

# 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!

July

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

## Focus on Fruit and Vary your Veggies

Fruits and vegetables are a key part of the 2005 Dietary Guidelines for Americans. Fruits and vegetables are high in nutrients and low in calories—helping us get the most nutrition for our calories.

Eating plenty of fruits and vegetables as part of a healthy diet will help people feel better today, and stay healthy for tomorrow.

### Focus on Fruit



Eat 2 cups of fruit each day.

Eat a variety of fruit.

Choose whole or cut up fruit

Go easy on the fruit juice.

### Vary your Veggies



Eat 2 1/2 cups of veggies each day.

Include dark green veggies.

Include orange vegetables.

Include dried beans and peas.

<http://www.health.gov/dietaryguidelines/dga2005/document/html/brochure.htm>

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## Make the most of farmers market checks

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

- ❖ Arrive early at the market for the best selection.
- ❖ Ask for samples of unfamiliar fruits and vegetables.
- ❖ Ask the grower for suggestions on how to prepare the fresh produce they are selling.
- ❖ Plan several trips at different times in the season so you can use all of your checks and enjoy seasonal variety.
- ❖ Contact the staff that gave you the checks if you have questions or problems.



**Visit your local farmers market!**

## What's in at the market in July?

Beans

Beets

Broccoli

Cabbage

Carrots

Cauliflower

Greens

Kohlrabi

Lettuce

Onions

Spinach

Peas

Potato

Summer Squash



Apricots

Blueberries

Cherries

Gooseberries

Marionberries

Peaches

Raspberries

Rhubarb

Strawberries



## Vary Your Veggies

### Fresh Spinach and Strawberry Salad

Makes 3 - 1 cup servings.

1/3 cup low fat mayonnaise

1/4 cup unsweetened orange juice

1 teaspoon sugar

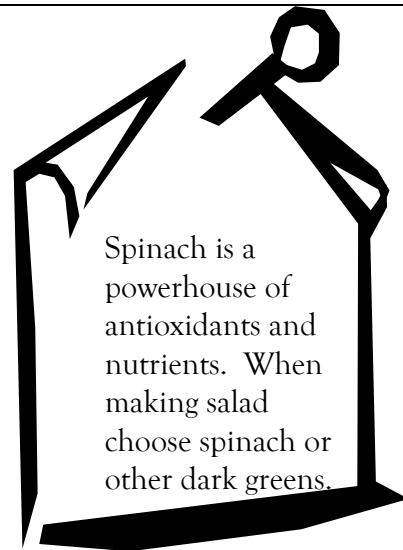
1 teaspoon poppy seeds, (optional)

2 cups spinach, washed and torn

1 cup strawberries, sliced

- ◆ Combine mayonnaise, orange juice, sugar and poppy seeds, if using, in a bowl, stir well and set aside.
- ◆ Gently toss spinach and strawberries in a large bowl; arrange on plates.
- ◆ Drizzle 1 tablespoon dressing mixture over salad.

*Per serving: 69 calories, 4 g fat, 60 mg sodium, 8 g carbohydrate, 1 g protein, 2 grams fiber*



Spinach is a powerhouse of antioxidants and nutrients. When making salad choose spinach or other dark greens.

## Focus on Fruits

### Frosted Melon Wedge with Berries

Place a scoop of your favorite sherbet in the center of a melon wedge, top with 1/4 cup berries.

Try:

Honeydew melon with lemon sherbet and raspberries.

Cantaloupe with orange sherbet and blackberries.

Crenshaw melon with lime sherbet and blueberries.

*Per Serving: 137 calories, 1 g fat, 32 mg sodium, 33 g carbohydrate, 2 g protein, 2 g fiber*



**Berries** spoil quickly. Refrigerate soon after purchase.

*Wash berries just before use to prevent mold and decay*

*Blackberries and raspberries store well 1-3 days, blueberries 3-4 days, strawberries 2-5 days.*