

Fresh from the Farm

Washington State Senior Farmers Market Nutrition Program

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

June

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Try something new from the farmers market!

Springtime is seen as a time of growth and renewal. A visit to the farmers market in early season is a reminder of the newness of spring - new potatoes, fresh peas and early crops like rhubarb. It is also a great place to discover new varieties of fruits and vegetables

- Try a new type of fruit or vegetable from the farmers market. The grower may have ideas on how to prepare them.
- Explore new recipes that include fruits and veggies, or get creative with your own. Add shredded carrots to your casseroles, chili, lasagna, meatloaf or soup. Drop berries into hot or iced tea, hot or cold cereal, pancakes or yogurt. (You get the idea!)
- Be imaginative at breakfast by making fruit smoothies, egg & veggie burritos and yogurt/fruit mixtures, or simply putting a new fruit on top of your favorite cereal.
- Wash and fresh fruits and veggies keep handy in the refrigerator for on-the-go snacks.



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



**Visit your local
farmers market!**

Why shop at the Farmers Market

It's that time of year to enjoy the bounty of fresh produce.

- ❖ You get high quality fruits and vegetables picked fresh and delivered to your community.
- ❖ The fruits and vegetables have great flavor because they ripen in the field before harvesting.
- ❖ Fruits and vegetables are transport less distance – saving fuel.
- ❖ Supports your local farmers and protect farm lands.
- ❖ Enjoy your community, visit with friends and neighbors.
- ❖ It's fun!



What's in at the market in July?

Aparagus
 Bamboo Shoots
 Beets
 Broccoli
 Cabbage
 Carrots
 Cauliflower
 Chinese Veggies
 Daikon
 Garlic
 Green onions
 Greens
 Lettuce
 Leeks
 Onions
 Spinach
 Peas
 Potato
 Summer Squash
 Turnips
 Zucchini
 Apricots
 Cherries
 Currants
 Raspberries
 Rhubarb
 Strawberries



Vary Your Veggies

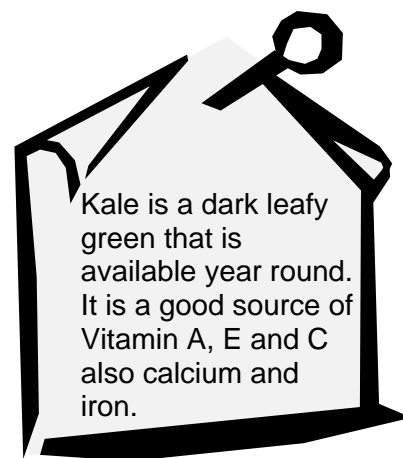
Chicken Sausage & Kale Stew

Makes 3 – 1 1/2 cup servings.

1 1/2 teaspoon vegetable oil
 1/2 onion diced
 2 cups kale, torn into bite size pieces
 1 14-ounce can reduce sodium chicken broth
 1/2 teaspoon rosemary
 6 ounces cooked chicken sausages, halved lengthwise and sliced
 1 tablespoon cider vinegar

- ◆ Heat oil in heavy quart pan over medium high heat. Add onion and kale and cook, stirring often until onion starts to soften, 5-7 minutes.
- ◆ Stir in broth, potatoes, rosemary and pepper. Cover increase heat to high and bring to boil, stirring occasionally. Reduce heat and simmer, covered until the vegetables are just tender, about 15 minutes. Stir in sausage and vinegar, continue to cook, stirring often until heated through about 2 minutes more.

Per serving: 214 calories, 7 g fat, 345 mg sodium, 26 g carbohydrate, 14 g protein, 3 grams fiber



Kale is a dark leafy green that is available year round. It is a good source of Vitamin A, E and C also calcium and iron.

Focus on Fruits

Fruit Crisp for Two

1 1/2 cups of fruit, cut in large pieces
 2 – 3 tablespoons sugar
 1 – 2 teaspoons flour
 1/4 teaspoon cinnamon
 2 Tablespoons flour
 2 Tablespoons uncooked oats
 1 1/2 tablespoon packed brown sugar
 1 tablespoon margarine
 1 pinch salt

Toss cut up fruit, sugar 2 teaspoons of flour, and cinnamon in a medium bowl. Divide between 2 oven proof custard cups. Mix 2 Tablespoons flour, oats, brown sugar and butter until crumbly. Sprinkle over fruit mixture. Bake until bubbling and light brown, about 30 minutes

Per Serving: 259 calories, 6 g fat, 137 mg sodium, 47 g carbohydrate, 3 g protein, 4 g fiber



Fruit topped with whole grain goodness. Combine summer fruits, try
 * rhubarb & strawberries
 * raspberries & peaches
 * plums & peaches
 * blueberry, strawberry and raspberries.

Enjoy the flavor of summer!