TIPS FOR PLANTING A FAMILY GARDEN

Planting a garden is a great way to increase your family’s intake of fruits and vegetables. Creating and maintaining a successful garden takes work but is well worth the effort. Follow these steps and you will be on your way to growing a healthy garden.

1 Decide what type of garden is best for your family.

Things to consider: family size, available land, cost of seeds/plants, time available to work in the garden, and experience.

2 Find the best place and design for your garden.

If planting in the ground, look for loose soil with little to no slope, an area that is close to a water source, and a place with good sun exposure.

If you don’t have land available for planting, try growing your food in containers. You can plant in buckets, baskets, wooden boxes, or old washtubs. Remember to drill holes in the bottom of containers to drain excess water, and keep containers in the sun.

3 Choose the right size for your garden.

It is better to start small and gradually increase the size of your garden. Starting out too big can lead to frustration and lots of weeds!

4 Get to know your soil.

Plants, like people, need certain nutrients to grow. Feed your soil so it produces strong, healthy plants. Check with your local USU Extension office for more information on fertilizers, compost, and soil testing.

5 Choose foods that will improve your family’s nutrition.

Make sure to plant your family’s favorite fruits and vegetables in the garden. Also try planting new types of produce, and you may discover a new favorite!

For more gardening tips and resources from USU Extension go to: garden.usu.edu.
## VEGETABLE COOKING TIPS

Fresh vegetables are plentiful during the summer and make a tasty, healthy side for any meal. The chart below suggests a variety of ways to cook vegetables indoors and out.

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>TYPE/INSTRUCTIONS</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beets</td>
<td>2 cups sliced or chopped</td>
<td>45-60 min at 400° F in foil</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 inch chopped</td>
<td>20 min at 350° F</td>
</tr>
<tr>
<td>Corn</td>
<td>Remove husks &amp; silks, place in foil packs of four</td>
<td>20-30 min at 425-450° F</td>
</tr>
<tr>
<td>Summer Squash</td>
<td>Sliced or halved</td>
<td>30-35 min at 350° F</td>
</tr>
<tr>
<td>Corn</td>
<td>Leave in husks, remove silks</td>
<td>15-20 min (rotating)</td>
</tr>
<tr>
<td>Onions</td>
<td>Quartered, placed on skewer</td>
<td>20-30 min cooked over direct medium heat</td>
</tr>
<tr>
<td>Summer Squash</td>
<td>3/8-1/2 inch slices</td>
<td>4-5 min grilled (each side)</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Halved or quartered, depending on size</td>
<td>4-5 min grilled (each side)</td>
</tr>
<tr>
<td>Beets</td>
<td>1 1/2 inch pieces</td>
<td>40 min at 400° F</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 1/2 inch pieces</td>
<td>20 min at 400° F</td>
</tr>
<tr>
<td>Onions</td>
<td>1 1/2 inch pieces</td>
<td>20 min at 400° F</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Halved or quartered, depending on size</td>
<td>4-5 min broiled</td>
</tr>
<tr>
<td>Summer Squash</td>
<td>1 1/2 inch pieces</td>
<td>20 min at 400° F</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 inch chopped</td>
<td>10-20 min (check every 5)</td>
</tr>
<tr>
<td>Cabbage</td>
<td>1 inch chopped</td>
<td>2-5 min</td>
</tr>
<tr>
<td>Corn</td>
<td>Whole in steam basket</td>
<td>15-20 min</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 inch chopped</td>
<td>5 min over medium heat</td>
</tr>
<tr>
<td>Onions</td>
<td>1 inch chopped</td>
<td>On high, until evenly brown</td>
</tr>
<tr>
<td>Cabbage</td>
<td>1 inch chopped</td>
<td>On medium, until tender</td>
</tr>
<tr>
<td>Summer Squash</td>
<td>1 inch chopped</td>
<td>3-6 min</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1 inch chopped</td>
<td>Over medium heat, when oil is hot, cook 2-3 min</td>
</tr>
</tbody>
</table>
Fruits and vegetables lose quality quickly after harvest, some within just a few days. The chart below gives suggestions for storing your produce to keep it at its best.

