Farmer Markets provide an opportunity to meet the people that grow your food! Another benefit of shopping at local farmer and mobile veggie markets: many of these vendors accept nutrition assistance benefits or healthy food incentive programs. These programs help those on tight budgets get more fresh foods and stretch their food dollars.

Read about a few nutrition assistance benefits programs on this page. Check out their websites for more information.

Brighten up your salad with spinach and strawberries straight from the farmer’s market or your garden!

Salad

6 ounces spinach (about 7 cups)
3 oranges
1 1/2 cups strawberries, halved
1 cup walnut pieces (toasted if desired)

Dressing

1 teaspoon sugar
1/4 teaspoon paprika
2 Tablespoons orange juice (juice from 1/4 orange)
1 Tablespoon lemon juice
1 1/2 teaspoons vinegar
1 teaspoon finely chopped onion
2 Tablespoons salad oil

Directions

1. Wash and dry spinach, tear into pieces, and chill.
2. To prepare orange: Cut off peel and membrane of outer part of the sections.
3. Using a paring knife gently cut out sections from membrane edges. You end up with orange sections with no outer membrane.

Dressing

1. Combine all ingredients in a jar and shake well or blend in a blender.
2. Right before serving, toss orange and strawberries with walnuts and spinach.
3. Add dressing to coat salad.
4. Serve immediately.
5. Refrigerate leftovers within 2 hours.

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https://agriculture.ny.gov/find-farmers-market

Engage at a farmers market near you this season!