

Cornell University  
Cooperative Extension



# EFNEP Newsletter!

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

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## Farmers' Markets Open This Month

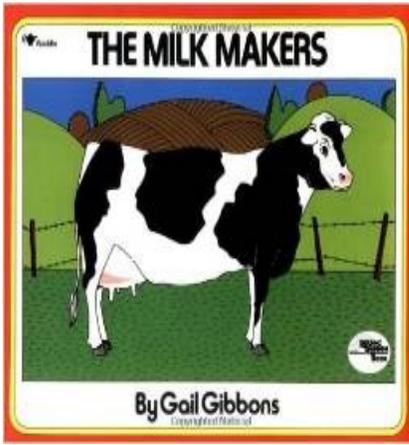
June is the traditional start time for local farmers' markets. Shopping at farmers' markets has lots of benefits. The very fresh produce is often picked within 12-24 hours of being sold at the market. By talking with the farmers, you can learn how they grow the food they sell and what their favorite varieties are and why. Never tasted a fruit or vegetable a farmer is selling? Ask for a taste. Farmers' markets are a great way for your family to 'go green'. The food you buy is grown locally so it helps the local economy to stay strong. Locally grown produce uses less fuel because the food 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, so if you want to buy something for \$5, the farmer will add more produce to your order to total \$5. The WIC monthly fruit and vegetable checks can be used at many farmers' markets as well. These are the checks that come with your monthly WIC package.



### In Season: Strawberries

Fresh, local strawberries are ready in June. You can buy them at road side 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. 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, addition to a brown bag lunch or sliced and added to a green salad. Store unwashed strawberries in your refrigerator and wash them right before you eat them.



# KORNER IDS

Read “The Milk Makers” by Gail Gibbons with your children. It is a wonderful book about dairy cows and dairy farms. When you’ve finished reading, have your kids help make yogurt popsicles.

*Building Strong and Vibrant  
New York Communities*

The EFNEP program provides nutrition education to low income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings.

Class topics include:

Get Moving  
Fruits and Vegetables  
Go Lean with Protein  
Shop, Plan, Save  
Build Strong Bones  
Make a Change  
Whole Grains  
Celebration

A series of 6 classes is offered to youth aged 8-12 in school and at after school locations. Class topics include:

Cutting Back on Sugary Drinks  
Fruits and Vegetables  
Make Half your Grains Whole  
Power up with Breakfast  
Read It Before You Eat It  
Healthier Foods Fast

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

**607-664-2300**



**Cornell University**  
Cooperative Extension  
Steuben County

**3 E. Pulteney Square  
Bath, New York 14810**

**PutKnowledgeToWork.org**

## Yogurt Fruit Popsicles

Serving Size: 1 popsicle  
Serves: 12

### Ingredients:

6 ounces frozen orange juice concentrate, thawed  
2 cups non-fat vanilla yogurt  
12 (3-ounce) paper cups  
12 wooden craft sticks

### Directions:

1. Pour yogurt into melted juice concentrate and stir until smooth.
2. Place cups together on a baking sheet.
3. Pour yogurt/juice mixture into paper cups.
4. Cover cups with sheet of aluminum foil.
5. Insert stick for each popsicle by making a slit in the foil over the center of each cup.
6. Freeze popsicles until firm.

Run warm water on outside of cup to loosen each popsicle from the cup.



**Nutrition Facts:** Serving Size: 1 popsicle, 60 calories, 0 calories from fat, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 30mg sodium, 13g total carbohydrate, 0g dietary fiber, 13g sugar, 2g protein, 4% vitamin A, 8% calcium, 40% vitamin C, 0% Iron.