



Easy Ways To Eat Healthier This Summer

Frequent the local farmers market;
plant a garden; pick your own
strawberries, blueberries, raspberries and apples!

WHY BUY AT A LOCAL FARMERS MARKET?

- **Preserve America's rural livelihoods and farmland - invest in the community!**
- **Stimulate local economies**
Generates more jobs and wealth in the local economy
- **Increase access to fresh, nutritious food**
Farmers market products are usually sold within 24 hours of being harvested. When eaten at the height of ripeness, one reaps the benefits of the exceptional flavor and nutrients.
- **Support healthy communities**
- **Promote sustainability**
3 out of 4 farmers selling at farmers markets say they use practices consistent with organic standards.
- **Keep your community unique**
Celebrate your "one of a kind" community, as it is totally different from others.
- **Reduce environmental impact**
Bringing goods from afar generally requires more energy and transportation. Small scale growers tend to be more environmentally friendly.

BONUS BENEFITS

- **Get better service**
This empowers consumers giving us the chance to engage our growers directly; ask questions, get recipes and advice, and build relationships between the grower and you.
- **Promotes a greater sense of family**
Go together with kids, grandparents, cousins and extended family; meet neighbors and friends. Use as a teaching tool for your kids; ask the farmer if they give tours to the public.
- **Such a variety to choose from**
Try something new each time you go. Bring it home and prepare it together as a family.
- **Use it or lose it**
Plan on going several times in the summer so it will keep the farmers market in your community.



FARMERS MARKET SHOPPING TIPS

- Go early or go late - best selection is early and best deals are late
- Know your seasons and plan menus accordingly
- Bring bags and small change
- Budget meals ahead of time
- Plan for spontaneity
- Talk to the farmers and get to know them
- Invest in wheels - carts that is! (Your load might be heavy)
- Keep it simple - you are more likely to use up all that you buy
- Make plans for working in volume (if you are going to do canning or freezing)
- Think about the entire food (Some might have tops you can eat while others have dirt to clean off)



SEASONAL MIDWEST PRODUCE GUIDE

Spring

asparagus
carrots
collard greens
green onions
lettuce
mushrooms
peas
radishes
rhubarb
spinach
strawberries
swiss chard

Summer

apples
beets
blackberries
blueberries
bok choy
carrots
cantaloupe
celery
cherries
collard greens
corn
cucumbers
eggplant
garlic
green beans
green onions
honeydew melon
leeks
lima beans
peaches
peppers
plums
potatoes
raspberries
strawberries
summer squash
tomatoes
watermelon
zucchini

Fall

apples
beets
broccoli
brussel sprouts
cabbage
carrots
cauliflower
celery
collard greens
cranberries
garlic
ginger
grapes
green beans
kale
lettuce
mushrooms
onions
parsnips
pears
peas
peppers
potatoes
pumpkins
radishes
raspberries
rutabagas
spinach
sweet potatoes
turnips
winter squash



Sweet Fruit Kabobs



Ingredients:

- 2 cups fat-free milk
- 1 pkg. (4-serving size) Vanilla Flavor Instant Pudding
- Pick up your favorite fruit at the farmers market like:
Blueberries, strawberries, blackberries, etc.
- 1-1/2 cups pretzel sticks

Directions:

- Add milk and dry pudding mix to a 3-cup water bottle with tight-fitting lid. Screw on lid. Shake vigorously 2 min. Let stand 5 min.
- Pour pudding mixture into serving bowl
- Skewer fruit with pretzel sticks (just before serving to prevent soggy pretzels!)
- Serve as dippers with pudding dip