



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!

September

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Make the Most of Your Fresh Produce

There is more than one way to cook vegetables and fruits. Different cooking methods can add interesting flavors to vegetables and fruits.

- **Steaming** and microwaving vegetables in small amount of water is a good way to preserve nutrients.
- **Roasting** vegetables or fruits in the oven, intensifies the flavor by caramelizing the natural sugars. Lightly coat vegetables or fruits with oil or non stick spray, spread them on a baking tray and cook in oven. Try potatoes, tomatoes, carrots and other root vegetables or apples, peaches or other stone fruit.
- **Grill** or broil sliced vegetables, will small amount of oil and fresh herbs. Try summer squash, peppers, or onions.



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

Whether cooked or raw, fruits and vegetables supply a variety of important vitamins, minerals and other nutrients. Vary your veggies to get 2 ½ cups a day.

Play it Safe with Produce

We all know that eating a variety of fruits and vegetables every day is essential to maintaining health.



Did you also know it is essential to wash all fresh produce to prevent the spread of food borne illness?

- ✓ Check to be sure that the fresh fruits and vegetables are not bruised or damaged.
- ✓ Rinse all fresh fruits and vegetables under running tap water including those with skins or rinds that are not eaten. Scrub tough skinned produce with a vegetable brush – especially melons and root vegetables like potatoes and carrots.
- ✓ Dry fruits and vegetables with a clean cloth towel or paper towel.
- ✓ Keep fresh fruits and vegetables separate from raw meat, poultry and seafood in your refrigerator.
- ✓ Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours.



Visit your local farmers market!

What's at the market in September?

Artichokes
Beans
Beets
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Corn
Cucumber
Garlic
Greens
Leeks
Lettuce
Onions
Radish
Peppers, hot
Peppers, sweet
Potatoes
Shallots
Spinach
Squash
Tomato
Turnip
Zucchini



Apples
Blackberries
Blueberries
Gooseberries
Melons
Nectarines
Peaches
Pears
Plums
Prunes
Raspberries

Vary Your Veggies

Beets in Orange Juice and Rosemary

8 ounces beets
½ teaspoon orange rind
¼ cup orange juice
1 sprig rosemary

Cut the tops from the beets, leaving an inch or so of the stems attached.

Place beets in a one-quart casserole, roots pointing to the center.

Cover with vented plastic wrap and microwave on high power for 6 to 10 minutes until the beets are tender, when pierced with a fork.

Let the beets stand until cool enough to handle. Peel and cut them into quarters or eighths. Place in a small bowl. Add the orange rind, orange juice and rosemary. Mix well and serve hot or chilled

Makes one serving.

Per serving: 45 calories, 0.1 g fat, 49 mg sodium, 10 g carbohydrate, 1.3 g protein, 2.3 grams fiber.

New Wave Corn

Remove husks.
Wrap in plastic wrap
Microwave 5-6 minutes.
Carefully remove from microwave.
Unwrap carefully.
Enjoy!

Focus on Fruits

Roasted Fruit

Seasonal fruits you can roast:

Apples	Peaches
Apricots	Pears
Plums	

Roasted fruit is chewy and has an intense flavor. Eat it as a snack, or add liquid to make a fruit compote or spread on whole grain toast.

- Preheat oven to 425 degrees. Spray baking pan with not stick spray.
- Cut fruit into large chunks.
- Place the fruit on pan in a single layer. Place pan in heated oven.
- Check fruit in 15 minutes. Gently loosen with a metal spatula to prevent fruit from sticking.
- Roast for 15 – 30 minutes, until fork slides easily in the fruit. Soft fruits like peaches take 15 minutes, harder fruits like apple or pears take 30 minutes.

Allow ½ pound of fruit per serving.

Per serving: 109 calories, 1 gram fat, 0 mg sodium, 28 g carbohydrate, 1 gram protein, 4 grams fiber.