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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>) 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 This Month: Lots of Fruits and Vegetables

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, blueberries, cantaloupes, peaches, pears and plums. Don't forget to use your Farmers' Market Nutrition coupons, your WIC fruit and vegetable check or EBT card.

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 is interested in scheduling classes, please call your



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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.

Roasted Tomato and Spinach Pasta

Serving size: 1 1/4 cup

Serves 4

Ingredients:

- 2 cups (about 10 ounces) cherry tomatoes
- 1/4 cup vegetable oil, divided
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder
- 3 cups fresh spinach or 1 package (10 ounces) frozen chopped spinach, thawed
- 8 ounces whole wheat spaghetti
- 1 teaspoon Italian seasoning
- 5 tablespoons Parmesan cheese

Directions:

1. Heat oven to 400 degrees.
2. Rinse tomatoes under running water. Cut in half. Spread on greased baking pan.
3. Sprinkle oil (2 tablespoons), salt, pepper, and garlic powder on tomatoes. Stir to coat.
4. Bake for 15-20 minutes. Prepare spinach and spaghetti as tomatoes bake.
5. Rinse fresh spinach under water, slice into strips OR thaw, drain and pat dry the frozen spinach. Set aside.
6. Follow package directions to cook spaghetti. Drain.
7. Add remaining 2 tablespoons oil, Italian seasoning, spinach, and baked tomatoes to spaghetti. Stir until heated through. Serve with Parmesan cheese.

Source: Healthy & Homemade 2013 Nutrition & Fitness Calendar, Iowa State University Extension and Outreach

*Nutrition Facts: Serving Size – 1 1/4cup, 310 Calories, 14g Total Fat, 3g Saturated Fat, 0g Trans Fat, 10mg Cholesterol, 250mg Sodium, 38g Total Carbohydrate, 7g Dietary Fiber, 2g Sugars, 10g Protein, 20% vitamin A, 15% vitamin C, 15% calcium, 15% iron