

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!



August

Volume 3, Issue 3



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



Visit your local farmers market!

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

DASH to Fruits and Vegetables to Control Blood Pressure.

High blood pressure effects one in four Americans. If unchecked, high blood pressure makes the heart work harder and the walls of your arteries hard. This can increase the chance of heart attack, kidney disease and stroke. Researchers have learned more about how to control blood pressure. The DASH study – **Dietary Approaches to Stop Hypertension** found that people who ate more - fruits and vegetables, low fat dairy products, and whole grains, and less fat, saturated fat and cholesterol and salt were able to reduce blood pressure. Many people have a hard time keeping blood pressure in the target range of 140/90 or lower. The DASH Diet plan recommends 2 cups of fruit and 2½ cups of vegetables each day as part of a healthy diet, to get started:

- Start your day with a bowl of whole grain cereal topped with fresh berries.
- Blend your favorite fruit with non-fat yogurt or milk for a snack.
- Include a fruit and vegetable with every meal.
- Try crunchy vegetables, raw or lightly steamed.
- Plan some meals around a vegetable main dish, like stir fry or soup.

Shop at you local farmers market for fresh fruits and vegetables!



**For Health, Go For Color!
What's at the Farmers Market in August**

Red	Yellow/ Orange	Green	White	Blue/ Purple
Cherries	Apricots	Gooseberries	Cauliflower	Blackberry
Currants	Cantaloupe	Melon	Daikon	Blueberry
Plums	Nectarines	Broccoli	Garlic	Loganberry
Raspberries	Peaches	Cabbage	Potato	Marionberry
Strawberries	Carrots	Cucumbers	Turnip	Eggplant
Beets	Corn	Green Beans		
Sweet Peppers	Summer Squash	Peppers		
		Lettuce		

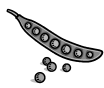


Fun Facts

Across Washington State there are 75 Farmers Markets and 20 Roadside Farm stands that accept Washington State Senior Farmers Markets Checks.

Look for a list of approved farmers markets and roadside farm stands at:

<http://nutrition.wsu.edu/>



Green peas are sometimes called garden or English peas. They are eaten after the outer pod is removed.

Edible pea pods include snow, sugar snap and Chinese peas. Enjoy the pod and all!

BAC! Attack

After eating a contaminated food, the symptoms of food borne illness start within:

- a) ½ hour
- b) 1-2 hours
- c) 1-2 days
- d) Several days – weeks.
- e) Any of the above.

Answer (e)

The symptoms of food borne illness may start within 30 minutes or may not start for several weeks.

Farmers Market Primavera

1 pound sugar snap peas or snow peas

3 green onions

2 Tablespoons oil

½ pound leafy greens, (kale, collards or spinach)

¼ teaspoon salt

2-3 cloves of garlic

1 handful fresh basil or parsley

Black pepper to taste

½ pound pasta, tube or cork shaped pasta works well

Parmesan cheese

- Wash and trim peas, remove strings and cut in half.
- Wash and slice green onions in 1 ½ inch pieces
- Cook pasta according to package directions
- While the pasta is cooking, heat oil in large frying pan.
- Add greens along with the salt over high heat for about 5 minutes.
- Lower heat to medium, add peas, green onion and garlic, cook for 5 minutes. Add basil and black pepper in the last minute.
- When the pasta is done, drain off the water. Add the pasta directly to the vegetables. Cook the pasta with the vegetables for 2-3 minutes, until pasta is coated.
- Serve, topped with parmesan cheese.

Makes 4 servings. Cover and refrigerate leftovers within 2 hours.

Per Serving: 326 calories, 9 g fat, 233 mg sodium, 51 g carbohydrate, 12 g protein, 5 g fiber.

Primavera means early spring. This dish is good anytime. Try it with a colorful selection of your favorite vegetables!

Protecting Your Food Protects Your Health



Separate, Don't Cross Contaminate

Cross-contamination is the scientific word for how bacteria can be spread from one food to another. This is especially true when handling raw meat, poultry and seafood, so keep these foods and their juices away from ready-to-eat foods.

Here's how to *Fight BAC*:

- Separate raw meat, poultry and seafood from other foods in your grocery shopping cart and in your refrigerator.
- If possible, use a different cutting board for raw meat products.
- Always wash hands, cutting boards, dishes and utensils with hot soapy water after they come in contact with raw meat, poultry and seafood.
- Never place cooked food on a plate which previously held raw meat, poultry or seafood.