spinach, kale, Swiss chard, broccoli, mustard and turnip greens, and parsley. They also ate more vitamin C-rich fruits and vegetables such as strawberries, bell pepper, kale, greens, tomatoes, potatoes and citrus fruit.

The heart health benefits of vegetables and fruits shouldn't be too much of a surprise. Fruits and vegetables have a wide variety of nutrients that are thought to reduce the risk of heart disease.

And adding an extra serving of vegetables or fruit is easy. One serving is 1/2 cup of a cooked vegetable or 1 cup of leafy greens. A serving of fruit is 1/2 cup cut up or a piece of fruit about the size of a tennis ball. For example, an ear of corn is about 2 servings of vegetable and a medium size apple is one serving of fruit.

Adapted from an article by Public Health: Seattle & King County

Winter Squash & Pumpkins:

- 1 pound winter squash = 2 cups cooked pieces or 1 cup mashed
- Make squash easier to cut by microwaving on high for 1 to 2 minutes, let stand for 3 minutes before cutting. *Be sure to poke holes in the rind several times before heating.*
- Ginger goes well with most winter squash and pumpkins.
- To bake, cut squash in half lengthwise and scoop out seeds. Brush cut side with oil or butter and place cut side down on a cookie sheet or baking pan. Bake at 375 degrees for about an hour or until squash is fork tender.



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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Parsnip–Carrot Gratin *Makes 4 servings*

Food for Health

Ingredients:

3 parsnips, peeled and cut into ¼ inch slices
3 carrots, peeled and cut into ¼ inch slices
1 Tbsp chopped fresh parsley or 2 tsp dried parsley
¼ cup chicken broth
¼ cup water
2 Tbsp breadcrumbs
1 Tbsp parmesan cheese

Directions:

1. Preheat oven to 350 degrees
2. Place vegetables in a lightly greased 8 inch baking dish and pour broth and water over vegetables.
3. Sprinkle breadcrumbs and Parmesan cheese on top.
4. Cover and bake for 45 minutes or until tender.



Per serving: 140 calories, 1 g total fat, 0 mg cholesterol, 390 mg sodium, 4 g protein, 32 g carbohydrates, 6 g dietary fiber.

Corn & Squash Stew– *Makes 6 servings*

From the Northwest Urban Indian Community



Ingredients:

1 Tbsp vegetable oil
1 medium onion, chopped
5 cups summer squash thickly sliced, then quartered
2 cups fresh corn kernels cut off the cob
4 roasted, peeled, seeded, chopped Long Anaheim Peppers*
¼ cup water
Salt to taste
½ cup grated cheese

Directions:

1. In a skillet, heat oil, add onion and cook until it just begins to get limp.
2. Add squash and sauté over medium heat 1-2 minutes.
3. Add remaining ingredients (except cheese) and simmer over low heat for 15 minutes. Add a bit of water if necessary to make it a “stew”.
4. Top with grated cheese. Cover tightly to melt cheese. Serve hot.

Per serving with no added salt: 140 calories, 6 g total fat, 10 mg cholesterol, 75 mg sodium, 6 g protein, 19 g carbohydrates, 5 g dietary fiber.



* **Anaheim peppers** are a large mild pepper used in Southwestern cooking. If you wish you may substitute banana peppers or 1 Tbsp ground chili powder for each pepper.

To Roast: Char pepper skins over a gas or electric burner. Put into a paper or plastic bag until they cool. Then pull skins off and remove core and seeds.