

EFNEP Newsletter

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Celebrate Farmers' Markets

June is the month farmers' markets reopen in many locations. Farmers' markets are considered essential businesses, so during the time of Covid, they will open and practice the same guidelines as other businesses, like grocery stores. Be prepared to wear a mask. No live entertainment, food trucks or ready to eat food stands will be allowed. But, you can still buy fresh, healthy, locally grown foods. Markets will accept SNAP, Double Up Food Bucks coupons, Farmers' Market Nutrition Program coupons and WIC fruit and vegetable benefits.

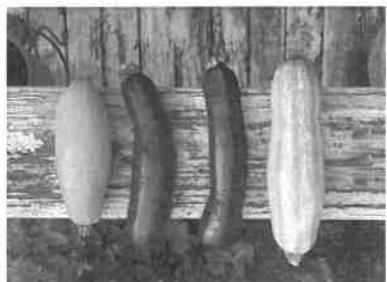


The Center for Urban Education about Sustainable Agriculture lists some reasons we should all support farmers' markets.

1. **Taste Real Flavors**—fruits and vegetables available at the farmers' market and picked when they are fresh, ripe and at their tastiest. Because the produce is grown locally, there is no long distance shipping, gas wasted on long truck rides and the produce is not sitting in storage waiting to be sold. Nothing tastes better than farm fresh produce.
2. **Support Family Farmers**—Farmers selling at farmers' markets are from small, family owned farms. You help your neighbor farm families to more easily compete for your business and get a better return on their produce because they sell directly to the customer—you!
3. **Discover the Spice of Life: Variety**—the selection of produce at your farmers' market is much greater than what you find at local supermarkets. Small family farms often grow a number of varieties of peppers, melons, apples, beans, lettuce...and the list goes on! Discover a new variety of your favorite fruit or vegetable. The farmer who grew the produce is your best source of information about what you are buying. They can offer storage and recipe ideas.

Check out <https://agriculture.ny.gov/farming/farmers-markets> to find your local farmers' market.

In Season this Month: Summer Squash



Zucchini and yellow squash are abundant and inexpensive in the summer months. Look for summer squash that is firm and free from soft spots or other blemishes. Store summer squash in a plastic bag in the refrigerator for up to 5 days. Do not wash the squash until you are ready to use it. Summer squash is very low in calories, with $\frac{1}{2}$ of a squash having only 20 calories, no fat or cholesterol and it is an excellent source of vitamin C. Shred it and add to salads, spaghetti sauce, muffins or pancakes, or chop it and add to soups, stir-fry or an omelet.