

Nutrition News

buy fresh, buy local



We are lucky to be able to enjoy a variety of colorful fruits and vegetables all year round. Some of this produce is shipped from other states and countries, especially during the winter months.

Take time during the spring, summer and fall months to enjoy

locally grown fruits and vegetables. **Visit your local farmers' market when it's open.**

why should we buy locally grown fruits and vegetables?

- 1. Flavor – They taste better.** Tomatoes, melons and berries are sweet and yummy when ripened on the vine. Sweet corn and peas taste their best when cooked as soon as possible from the garden or market. Local apples, squash, green beans and others can have more flavor than fruits and vegetables that travel long distances. **Fruits and vegetables spend more time in the field ripening, developing their sweetness and flavor.**
- 2. Nutrition – locally grown fruits and veggies are nutritious and taste yummy.** You and your family are more likely to eat them.
- 3. Support local farmers –** When you buy local fruits and veggies, more of your food dollars are going to local farmers. **You are helping small farm families survive and thrive.**

shop smart at the Farmer' Market

Talk to your local farmers. They will tell you which fruits and vegetables are in season and

when prices are the lowest. Buy strawberries in the spring, corn in the summer, squash and apples in the fall. Plan meals and snacks using the fruits and vegetables with the best prices.

Shop early in the day for the best selection.

Some popular fruits and vegetables may sell out fast.

Shop late in the day for the best prices. Some farmers will sell vegetables at a lower price instead of taking them home. Ask for a lower price.

Bring your own bag and basket to reduce bruising of fruits and vegetables.

Keep it simple. Collect some easy recipes and meal ideas to use your favorite fruits and vegetables.

Buy only the amount of fresh produce that you will use within 3 to 4 days. Throwing food away in the garbage is an expensive habit.

Freeze for later. When you find a good price on fruits and vegetables, buy extra and freeze for the winter.

Visit your local Farmers' Market – eat fruits and veggies that are fresh, local and in season.

clean fruits and veggies:

Wash fruits and vegetables just before eating or cooking them. Rinse under cool, running tap water, rubbing with your hands.

- Wash produce (melons, apples, squash and others) with skins and rinds before cutting or peeling them.
- Never use detergent or bleach to wash fruits and vegetables.
- Refrigerate all cut, peeled or cooked fruits and vegetables with 2 hours.

Source: Nutrition Matters

Love Your Vegetables

Putting more vegetables on your plate is a smart idea. *Why?* Like fruits, vegetables have a high-fiber and high-water content, which helps you feel full. And they're low in calories with virtually no fat-great for helping you reach and maintain a healthy weight.

Vegetables provide a wide array of vitamins, minerals and antioxidants that may help ward off disease. Their nutrients have been linked to a lower risk of developing heart disease, type 2 diabetes and certain types of cancer.

Steam or stir-fry to retain nutrients in vegetables. Most of the nutrients in boiled vegetables end up in the water. Soup is a good option because you consume the liquid that the vegetables are cooked in. And, avoid deep frying your vegetables (sorry, onion rings and fries).
Bonus: Heat kills harmful microbes.

Have vegetables daily at every meal-and don't forget snacks. *Some ideas:* Try raw beets in salad, a steamed broccoli side dish or soup made from roasted butternut squash. Snack on raw carrot sticks. Sauté chopped spinach in garlic and olive oil and add to whole-grain pasta.

And enjoy all the colors of the vegetable rainbow-from purple eggplant to bright red pepper.

Spinach and Strawberry Salad

¼ cup balsamic vinegar
3 tablespoon honey mustard
1 tablespoon poppy seed (optional)
¼ cup olive or vegetable oil
1 package (10 oz.) fresh spinach leaves, cleaned, stems removed
1 quart (4 cups) strawberries, sliced
½ medium red onion, cut into thin wedges
1 package (4 oz.) crumbled Feta Cheese
¼ cup almonds, sliced



Beat vinegar, mustard and poppy seed in small bowl with wire whisk. Gradually add oil, beating with wire whisk until well blended. Toss spinach with strawberries, onion, cheese and almonds in large salad bowl. Add mustard dressing; mix lightly. Serve immediately. Makes 6 servings.

Great Substitute: ½ cup creamy poppy seed dressing for the mustard dressing substitute.

Nutrition Facts: Serving size: 1 serving equals: 200 Calories, 15g Total Fat, 4g Saturated Fat, 10 mg Cholesterol, 270mg Sodium, 14g Total Carbohydrate, 4g Dietary Fiber, 8g Sugars, 7g Protein, Vitamin A 90%, Vitamin C 120%, Calcium 15%, Iron 10%

Boil Sweet Corn

1. Remove the husks and silk from the corn.
2. Place the cobs in a kettle of boiling water.
3. Cover the pan and return to a boil. Boil the corn for 3 to 5 minutes or until tender.

Traditional Corn – serve with little butter, salt and black pepper.

Mexican Corn – rub cooked corn on the cob with lime wedge and a little salt.

Spicy corn- drizzle cobs with a garlic salt, lime juice, cayenne pepper, cumin and a little butter.

Herbed Corn-Sprinkle with chopped fresh cilantro or basil.

Move More, Sit Less

Are you sitting down? Better stand up as you read this: Sitting has joined the list of major risk factors for chronic disease in America along with high blood pressure, smoking and unhealthy cholesterol.

Researchers have connected lengthy sitting to obesity, metabolic syndrome and premature death from any cause, apart from other risks, such as smoking, even in people who regularly exercise. When you're sitting, your muscles aren't moving, so metabolism slows down.

Bottom line: Get up and move more every day.

During long periods of sitting:

- Stand up while talking on the phone.
- Get off the couch while watching TV.
- Schedule 10-minutes activity breaks a few times a day.
- Take a break to do some chores.
- Combine meetings with walking.

While daily exercise can't reverse the effects of sitting, it's still key to better health-provided we don't sit down the rest of the time.

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