



# 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**

Visit your local farmers market!

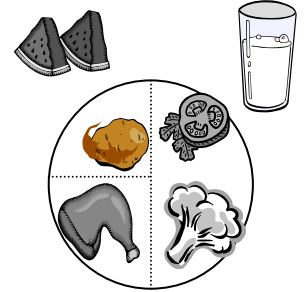


Produce choices may vary based on seasonal weather and local growing season.

## Good food and health go hand in hand!

Research continues to confirm what we already know eating healthy includes more fruits and vegetables, whole grains, lean meats and food with little or no added fat and sugar. Healthy eating does not have to mean giving up your favorite foods.

An easy way to plan healthy meals is to Rate your Plate



- Fill half of your plate with vegetables from the farmers market, such as salad, cooked vegetables like broccoli, carrots or spinach.
- Fill one quarter of your plate with healthy grains, beans or starches
- Fill one quarter of your plate with lean meats.
- Round out your meal with milk and fresh fruit.

## What could be better than fresh from the farm fruits and veggies!



### For Health, Go For Color! What's at the Farmers Market in July

Red	Yellow/ Orange	Green	White	Blue/ Purple
Cherries	Apricots	Gooseberries	Garlic	Blackberries
Currants	Peaches	Green Beans	Mushrooms	Blueberries
Raspberries	Corn	Broccoli	Onion	
Strawberries	Summer	Cabbage	Potato	
Beets	Squash	Cucumber	Daikon	
	Wax Beans	Green Pepper		
		Lettuce		
		Spinach & Greens		
		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/>



The Puget Sound area is the premier raspberry growing region in the country, producing 80 – 90% of the US commercial crop.

Enjoy fresh raspberries this month!

### BAC! Attack

How long should you wash your hands to send bacteria down the drain?

- a. 5 seconds
- b. 10 seconds
- c. 15 seconds
- d. 20 seconds

**Answer: d. 20 seconds**



## Go for the Green

Chilled Asparagus or Broccoli Salad

- 1 pound asparagus or broccoli
- 2 teaspoons soy sauce
- 1 tablespoon vegetable oil
- 1 ½ teaspoons sugar

Did you know a cup of broccoli has the same amount of vitamin C as orange juice?

Steam the asparagus or broccoli 5 to 7 minutes or cook in the microwave on high for 5 minutes.

Immediately cool by plunging in cold water. Drain well.

Combine soy sauce, oil and sugar and pour over the asparagus or broccoli. Gently toss to coat.

Cover and refrigerate 2 hour or longer.

Serve at room temperature.

Makes 4 servings. Will keep 2-3 days when refrigerated.

Per serving: 45 calories, 3 g fat, 147 mg sodium, 5 g carbohydrate, 2 grams protein, 2 grams fiber.



### Protecting Your Food Protects Your Health

Bacteria on our food and in our kitchens can cause illness. We can't see, taste or smell them. Bacteria spread throughout the kitchen on cutting boards, utensils, sponges, countertops and food. Our best defense is to keep things clean.

### Fruit and Veggie Recipe for Safety:

- **Prep the Kitchen** – Before preparing fruits and vegetables, wash your hands and clean your cutting board and utensils in hot soapy water.
- **Add Water** – To remove any lingering dirt, wash fresh produce under running water.
- **Scrub** – Use a vegetable brush to scrub fruits and vegetables that have firm surfaces, such as potatoes, carrots, etc.
- **Cut** – cut away any damaged or bruised areas on produce. Bacteria can thrive in these places.