Get Active this Month!

Because physical activity is so important for everyone in your family, follow these tips to help make sure you fit physical activity into your family’s busy schedule:

1. Make a date for physical activity – schedule it on your family calendar just like any other meeting or activity. Try doing something active after dinner or first thing Saturday morning.

2. Include work around your house and yard – include your kids in house and yard chores like vacuuming, dusting, raking the yard or weeding.

3. Use what you have available – no need to go out and buy expensive sports equipment – inexpensive balls, jump ropes, Frisbees or just walking will fit in anyone’s budget.

4. Build new skills – enroll kids in classes for a sport they’d like to try – maybe basketball or tennis. Many recreation centers and departments have low cost or free classes and some may even provide equipment, like tennis rackets.

5. Plan activities for bad weather days too – what indoor activities does your family enjoy, maybe walking around the mall or a dance-a-thon in your living room?

6. Turn off the TV and electronic devices – make it a family goal to spend no more than 2 hours a day using electronic devices.

7. Include other families – double the fun by asking friends to join you. It’s a great way to socialize while increasing your heart rate.

Source: 10 Tips Nutrition Education Series from www.choosemyplate.gov
**Try these ideas for making your trip to the farmers’ market successful and fun:**

1. Bring reusable shopping bags and a shopping list with you. The bags help to keep plastic out of the environment and the list helps to keep you focused on what you need for meals.

2. Come with an open mind – your list might say tomatoes, but what variety are you going to try?

3. Bring your EBT card and/or cash. Many farmers’ markets now accept EBT cards. You can use your EBT card by swiping at the stand where you buy produce if the farmer has a card reader or you can find the table at the market where you can swipe your card, enter the dollar amount you’d like to spend and you will receive tokens equal to the amount of money you took from your EBT card. You then use the tokens to pay for your produce.

4. Come early for the best selection, but later in the day farmers’ may have deals so they can sell their remaining produce rather than taking it back to the farm.

5. Browse the market before you buy so you know what is available from each farmer.

6. Talk to the farmers, ask them questions. Farmers love to share information about the crops they grow and the produce they sell!

**Source:** 10 Tips for Shopping at Your Local Farmers’ Market from www.nyfarmersmarket.com

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**Farmer’s Markets are Now Open!**

July is a good time to visit farmers’ markets. Many fruits and vegetables are coming into season and ripening quickly with the summer sun. While visiting your local market, look for these products: Apricots, blueberries, cherries, peaches, yellow and green beans, beets, broccoli, cabbage, cucumber, lettuce, onions, potatoes, radishes, summer squash and tomatoes.

Don’t forget to use your Farmers’ Market Nutrition coupons or your WIC fruit and vegetable check!
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

**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.
4. Stir in red onion and set aside.
5. Toss corn, tomatoes, and cucumbers with dressing.
6. Season with additional salt and pepper, if desired. Add chopped parsley or cilantro just before serving.

**Nutrition Facts:** ¾ Cup, 110 calories, 45 calories from fat, 5g total fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 30mg sodium, 16g total carbohydrate, 3g dietary fiber, 6g sugar, 3g protein, 15% vitamin A, 2% calcium, 30% vitamin C, 4% Iron.

**Source:** Vegetable of the Month Club

Sweet and Spicy Summer Squash

**Ingredients:**
- 1 tablespoon olive oil
- 4 cups chopped zucchini or summer squash
- 1 onion chopped
- 2 green bell peppers, chopped
- 1/16 teaspoon cayenne pepper or a splash of hot sauce
- 2 tablespoons honey
- Salt and pepper to taste

**Directions:**
1. In a large skillet, heat oil over medium-high heat. Add squash, onion, and green peppers and sauté 10 minutes or until tender.
2. Stir in honey and cayenne pepper or hot sauce. Remove from heat.
3. Add salt and pepper to taste.
4. Cover and let stand for 3 minutes before serving.

**Nutrition Facts:** Serving Size: ¼ of recipe, 110 calories, 35 calories from fat, 4g total fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 15mg sodium, 20g total carbohydrate, 3g dietary fiber, 14g sugar, 3g protein, 10% vitamin A, 4% calcium, 150% vitamin C, 4% Iron.

**Source:** Cayuga County Cooperative Extension
In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. This material was funded by USDA’s Food Stamp Program and Expanded Food and Nutrition Education Program.

With your child, head to the nearest public library and borrow “Farmers’ Market” by Paul Brett Johnson. It tells the story of one family’s life who grows and sells produce at their local farmers’ market. Read the story with your child, then head to the farmers’ market and talk about how your farmers’ market is similar and different from the market described in the book. While you are at the market, encourage your child to choose one fruit or vegetable they would like to try and purchase it so that your whole family can try something new.

**Watermelon Black Bean Salsa**

**Serving Size:** ¼ recipe

**Yield:** 4

**Ingredients:**
- 2 cups chopped watermelon, seeds removed
- 1 cup cooked black beans
- 1/2 cup chopped onion
- 1 tablespoon chopped green chilies
- 1 garlic clove, minced
- 2 tablespoons lime juice
- 1 tablespoon vegetable oil
- Salt to taste (optional)

**Directions:**
1. In a large bowl, mix together watermelon, black beans, onion, green chilies, garlic, lime juice and vegetable oil.
2. Cover and chill in refrigerator.
3. Stir and serve with baked tortilla chips or with chicken or fish.

**Nutrition Facts:** Serving Size: ¼ of recipe, 120 calories, 30 calories from fat, 4g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 10mg sodium, 19g total carbohydrate, 4g dietary fiber, 6g sugar, 5g protein.

**Source:** www.jsyfuritveggies.org