



Extension Nutrition Programs

FSNEP/EFNEP



Farmer's Market Finds

Did you know that the food in most grocery stores travels an average of 1,300 miles to get to you? If you don't grow your own garden and would like to taste produce at its freshest, take a trip to your local farmer's market!

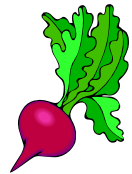
This month the spotlight is on produce that can be found at most markets, but may not be as popular as corn on the cob or fresh tomatoes.

Beets

Beets are a good source of vitamin C and fiber. They are sold in bunches and may still have their leafy green tops when purchased at the market. To cook beets, rinse beets to remove any dirt. Cut off the green tops, but leave the skin on. The skin will slip off easily after cooking. You may steam, boil or bake the beets. To boil: place beets in boiling salted water for about 25 minutes, or until tender. It may take longer for larger beets. After cooking, grasp the beet and the skin will slip off easily. Beets are now ready to eat. Beet greens may be steamed, much like spinach, or pan fried in oil until just wilted. A favorite summertime beet recipe is the salad on this page. Pick up a farm-fresh cucumber and an onion while you're at it!

Granny's Beet Salad (serves 4)

- 1½ cups cooked, sliced beets
- ¼ cup thinly sliced onion
- 1 cup peeled and sliced cucumber*
- 2 Tablespoons white vinegar
- 3 Tablespoons white sugar
- salt and pepper to taste
- 2 Tablespoons fresh dill or 1 Tablespoon dried dill (optional)



1. In a large bowl, combine all ingredients and mix well.
 2. Let sit in the refrigerator for at least 1 hour for flavors to mix.
- (*If you prefer to remove the seeds, cut the cucumber down the middle lengthwise and use a spoon to gently scrape out seeds.)

Kohlrabi

Kohlrabi is a good source of vitamin C and potassium. It is a member of the cabbage family and may be white, purple or light green outside and creamy white inside. The part we eat is the enlarged stem. This vegetable can be eaten raw or cooked and tastes like a mild sweet turnip. Small kohlrabi bulbs generally do not need to be peeled, but the larger sizes should be peeled to remove the outer skin. Most people enjoy eating kohlrabi raw in salads or served with a dip. A simple way to cook kohlrabi is to use the microwave.



4 medium kohlrabi, sliced
¼ cup water

1. Wash and trim root end and stems.
2. Place kohlrabi and water in a 2-quart covered casserole and microwave on HIGH until tender (10-15 minutes), stirring every four minutes to cook evenly.
3. After cooking time, let the vegetables sit in the covered casserole for 5 minutes more.

\$ Stretch Food Dollars \$

Summer Squashes

A variety of summer squash adorns the Farmer's Market in the summer. **Zucchini, yellow, crookneck, and patty pans** are super fast to prepare. Summer squash is a good source of folate, some vitamin C and fiber.

Down-on-the-Farm Fry
(serves 4)

4 patty pans, washed and sliced in wedges
(or any other summer squash available)
1 onion, sliced
2 tomatoes, chopped
1 clove garlic, minced (optional)
salt and pepper to taste
2 Tablespoons vegetable oil

1. Place the oil in a large fry pan and heat over medium heat for about 1 minute.
2. Add the sliced onion and cook until onion is soft, about 2 minutes.
3. Now add the patty pan and garlic if you like, and continue to cook over medium-high heat until they just start to brown.
4. Add the chopped tomatoes, cover, and let cook, stirring occasionally until the patty pans are tender.



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