Farmer’s Market Week
August 5-11, 2018

USDA’s Local Food Directories help you locate farmers markets, on-farm markets, CSAs, and food hubs.

- Farmers Markets
- On-farm Markets
- CSAs
- Food Hubs

RECIPES OF THE MONTH

On-the-Go Egg Cups

Source: www.superhealthykids.com

Make these grab-and-go breakfasts ahead of time! Store extras in an air tight container in the refrigerator for 1 week or freezer for 1 month. Microwave thawed cups for 45-60 seconds.

Prep: 10 minutes  
Cook: 20-25 minutes  
Makes: 12 servings

Ingredients:

- 1 – cooking spray
- 6 large – egg
- 1/4 cup – milk
- 1/8 teaspoon – salt
- 1/8 teaspoon – black pepper, ground
- 1 medium – bell pepper, red
- 3/4 cup – spinach
- 1/4 cup – cheddar cheese, shredded

Directions:

1. Spray a muffin tin with cooking spray.
   Preheat oven to 375°F.
2. Whisk the eggs and milk together in a bowl.
   Season with salt and pepper.
3. Dice the bell pepper into small pieces. Stack
   the spinach leaves, roll, and slice thin.
4. Add the peppers, spinach, and shredded
   cheddar to the egg mixture.
5. Fill muffin cups 3/4 full and bake for 20-25
   minutes until centers are set and no longer
   runny.
6. Allow to cool slightly before serving.
Much like New Year’s Day, your first day back to school represents a new start. Perhaps, this is the perfect time for you to consider creating new physical activity habits to enhance your health.

Whether you are a beginning exerciser who needs help getting started or someone who wants to add some spice to your fitness routine, the American Council on Exercise (ACE) Exercise Library offers a variety of movements to choose from. Browse through total-body exercises or movements that target more specific areas of the body. Each comes with a detailed description and photos to help ensure proper form. You can choose from three levels (Beginner, Intermediate and Advanced), by body part and by equipment. Be sure to include resistance, flexibility and cardio in your workouts. Get started today! Here’s a sneak peek →

Visit https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/ to view the whole library!