

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!

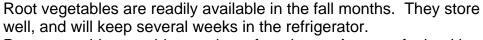
October

ENERGIZE YOUR LIFE!

EAT HEALTHY-BE ACTIVE

Volume 2, Issue 5

Back to Your Roots



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.



Visit your local farmers market!

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.

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.



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

1/4 cup orange or pineapple juice

1/4 teaspoon cinnamon

Over-ripe Pears?

Roasted Veggie Soup

Blend roasted veggies

broth. Bring to boil.

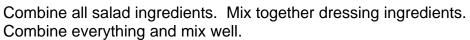
Add frozen corn, if

corn.

with low sodium chicken

desired, simmer to heat

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



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.

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Information provided by Washington State University Extension's Food Sense. This material funded in part by USDA-Food Stamp Program and the Senior Farmers Market Nutrition Program. Basic Food assistance helps people with low incomes. To find out more, contact your local DSHS-Community Service Office. Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.









