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EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension of Steuben County programs, call 607-664-2300

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Freezing Bell Peppers

Green, red, yellow and orange bell peppers are abundant this month at farmers' markets and farm stands. Bell peppers are perfect for freezing to use during the winter in any cooked dish. Bell peppers are an incredible bargain in the summer compared to \$4 per pound or more during the winter months.

According to the National Center for Home Food Preservation website (http://nchfp.uga.edu/how/freeze/pepper_bell.html) it is easy to freeze bell peppers.

1. Prepare peppers by selecting crisp, blemish free peppers. Wash, cut out stems, cut in half and remove seeds. Cut into strips, rings or pieces.
2. Place raw, cut peppers in freezer zip top bags or freezer containers, leaving no headspace. Remove air (if using zip top bags), seal and freeze!



During the winter months, use your frozen bell peppers in soups, stews and casseroles. It's so nice to be able to have peppers available when you want them and to know they are farm fresh and locally grown!

In Season: Fruits and Vegetables Galore

While visiting your local market, look for these farm fresh fruits and vegetables: green and yellow beans, beets, broccoli, cabbage, carrots, cauliflower, celery, collard greens, corn, cucumbers, eggplant, lettuce, leeks, mustard greens, onions, peppers, potatoes, radishes, Swiss chard, tomatoes, winter and summer squash, apples, blue berries, cantaloupes, peaches, pears and plums. Don't forget to use your Farmers' Market Nutrition coupons or your WIC fruit and vegetable check!

The EFNEP program provides nutrition education to low income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings.

Workshop series include:

Eating Smart Being Active
Finding A Balance—
Diabetes
Healthy Children, Healthy
Families
Healthy Cents
Breastfeeding

A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.

Workshop series include:

Choose Health: Food, Fun
and Fitness
Cooking Up Fun! Vary
Your Veggies

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

607-664-2300



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PutKnowledgeToWork.org

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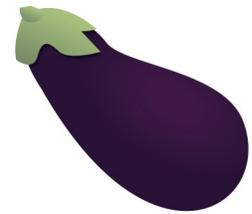
While you are at the library enjoying the summer reading program, pick up a copy of "At the Farmers' Market with Kids: Recipes and Projects for Little Hands" by Leslie Jonath. Read the book with your child and decide which recipe you want to make together, then head to the farmers' market to buy the ingredients.

Easy Eggplant Parm

Serving Size: 1/6th of
the recipe
Serves: 6

Ingredients:

3 cups spaghetti sauce
1 medium eggplant (about 1 ½ to 2 lbs.)
6 ounces part skim mozzarella cheese,
shredded
2 tablespoons Parmesan cheese



Directions:

1. Spray a 9x13 inch baking dish with cooking spray.
2. Pour ½ cup of spaghetti sauce in pan. Peel eggplant and slice into ½ inch thick slices. Put half of the slices in the baking dish. Top with 1 cup of sauce, half of the mozzarella cheese and the remainder of the eggplant. Cover with the rest of the sauce and sprinkle with Parmesan cheese.
3. Cover with foil and bake for 45 minutes in a 350°F oven. Remove foil, sprinkle the rest of the mozzarella cheese on top and return to the oven to bake.

Recipe from Cornell University's Eat 3 campaign.

Recipe from Cornell University's Eat campaign

Nutrition facts: calories 140, fat 5g, 32% calories from fat, cholesterol 10mg, sodium 350mg, total carbohydrates 16g, fiber 2 g, protein 9g, calcium 20%, iron 6%

Nutrition Facts: Serving Size: 1/6th of the recipe, 277 calories, 62 calories from fat, 7g total fat, 22% calories from fat, 4g saturated fat, 0g trans fat, 20mg cholesterol, 420mg sodium, 29g total carbohydrate, 5g dietary fiber, 6g sugars, 12g protein, 9% vitamin A, 27% calcium, 11% vitamin C, 9% Iron.