Farmers’ Markets Open This Month

June is the traditional start time for local farmers’ markets. Shopping at farmers’ markets has lots of benefits including fresh picked, local produce; farmers who can answer your questions about produce they grow and sell; and it’s a great way to ‘go green’ because less fuel is used to transport the food from local farms to the farmers’ market. You can make your trip more ‘green by bringing re-usable shopping bags for your purchases. Never tasted a fruit or vegetable a farmer is selling? Ask for a taste.

Many farmers participate in both the Farmers’ Market Nutrition Program (FMNP) and WIC. FMNP is for WIC families and seniors. Coupons are provided by WIC and Office for the Aging to eligible adults. These coupons can be used to buy any fresh fruits and vegetables sold at the farmers’ market. About $20 in coupons are provided and can be used any time until the market closes for the season. The WIC monthly fruit and vegetable checks can be used at many farmers’ markets as well. These are the checks that come with your monthly WIC package.

To find farmers’ markets near you that participate in SNAP (EBT cards), WIC and the FMNP, visit: https://www.agriculture.ny.gov/AP/agservices/fmnp/fmnp-authorized-markets.html

In Season This Month: Strawberries

Fresh, local strawberries are ready to eat in June. You can buy them at roadside stands, farmers’ markets, farm stands and some local supermarkets. Looking for a fun family activity? Try picking strawberries at a U-Pick farm. Many locations are family friendly. One cup of strawberries has only 50 calories, more than 100% of your daily need for vitamin C and 3 grams of fiber. Strawberries make a great snack, addition to a brown bag lunch or sliced and added to a green salad. Store unwashed strawberries in your refrigerator and wash them right before eating.
In honor of National Dairy Month, read “The Milk Makers” by Gail Gibbons with your children. It is a wonderful book about dairy cows and dairy farms. When you’ve finished reading, have your kids help make yogurt popsicles.

**Strawberry Salsa**

**Serving Size:** 2 Tablespoons

**16 servings**

**Ingredients:**
- 1 ½ cups fresh strawberries, chopped small
- 1/2 jalapeno pepper, minced
- 1/4 cup onion, minced
- 2 Tablespoons fresh cilantro, finely chopped
- 1 1/2 teaspoons lime juice
(baked tortilla chips for dipping, optional)

**Directions:**
1. Mix together strawberries, jalapeno pepper, onion, cilantro, and lime juice. Flavors will blend if refrigerated for 30 minutes or more before serving. Serve with tortilla chips if desired.
2. Refrigerate leftovers within 2 hours.

*Nutrition Facts (salsa only): Serving Size – 2 Tablespoons, 5 Calories, 0 Calories from Fat, 0g Total Fat, 0% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 0mg Sodium, 2g Total Carbohydrate, 0g Dietary Fiber, 1g Sugars, 0g Protein, 0% Vitamin A, 0% Calcium, 15% Vitamin C, 0% Iron

**Source:** Oregon State University Extension Service, www.foodhero.org

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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
- Family Nutrition Education Curriculum
- Finding A Balance — Diabetes
- Healthy Children, Healthy Families
- Healthy Cents
- Breastfeeding

EFNEP can help you eat more healthfully while saving money at the store. Learn to:

- eat more fruits and vegetables,
- drink fewer sweetened beverages,
- maintain a healthy weight, and
- be more physically active

Cornell Cooperative Extension Steuben County

20 East Morris Street
Bath, New York 14810
607-664-2300

Put Knowledge To Work.
607-664-2300

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