



# 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!

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ENERGIZE YOUR LIFE!  
EAT HEALTHY-BE ACTIVE



Visit your local farmers market!

## Back to Your Roots

Root vegetables are readily available in the fall months. They store well, and will keep several weeks in the refrigerator.

Root vegetables provide a variety of nutrients. As part of a healthy diet, they can help prevent chronic conditions including heart disease, stroke and some cancers.

Learn about your roots and add variety to your veggies.



**Carrots** are the most common root vegetable. Many of the nutrients are just under the skin, it's better to rinse and scrub rather than peel.



**Parsnips** have a nutty, spicy or peppery flavor. They do well in casseroles, stew or oven roasted. They also can be steamed or micro-waved. Rinse well and peel outer skin



**Rutabagas** are yellow orange flesh with smooth skin. They have a sweet nutty flavor. They cook quickly, can be steamed, roasted or added to stews.



**Turnips** have white flesh with purple tops. When small they have a sweet nutty taste. Use cooked or raw.

## Fast Ways to Jazz-up your Vegetables

- Sprinkle parmesan cheese on vegetables.
- Spoon salsa over potatoes, corn or green salad.
- Use fresh herbs, basil on green beans or summer squash, mint on carrots.
- Substitute orange juice when cooking carrots or winter squash.
- Pour low fat salad dressing over potatoes or broccoli.

What's at the market in October?

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



Apples  
Cranberries  
Gooseberries  
Grapes  
Kiwi  
Melons  
Pears  
Plums  
Prunes  
Quince  
Raspberries

## Vary Your Veggies

### Sweet Roasted Autumn Vegetables

2 small carrots  
2 small parsnips  
2 small rutabagas  
1 tablespoon oil  
Salt and pepper  
Optional seasonings: 1 teaspoon mustard, garlic or onion, fresh thyme or rosemary.



#### Roasted Veggie Soup

Blend roasted veggies with low sodium chicken broth. Bring to boil. Add frozen corn, if desired, simmer to heat corn.

Preheat oven 450 degrees.

Scrub and peel vegetables.

Cut them into one inch pieces.

Toss vegetables in oil. If using optional seasoning, mix in with oil.

Sprinkle with salt and pepper. Spread evenly on baking pan. Roast in preheated oven. Stir every 15 minutes. Roast for 45 minutes or until tender.

Makes 4 servings.

*Per serving: 156 calories, 4 g fat, 38 mg sodium, 30 g carbohydrate, 3 protein, 8 grams fiber.*

## Focus on Fruits

### Waldorf Deluxe

1 medium sized tart apples, in chunks  
1 perfectly ripe pears, sliced  
½ stalk celery, minced  
½ cup grapes, whole or halved  
½ cup diced cheddar  
2 tablespoon packed raisins (optional)  
1/3 cup almonds, toasted (or other nuts)  
Dressing:  
½ cup yogurt  
2 tablespoon mayonnaise  
¼ cup orange or pineapple juice  
¼ teaspoon cinnamon

#### Over-ripe Pears?

Peel, core and slice pears. Sprinkle with cinnamon, bake at 375 degrees. Eat as is or with yogurt and crunchy whole grain cereal.



Combine all salad ingredients. Mix together dressing ingredients. Combine everything and mix well. Serve as a side dish or have on a bed of lettuce with whole wheat toast for lunch.

Makes 4 servings

*Per serving: 224 calories, 15 g fat, 145 mg sodium, 18 g carbohydrate, 8 gram protein, 3 grams fiber.*