

# Fresh from the Farm

Washington State Senior Farmers Market Nutrition Program

Making it easier to add fresh fruits and vegetables to your diet, and support local farmers too!

August

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## A Rainbow of Colors

There is a rainbow of colors at the Farmers Market.

A variety of color is good for our health.

- ❖ Fruits and vegetables come in many different colors – blue, purple, green, white, yellow, orange, and red.
- ❖ Enjoy a wide variety of colorful fruits and vegetables because different types provide different nutrients.
- ❖ Eating a variety of colorful vegetables not only ensures that you get more nutrients, but also helps make your meals and snacks more interesting.



ENERGIZE YOUR LIFE!  
EAT HEALTHY-BE ACTIVE

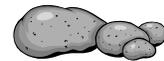
Vitamin A:

Broccoli  
Carrots  
Cantaloupe



Vitamin C:

Potatoes  
Berries



Folate:

Dark leafy greens  
Beets  
Broccoli



## Tips for selecting, storing and serving vegetables

- **Look for brightly colored vegetables.** The best items have blemish-free surfaces and regular, shapes and sizes.
- **Buy only the fresh vegetables you plan to eat within a few days.** Long storage time reduces nutrient levels, appeal and taste.
- **Store fresh vegetables according to their type.** Place root vegetables, such as potatoes and yams, in a cool, dark place. Store other vegetables in the refrigerator crisper drawer.
- **Use quick-cooking techniques.** Stir-frying, steaming and microwaving are quick-cooking methods. Long cooking times can lead to loss of nutrients. Try to use as little water as possible when cooking vegetables.



farmers market!

What's at the market in August?

Artichokes  
Beans  
Beets  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Corn  
Cucumber  
Garlic  
Greens  
Kohlrabi  
Lettuce  
Onions  
Radish  
Peppers  
Potatoes  
Shallots  
Spinach  
Summer Squash  
Tomato



Apples  
Apricots  
Blackberries  
Blueberries  
Boysenberries  
Cherries  
Currants  
Gooseberries  
Marionberries  
Melons  
Nectarines  
Peaches  
Pears  
Plums  
Raspberries  
Strawberries



## Vary Your Veggies

### Farmers Market Frittata

2 cups Fresh spinach or other greens  
1 ½ teaspoon oil  
1 cup Zucchini, grated  
¼ cup green peppers thinly sliced  
¼ cup onions, thinly sliced  
2 Eggs  
Salt and Pepper to taste.  
Parmesan cheese grated

### Rainbow Frittata

Try other vegetables.  
Allow 1/2 cup vegetables for one egg.  
Try:  
Fresh tomato  
Green beans  
Crookneck squash  
Broccoli or Cauliflower

- Wash spinach in cold water. Shake off extra water, but do not dry.
- Place spinach in skillet with just the water on the leaves. Cook over medium heat until just wilted. Chop spinach and set aside.
- Heat skillet over medium heat. Add oil then stir in zucchini, green peppers and onions. Cook the vegetables stirring frequently, for 5 minutes, or until liquid from vegetables has evaporated. Stir in spinach and remove from heat.
- In a small mixing bowl, beat the eggs, salt and pepper until foamy. Return the skillet to the heat and pour the eggs evenly over the vegetables. Reduce the heat to low, cover the pan and cook for 4-5 minutes, or until the eggs are set.

Sprinkle with parmesan cheese and serve.

Makes one serving.

*Per serving: 305 calories, 19.5 g fat, 602 mg sodium, 14.9 g carbohydrate, 20.5 g protein, 6 grams fiber.*

## Focus on Fruits

### Four Seasons Smoothies

¾ cup Nonfat Plain Yogurt  
¾ - 1 cup favorite fruit combination  
1 teaspoon sugar

Blend 15 to 30 seconds, until smooth.

Try:

1 cup cantaloupe or honeydew cubes  
1 medium peach, pitted and sliced  
¾ cup blueberries

Makes one serving.

*Per serving: 213 calories, 0.7g fat, 122 mg sodium, 44.4 g carbohydrate, 11.1 g protein, 3.3 g fiber.*

