



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

Volume 3, Issue 1



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

Food Choices

There are many reasons we choose the foods we eat. It may be the taste, crunchiness or color of the food. It may be the fond memories, like sweet corn fresh from the garden or home grown tomatoes. It may be traditions or social events like sharing a huge watermelon at a party. For some, it may be choosing foods that are quick and easy to prepare. Finally, of course, we may make food choices that will benefit our health, it is recommended we eat 2 cups of fruit and 2 ½ cups of vegetables each day. Whatever your reasons are, fruits and vegetables are a great choice. They taste great, are bright in color, easy to find and easy to prepare and eat. There is a variety of fruits and vegetables, with colors across the rainbow to choose from at the farmers market.

Enjoy the Farmers Market Season!



Visit your local farmers market!

For Health, Go For Color!

Researchers are finding out fruits and vegetables have many naturally occurring compounds that may protect our health. Some of these compounds are often related to the color of the fruit or vegetable – red, yellow, orange, green, blue, purple and white. Choose a colorful variety of fruits and vegetables at the farmers market this month.



Produce choices may vary based on seasonal weather and local growing season.

Red	Yellow/ Orange	Green	White	Blue/ Purple
Cherries	Carrots	Asparagus	Bamboo shoots	Black Currants
Currants	Summer Squash	Broccoli	Cauliflower	
Raspberries		Cabbage	Garlic	
Rhubarb		Chinese Vegetables	Daikon	
Strawberries		Lettuce	New Potato	
Beets		Leeks	Mushrooms	
Radish		Spinach & Greens	Onion	
		Peas		



Fun Facts

Across Washington State there are more than 75 Farmers Markets and 9 Roadside Farm stands accepting Washington State Senior Farmers Markets Checks.

Look for a list of approved farmers markets and roadside farm stands at: <http://nutrition.wsu.edu/>



Strawberries are the only fruit with seeds on the outside. The average strawberry has 200 seeds!

Enjoy Fresh Local Strawberries this Season!

BAC! Attack

At a party, picnic or family meal it is ok to leave food out for:

- No more than 2 hours
- No more than 4 hours.
- No more than 6 hours.

Answer: a) no more than 2 hours.



Strawberry-Rhubarb Compote



3 Cups chopped rhubarb
1 Cup chopped strawberries
1/4 Cup (or so) sugar
1/2 Cup (or so) water

Strawberries and rhubarb are both high in vitamin C and fiber. And are a great flavor combination!

- In a heavy-bottomed saucepan, combine rhubarb, sugar and water.
- Bring mixture to a boil over medium-high heat, stirring constantly.
- Turn heat to low and simmer, stirring occasionally until the rhubarb is tender and liquid is thickened.
- Refrigerate for at least 2 hours.

The ratio of rhubarb to berries is flexible. If you're feeling decadent, it's good over ice cream or baked goods.

Makes 8 - 1/2 cup servings.

Per serving: 40 calories; 0 grams fat; 2 mg sodium; 10 g carbohydrate; 1 gram protein, 1 gram fiber

When You Transport Food – Fight Bac!



June is the beginning of the picnic and BBQ season. To protect yourself, your family, and friends from foodborne illness, practice safe food handling techniques when eating outdoors.

Keep these tips in mind when preparing, storing, and cooking food for picnics and barbecues.

- Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs.
- Separate and wrap meats tight so they do not come in contact with cooked foods or foods that are eaten raw. Meats may be packed while it is still frozen so that it stays colder longer.
- Clean fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Dry fruits and vegetables with a clean cloth towel or paper towel.
- Keep the cooler in the air-conditioned passenger compartment of your car, rather than in a hot trunk.