August 3rd - 9th is Farmers’ Market Week

Celebrate the summer harvest and support your local farmers by visiting a farmers’ market this week. During August farmers’ markets are in full swing and have an enormous variety of fresh produce available. During this week many markets will have special events too.

Look for these vegetables and fruits while you shop: green and yellow beans, beets, broccoli, cabbage, carrots, cauliflower, celery, collard greens, corn, cucumbers, eggplant, lettuce, leeks, mustard greens, onions, peppers, potatoes, radishes, Swiss chard, tomatoes, winter and summer squash, apples, blueberries, cantaloupes, peaches, pears and plums.

Don’t forget to use your Farmers’ Market Nutrition Program coupons, WIC fruit and vegetable checks and your EBT card at participating markets. Some markets have a special program where you can double the amount of money you spend from your EBT card.

Tips for Eating Together

1. Make eating together a priority.
2. Aim for eating 3 or more meals a week together.
3. Keep a sense of humor (you don’t have to be perfect).
4. Make meals quick, easy, and healthy.
5. Shop for food and cook together as a family.
6. Make your meal quickly but eat it slowly.
7. Turn off the TV during mealtime.
8. Take telephone calls later.
9. Take time to talk at meals.
10. Respect each person’s right to decide how much to eat.

Source: eat3.org

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/
**Freezing Tomatoes**

Thought you could only can tomatoes? Think again – freezing tomatoes is a quick and easy way to preserve a bumper crop of tomatoes from your garden or that you buy at low prices at the farmers’ market.

According to the National Center for Home Food Preservation:
1. Select firm, ripe tomatoes with deep red color.
2. Wash and dip in boiling water for 30 seconds to loosen skins. Core and peel.
3. Freeze whole or in pieces.
4. Pack into containers or freezer bags, leaving 1-inch headspace. Seal and freeze. Use only for cooking or seasoning as tomatoes will not be solid when thawed.

www.nchfp.uga.edu

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**Try these recipes using farm fresh produce:**

**Corn, Tomato, and Cucumber Salad**

**Ingredients:**
- 4 ears of corn, cooked (to equal about 2 to 2½ cups corn kernels)
- 2 large ripe tomatoes
- 2 medium cucumbers
- ½ cup lime juice (or white wine vinegar)
- ½ teaspoon sugar
- 2 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 medium red onion, diced
- 6 tablespoons parsley

**Directions:**
1. Cut kernels from corn and place in medium bowl.
2. Seed and dice the tomatoes and cucumbers and add to the bowl.
3. In a smaller bowl, whisk together lime juice, sugar, oil, salt, and pepper. Stir in red onion and set aside.
4. Toss corn, tomatoes, and cucumbers with dressing.
5. Season with additional salt and pepper, if desired. Add chopped parsley or cilantro just before serving.

**Nutrition Facts:** 110 Calories, 45 Calories from fat, 5g Total fat, 0.5g Saturated fat, 0mg Cholesterol, 30mg sodium, 16g Total carbohydrate, 6g sugars, 3g Dietary fiber, 3g Protein, 15% Vitamin A, 30% Vitamin C, 2% Calcium, 4% Iron.

**Source:** Vegetable of the Month Club
Lemony Green Beans

**Ingredients:**
- 1 pound green beans, trimmed and cut into 2 inch pieces
- 1 ½ teaspoons fresh lemon juice
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ⅛ teaspoon pepper

**Directions:**
1. Steam green beans, covered, 5 minutes or until tender-crisp. Drain and return to the pan.
2. Add lemon juice, oil, salt and pepper. Toss to coat. Serve immediately.

**Nutrition Facts:** 46 Calories, 25% Calories from fat, 1g Total fat, 0.5g saturated fat, 0mg Cholesterol, 145mg Sodium, 8g Total carbohydrate, 1g Dietary fiber, 2g Protein, 43mg Calcium, 1mg Iron.

**Source:** www.eat3.org

Cool Cucumber Grape Salad

**Ingredients:**
- 6 cups (about 2 medium) thinly sliced peeled cucumbers
- 2 cups seedless grapes, halved
- 1/4 cup chopped green onion
- 1/3 cup white wine vinegar
- 1 teaspoon olive oil
- 1 tablespoon honey
- 1 teaspoon salt
- 1/4 teaspoon bottled hot pepper seasoning

**Directions:**
1. Combine cucumber, grapes and green onion.
2. Mix vinegar, olive oil, honey, salt and hot pepper seasoning. Add to cucumber/grape mixture and mix well.
3. Refrigerate at least 30 minutes.

**Nutrition Facts:** 70 Calories, 10 Calories from fat, 1g Total fat, 0g Saturated fat, 0mg Cholesterol, 400mg Sodium, 15g total Carbohydrate, 12g Sugars, 1g Dietary fiber, 1g Protein, 4% Vitamin A, 15% Vitamin C, 2% Calcium, 2% Iron.

**Source:** www.eat3.org
While you are at the library enjoying the summer reading program, pick up a copy of “At the Farmers’ Market with Kids: Recipes and Projects for Little Hands” by Leslie Jonath. Read the book with your child and decide which recipe you want to make together, then head to the farmers’ market to buy the ingredients.

After reading about farmers’ markets, head to your local market with your family to buy the onion, peppers, zucchini and tomato for this recipe then prepare the recipe together as a family.

### Veggie Fajitas

#### Ingredients:
- 2 tablespoons canola oil
- 1 medium red onion, thinly sliced
- 1 medium green pepper, cut in strips
- 1 medium red pepper, cut in strips
- 1 medium zucchini, cut in slices
- 1 teaspoon ground cumin or fajita seasoning
- 1 medium tomato, cut into 8 wedges
- 8 whole wheat flour tortillas
- 1 15-oz. can pinto beans
- ½ avocado, diced

#### Directions:
1. Wrap tortillas in foil and bake at 350° until heated through.
2. Heat pinto beans in saucepan, drain to serve.
3. In a large skillet, heat oil over medium heat for 5 minutes.
4. Add onions and peppers, stir to coat with oil.
5. Cover and cook for additional 5 minutes.
6. Add tomato wedges during last minute of cooking.
7. Stir in squash and cumin or fajita seasoning.
8. Add pinto beans and vegetables to tortillas, top with avocado, roll up and enjoy.

#### Nutrition Facts:
- 470 Calories
- 30% Calories from fat, 15g Total fat
- 0mg Cholesterol, 390mg Sodium
- 69g total Carbohydrate, 17g Dietary fiber
- 17g Protein, 15% Calcium, 30% Iron

#### Source:
www.eat3.org