<table>
<thead>
<tr>
<th>GROUP</th>
<th>PRODUCE</th>
<th>STORAGE TIME</th>
<th>STORAGE RECOMMENDATIONS</th>
</tr>
</thead>
</table>
| GROUP 1 | Apples        | 1-2 months   | • These items can be kept at room temperature to ripen.  
• Refrigerate (40°F) for a longer life. Do not refrigerate tomatoes until fully ripened.  
• Store these fruits away from other produce. They may cause other produce to rot. |
| GROUP 1 | Apricots      | 1-2 weeks    |                                                                                                                                                                                                                      |
| GROUP 1 | Peaches       | 2-3 weeks    |                                                                                                                                                                                                                      |
| GROUP 1 | Pears         | 3-4 weeks    |                                                                                                                                                                                                                      |
| GROUP 1 | Melons        | 1-2 weeks    |                                                                                                                                                                                                                      |
| GROUP 1 | Tomatoes      | 1-2 weeks    |                                                                                                                                                                                                                      |
| GROUP 2 | Cherries      | 1-2 weeks    | • Keep these items refrigerated (40°F).  
• For higher quality, cover with a damp paper towel.  
• Do not wash until ready to use. |
| GROUP 2 | Fresh herbs   | 1 week       |                                                                                                                                                                                                                      |
| GROUP 2 | Leafy greens  | 1-2 weeks    |                                                                                                                                                                                                                      |
| GROUP 2 | Raspberries   | 1 week       |                                                                                                                                                                                                                      |
| GROUP 2 | Strawberries  | 1 week       |                                                                                                                                                                                                                      |
| GROUP 3 | Beets         | 2-3 weeks    | • Keep these items refrigerated (40°F).  
• For better quality, these can be stored in an unsealed or vented plastic bag.  
• Other produce in this group includes oranges, celery, radishes, and parsnips. |
| GROUP 3 | Carrots       | 2-3 weeks    |                                                                                                                                                                                                                      |
| GROUP 3 | Corn          | 1 week       |                                                                                                                                                                                                                      |
| GROUP 3 | Peppers       | 1-2 weeks    |                                                                                                                                                                                                                      |
| GROUP 3 | Summer squash | 1-2 weeks    |                                                                                                                                                                                                                      |
| GROUP 4 | Cucumbers     | 1-2 weeks    | • These items are easily damaged by cold.  
• Keep these items refrigerated (40°F), but check daily for signs of rot. The fridge door is best.  
• Do not wash until ready to use. |
| GROUP 4 | Green beans   | 1 week       |                                                                                                                                                                                                                      |
| GROUP 4 | Eggplant      | 1 week       |                                                                                                                                                                                                                      |
| GROUP 5 | Garlic        | 4-5 months   | • These items do not need refrigeration.  
• Store in a cool room (50-60°F).  
• For better quality, store these on a wire rack or hang in a net bag so air can flow.  
• Do not wash until ready to use. |
| GROUP 5 | Onion         | 5-6 months   |                                                                                                                                                                                                                      |
| GROUP 5 | Potatoes      | 5-6 months   |                                                                                                                                                                                                                      |
| GROUP 5 | Winter squash | 4-5 months   |                                                                                                                                                                                                                      |
The growing season for many fruits and vegetables is very short, but most can be processed at home so they can be enjoyed throughout the year. Freezing is the best way to preserve nutrients, but drying and canning can also be used for some types of produce.

