



# 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!

September

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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.

## Up with Fiber

Fruits and vegetables provide our bodies with vitamins, minerals and other compounds that protect our health. One of these compounds is fiber. Fiber is part of the plant food that is not digested. It protects the body in different ways. Researchers are still learning how fiber protects our bodies. Fiber provides bulk in the gut making it easier to pass stool waste. Foods that are high in fiber are often low in fat and cholesterol, this can help lower artery clogging fats in our body. Fiber may work with other nutrients to help the body control and prevent diabetes. For many reasons eating enough fiber can protect our health. Getting enough fiber in the diet can be challenging. Most Americans do not get enough fiber. The recommended goal is 20 – 35 grams of fiber per day.

To get more fiber –

- Choose whole fruits in place of juice. Fiber is often removed from fruit juice.
- Snack on raw vegetables.
- Choose more whole grains, top with them with fruits or vegetables.
- Substitute dried beans and peas for meat 2-3 times a week.
- Eat 2 cups of fruit and 2 ½ cups of vegetables each day.

**Shop at your local farmers market for fresh fruits and vegetables.**



## What's at the Farmers Market in September

Red	Yellow/ Orange	Green	White	Blue/ Purple
Apples	Melon	Gooseberries	Cauliflower	Blackberries
Currants	Nectarines	Artichokes	Daikon	Blueberries
Raspberries	Peaches	Broccoli	Garlic	Grapes
Strawberries	Carrots	Brussels Sprouts	Mushrooms	Plums
Watermelon	Corn	Cabbage	Onion	Prunes
Beets	Snap Beans	Celery	Peas	Eggplant
Tomato	Squash	Chinese Veg	Potato	
	Summer	Cucumber	Pears	
	&Winter	Greens & Lettuce		



## Fun Facts

Across Washington State there more than 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 road side farm stands at: <http://nutrition.wsu.edu/>



Tomatoes are one of the top five favorite vegetables! They used to be called love apples.

In 1893, the US supreme Court ruled that tomatoes are a vegetable.

## BAC! Attack

The 2 Hour Rule

- Harmful bacteria multiply in the “danger zone” (between 40 and 140 degrees Fahrenheit).
- Discard any perishable foods left at room temperature longer than 2 hours.
- Check the temperature of the refrigerator; keep it at 40 degrees Fahrenheit.

## Fabulous Fiber

### Chickpea and Tomato Salad

2 cups canned chickpeas, drained  
3 medium tomatoes, cubed  
3 green onions, chopped  
1 medium red pepper, diced  
1 medium yellow pepper, diced

Dressing:

3 tablespoons vinegar  
1 ½ tablespoon oil  
2 teaspoons lemon juice  
1 garlic clove, finely minced  
2 teaspoons parsley, minced

In a salad bowl, combine the chickpeas with the vegetables.

Stir together the vinegar, oil, lemon juice, garlic and parsley, and add to salad.

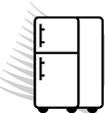
Cover and refrigerate for 30 minutes.

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

Per serving: 226 calories, 8 g fat, 214 mg sodium, 32 g carbohydrate, 9 grams protein, 9 grams fiber.



## Protecting Your Food Protects Your Health



To maintain the freshness and flavor of fruits and vegetables you buy at the market it is important to know how to store them.

- **Store at room temperature:** *apples, muskmelon, watermelon; dry onions, garlic, potatoes, pumpkins, winter squash and tomatoes.* Store produce away from direct sunlight. To prevent moisture loss place produce in vented plastic bowl or bag. Do not use a sealed bag, this may slow ripening and increase decay. To speed ripening, add one apple with every 5-7 pieces of fruit in a bowl or paper bag.
- **Store in refrigerator after ripening:** *kiwifruit, nectarines, peaches, pears, plums, and pluots.* These fruits gain sugar or soften when stored at room temperature. After they have ripened they can be stored for 1 – 3 days in the refrigerator without losing taste.
- **Store in refrigerator:** *apples (more than 7 days), apricots, berries, cherries, figs, grapes, Asian pears, artichokes, asparagus, beans, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, green onion, leafy vegetables, leeks, peas, radishes, summer squashes, sweet corn.* Keep fruits and vegetables in perforated bags Separate fruits from vegetables. Use refrigerated produce within a few days to prevent loss of freshness and flavor. Store all cut fruit in the refrigerator.