



# 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!

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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.

## Weighing In on Fruits and Vegetables

Americans are concerned about their weight. The Dietary Guidelines for Americans recommends maintaining a healthy weight. For many people that is easier said than done. Researchers are looking at food choices people can make to help maintain a healthy weight. They have learned that when people choose foods with more fiber and higher water content, they are more satisfied after a meal and eat fewer calories. These foods are low in calorie density, they have small amount of calories for the amount of food. Fruits and vegetables are mostly water, about 90% water, and they are high in fiber. Fruits and vegetables are naturally low in calories and fat, making them a calorie bargain.

Tips to lower your calorie density:

- Start your meal with a vegetable salad or a cup of broth based soup.
- Add fruits or vegetables to sandwich fillings.
- Stretch your main dish with more vegetables.
- Have a light dessert of fresh fruit.
- Keep fruits and vegetables ready for snacks.

**Shop 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	Artichoke	Pears	Grapes
Cranberries	Quince	Green Beans	Cauliflower	Prunes
Raspberries	Carrots	Brussels Sprouts	Daikon	Eggplant
Beets	Corn	Cabbage	Garlic	
Red Cabbage	Squash	Celery	Mushrooms	
		Chinese Veg.	Onions	
		Cucumber	Potato	
		Greens		
		Lettuce		
		Spinach		



## Fun Facts

Across Washington State there are more than 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/>



Washington State is the Number 2 producer of potatoes in the country! A 5 ounce potato provides

- More potassium than a banana.
- Half the daily need of vitamin C.
- 3 grams of fiber if eaten with the skin.

## BAC! Attack

An ounce of prevention is worth a pound of cure.

At room temperature, bacteria can double every 20 minutes. The more bacteria there are the greater the chance you can become sick.

Refrigerate foods quickly, because cold temperatures keep bacteria from growing.

## Grandma's Chicken Vegetable Soup

1 can 14 ½ ounce reduced sodium chicken broth  
½ cup water  
3 medium potatoes, cut into ½ inch cubes  
1 medium carrot, cut into ¼ inch slices  
1 pound chicken, boned and skinned, cut into 1 inch chunks  
1 medium zucchini, cut into ¼ inch slices  
3 green onions, sliced  
2 teaspoons dried basil  
1/8 teaspoon salt  
1/8 teaspoon pepper

Start your meal with a cup of soup. Vary the veggies for the season!

In a 3 quart saucepan over medium heat combine broth and water. Cover and bring to boil.

Add potatoes and carrots; cover and cook 5 minutes

Add chicken zucchini, onions and basil; bring to boil, lower heat, cover and cook until chicken is cooked through (180 degrees in center), about 7 minutes.

Season with salt and pepper.

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

Per serving: 239 calories, 3.6 g fat, 191 mg sodium, 24 g carbohydrate, 27 grams protein, 4 grams fiber.



## Protecting Your Food Protects Your Health

Refrigerate foods quickly because cold temperatures keep harmful bacteria from growing and multiplying.

- Set your home refrigerator no higher than 40°F and the freezer unit at 0°F. Check the temperature occasionally with an appliance thermometer.
- Refrigerate or freeze perishables, prepared food and leftovers within 2 hours.
- Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator.
- Never defrost food at room temperature. Thaw food in the refrigerator, under cold running water or in the microwave. Marinate foods in the refrigerator.
- Don't pack your refrigerator; cool air must circulate to keep foods cool.