<table>
<thead>
<tr>
<th>PRODUCE</th>
<th>FREEZING</th>
<th>DRYING</th>
<th>CANNING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots</td>
<td>Yes – blanched halves, quarters, slices, or jam</td>
<td>Yes – slices</td>
<td>Yes – halves, quarters, or jam</td>
</tr>
<tr>
<td>Apples</td>
<td>Yes – blanched slices, cubes, or jam</td>
<td>Yes – slices</td>
<td>Yes – quarters, slices, cubes, or jam</td>
</tr>
<tr>
<td>Beets</td>
<td>Yes – blanched cubes</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Carrots</td>
<td>Yes – slices or blanched cubes</td>
<td>Yes – slices</td>
<td>No</td>
</tr>
<tr>
<td>Cherries</td>
<td>Yes – pitted whole or halves</td>
<td>Yes – halves</td>
<td>Yes – pitted whole, halves, or jam</td>
</tr>
<tr>
<td>Corn</td>
<td>Yes – blanched kernels</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Yes – grated</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Yes – grated or blanched slices</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Garlic</td>
<td>Yes – grated or pureed</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Green beans</td>
<td>Yes – blanched pieces</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Herbs</td>
<td>No</td>
<td>Yes – whole leaves</td>
<td>No</td>
</tr>
<tr>
<td>Onions</td>
<td>Yes – sliced or minced</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Peaches</td>
<td>Yes – blanched slices, cubes, or jam</td>
<td>Yes – slices</td>
<td>Yes – quarters, slices, cubes, or jam</td>
</tr>
<tr>
<td>Peppers</td>
<td>Yes – slices, rings, or cubes</td>
<td>Yes – slices or rings</td>
<td>No</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Yes – cooked then grated</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Raspberries</td>
<td>Yes – whole or jam</td>
<td>Yes – whole</td>
<td>Yes – whole or jam</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Yes – halves, slices, or jam</td>
<td>Yes – slices</td>
<td>Yes – jam</td>
</tr>
<tr>
<td>Summer squash</td>
<td>Yes – grated</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Yes – diced or cooked sauce</td>
<td>No</td>
<td>Yes – diced or cooked sauce</td>
</tr>
</tbody>
</table>

**Freezing guidelines:** Spread solids out on a cookie sheet in a single layer to freeze. After frozen, transfer to a freezer bag or container. For jams and sauces, freeze directly in the container. Use within 1 year for best quality. **Drying guidelines:** Spread out in an even layer in a dehydrator tray. Follow the manufacturer’s instructions for drying times and temperatures. **Canning guidelines:** Follow the USDA Home Canning Guidelines, available at your County Extension Office or nchfp.uga.edu/publications/publications_usda.html.
Harvest Schedule

Although each growing season is different, here is a list of when you are likely to find some of your favorite items at the local farmers market. Chat with local farmers to find out exactly when certain items will be ready in your area this year.

<table>
<thead>
<tr>
<th>Crop</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
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<tbody>
<tr>
<td>Apricots</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td>Arugula</td>
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<tr>
<td>Basil</td>
<td></td>
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<tr>
<td>Beets</td>
<td>X</td>
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</tr>
<tr>
<td>Cabbage</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>X</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Cucumbers</td>
<td>X</td>
<td></td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garlic</td>
<td>X</td>
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</tr>
<tr>
<td>Greens (Chard/Kale)</td>
<td>X</td>
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<tr>
<td>Green Beans</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Melons</td>
<td>X</td>
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<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Onions</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peppers</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Raspberries</td>
<td>X</td>
<td></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Summer Squash</td>
<td>X</td>
<td></td>
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<td></td>
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<tr>
<td>Sweet Cherries</td>
<td></td>
<td></td>
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<td>X</td>
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<td>Sweet Corn</td>
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<td></td>
<td></td>
<td>X</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>X</td>
<td></td>
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<td></td>
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<tr>
<td>Winter Squash</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
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<td></td>
</tr>
</tbody>
</table>
A few simple, fresh ingredients from your local farmers market and a little time are all you need to make delicious summer dishes. Using local produce ensures you are getting fruits and vegetables that are at their peak in nutritional value and flavor. The following recipes are some of Food Sense’s summer favorites. Most recipes are easy, quick, and inexpensive to create. Happy cooking!

More recipes can be found online at extension.usu.edu/foodsense.
Not only do herbs add wonderful flavor to many dishes, they are virtually fat and sodium free! Try using herbs in place of salt in various recipes to reduce your risk of high blood pressure.

