Eat Smart NY! Newsletter

For more information about this and other Cornell Cooperative Extension of Steuben County programs, call 607-664-2300

Farmers’ Markets Open This Month

June is the traditional start time for many local farmers’ markets. There are lots of benefits to shopping at farmers’ markets. The fresh produce is often picked within 12-24 hours of being sold at the market. By talking with the farmers, you can learn how they grow the food they sell, what their favorite varieties are and why. Never tasted a fruit or vegetable being sold? Ask the farmer for a taste. Farmers’ markets are a great way for your family to ‘go green’. Food at farmers’ markets is grown locally so it helps the local economy to stay strong. Locally grown produce uses less fuel because it is not transported long distances on a truck. You can make your shopping trip more ‘green’ by bringing re-usable shopping bags with you when you shop.

Many farmers participate in both the Farmers’ Market Nutrition Program and WIC. The Farmers’ Market Nutrition Program 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 coupons are $4 each, and the farmer will work with you to meet the $4 amount. The monthly WIC fruit and vegetable checks that come with your WIC package can be used at many farmers’ markets as well.

Now you can use your EBT card at many markets. Each year more markets are able to accept EBT cards. Many markets give you tokens equal to the amount of money you want to use from your EBT card and then you give the tokens to the farmer to pay for your produce. Some markets participate in programs like Double Up Food Bucks that give you extra tokens (so extra money to spend!) when you use your EBT card. Check with your favorite farmer’s market to see if it accepts EBT cards.

Fresh, local strawberries are ripe and ready to eat in June. 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 U-Pick locations are family friendly. Check with your local Cornell Cooperative Extension for local U-Pick locations. Many extension offices have a Buy Local brochure with this information.

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, an addition to a brown bag lunch or sliced and added to a green or fruit salad. Store unwashed strawberries in your refrigerator and wash them right before you eat them.

Strawberries can easily be frozen and stored to eat during the winter. The National Center for Home Food Preservation recommends that you wash strawberries and remove the green cap. Then slice the berries and add ⅛ cup of sugar to one quart of sliced berries and stir to dissolve the sugar. Let this mixture sit for 15 minutes. Pack berries into freezer containers or freezer zip style bags. Label and date the container or bag and immediately put containers into your freezer.

### Spring Vegetable Sauté

**Ingredients**

- 1 teaspoon olive oil
- ½ cup onion, sliced
- 1 garlic clove, finely chopped
- 3 new potatoes (small), quartered
- ¼ cup carrot, sliced
- ¼ cup asparagus pieces
- ¼ cup sugar snap peas, or green beans
- ¼ cup radishes, quartered
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon dill weed, dried

**Nutrition Facts:** 70 calories, 10 calories from Fat, 1.5g total fat, 0mg cholesterol, 170mg sodium, 13g total carbohydrate, 2g dietary fiber, 2g protein, 4% calcium, 4% iron.

**Cost:**

- Per recipe: $2.17
- Per serving: $0.54

**Instructions**

1. Heat oil in a skillet. Cook the onion 2 minutes. Add the garlic and cook another minute.
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add one or two tablespoons of water.
4. Add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender about 4 minutes more.
5. Serve immediately.

**Source:** National Cancer Institute (NCI). 5-A-Day campaign.
Pink Party Salad

**Ingredients:**
- 4 potatoes (washed and cut in half)
- 3 cups beets, cooked (peeled and diced—fresh or canned)
- 1 cup green peas, fresh or frozen
- 3 eggs, hard boiled
- 1 apple, core removed and chopped into pieces
- 1 teaspoon lemon juice
- 2 table spoons olive oil
- 3 tablespoons vinegar
- 1 tablespoon sugar

**Directions:**
1. In a deep pot, boil the potatoes in water for about 20 minutes, until they are tender. Remove potatoes from the pot and cool thoroughly.
2. Dice potatoes and place in a large bowl.
3. Add diced beets and mix with the potatoes.
4. Set aside ¼ cup of peas for garnishing and add the rest to the bowl.
5. Save one egg to use as a garnish. Chop the other two and add to the bowl.
6. Sprinkle the apple pieces with the lemon juice and add to the large bowl.
7. Add the olive oil, vinegar and sugar.

**Nutrition Facts:** 190 calories, 40 calories from fat, 5g total fat, 0.5g saturated fat, 0mg cholesterol, 90mg sodium, 34g total carbohydrate, 5g dietary fiber, 13g sugar, 5g protein, 45% Vitamin C, 4% calcium, 10% iron.

**Source:** University of Connecticut, Cooperative Extension, From the Farm to the Table, p.8 Hispanic Health Council

Creamy Dill Dip

**Ingredients:**
- 1 cup sour cream, non-fat
- 1 cup yogurt, non-fat plain
- 2 tablespoons dill (dried)

**Directions:**
2. Chill, covered, in refrigerator for 1 hour before serving.

**Nutrition Facts:** 20 calories, 0 calories from fat, 0g total fat, 0g saturated fat, 5mg cholesterol, 30mg sodium, 4g total carbohydrate, 0g dietary fiber, 1g protein, 2% Vitamin C, 4% calcium, 2% iron.

**Source:** Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Program Website Recipes

If you would like more information on how to “Eat Better for Less” visit the Eat Smart New York webpage at: [http://otda.ny.gov/programs/nutrition/](http://otda.ny.gov/programs/nutrition/)
Spend some time at the public library with your children and check out this book, “The First Strawberries” by Joseph Bruchac and Anna Vojtech. It’s the Cherokee story of how strawberries got their name. After reading the book with your children ask them to draw a picture that shows their favorite part of the story.

June is National Dairy Month

Celebrate National Dairy Month by choosing foods from USDA’s MyPlate Dairy Group. Foods included in this group are milk, flavored milk, calcium-fortified soy milk, pudding made with milk, frozen yogurt, ice cream, yogurt, hard cheese like cheddar and Swiss, soft cheeses like ricotta and cottage cheese and processed cheese like American. Each of these foods is a good source of calcium. In general, 1 cup of milk, yogurt, or soymilk (soy beverage), 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group. Everyone aged 9 and older needs 3 cups from the Dairy Group each day. Children aged 4-8 need 2 ½ cups and children aged 2-3 need 2 cups each day.

Try these ideas to get your three Dairy Group servings each day: Serve low fat or fat free milk at each meal; ask for low fat or fat free milk in your coffee; add low fat or fat free milk to hot cereals and cream soups in place of water; enjoy a low fat or fat free yogurt for a snack or use plain yogurt to make a dip for vegetables or fruit.

What's In Season:

- Asparagus
- Beets
- Beet Greens
- Broccoli
- Herbs
- Lettuce
- Peas
- Rhubarb
- Radishes
- Scallions
- Spinach
- Strawberries

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