**Harvest Time:** Summer | **Yield:** 1½ cups

- 1-15 oz. can diced tomatoes (or about 3 fresh)
- 1 clove garlic, minced
- ½ small onion, chopped
- 2 tablespoons butter
- ½ cup fresh basil, chopped
- Salt, pepper, and sugar to taste

In a medium sauce pan, melt butter over medium heat. Allow the butter to cook until it begins to brown. This will take a couple of minutes; be careful not to let it burn. When brown, add onions and garlic to butter and let cook for 1 minute. Add tomatoes, salt, pepper, and sugar; reduce heat to low and allow to simmer for 20-25 minutes. Stir occasionally. If you like smooth sauce, smash the cooked tomatoes with a spoon, or purée them in a blender. Add basil right before serving.
Beets are an excellent source of folate and have the highest natural sugar content of any vegetable. They are very sweet and delicious!

- 2-3 large beets
- 1 apple, chopped
- 1/2 cup olive oil
- 1/4 cup apple cider vinegar
- 1 teaspoon salt
- Juice and zest of 1 orange
- 1 tablespoon red onion, minced
- 1/4 teaspoon pepper
- 1 tablespoon sugar

Preheat oven to 400°F. Trim off beet greens, rinse beets, and wrap in foil. Bake on a sheet pan for 1 hour or until a fork can be easily inserted. Once the beets are cool, peel and chop them into 1-inch pieces. Peel and chop the apple into 1-inch pieces and add to the bowl with the beets. In a separate bowl, mix the rest of the ingredients and whisk to combine. Add the dressing to the beets and apples. Can be served immediately, but is best when chilled in the refrigerator for a few hours.

Tip: Don’t throw away your beet greens! Beet greens are completely edible and are delicious when chopped and served with this vinaigrette! Try sautéing them with a little bit of garlic and olive oil as an alternative to spinach, kale, or chard!
BELL PEPPERS

CHIPOTLE ROASTED SUMMER VEGETABLES

**Nutrition Highlight**

Both sweet and hot peppers are great sources of vitamin C. Bell peppers are also a good source of vitamin A.

**Harvest Time:** Summer  |  **Yield:** 2 cups

- 3 ears of corn, kernels cut off cob
- 2 medium zucchini, cut into thin strips
- 1 jalapeño, seeded and sliced
- 3 tablespoons olive oil
- 2 bell peppers, sliced
- 1 small can chipotle peppers in adobo sauce

Preheat oven to 400° F. In a blender or food processor, purée the chipotle peppers with just enough water to make a thick paste. Mix the olive oil with 1 or more tablespoons of the paste, depending on how spicy you would like it to be. Toss the vegetables with the chipotle paste. Roast until vegetables are golden brown and crispy. Serve hot or at room temperature.

*Tip: This recipe makes a great topping for grilled summer pizza, a zesty addition to a taco, or a zippy dip for crunchy tortilla chips.*
Savory Cabbage and Onion Marmalade

**Ingredients**

- 2 tablespoons olive oil
- 1 lb. onions, thinly sliced
- 1 lb. cabbage, shredded
- 3 garlic cloves, minced
- 2 teaspoons fresh thyme or 1 teaspoon dried
- Salt and pepper to taste

**Instructions**

Heat oil in large, heavy skillet over medium heat. Add onions and cook until soft, about 10 minutes. Add cabbage to onions and cook, stirring often, until cabbage softens, about 10 minutes. Cover pan and turn heat to low. Cook slowly for 1 hour, stirring often, until the mixture has reached a golden color. Add garlic, thyme, salt, and pepper, and cook for 15 minutes longer. Serve warm or at room temperature.

**Tip:** This recipe takes a little time to complete, but it is truly worth it! If you are short on time, put all the ingredients in a crockpot and cook on low for 7-8 hours! Try using this recipe on a sandwich or even as a pizza sauce with shaved Parmesan cheese and olives.

**Nutrition Highlight**

Cabbage is a great source of vitamin C. It also contains phytochemicals that may help prevent cancer.

**Harvest Time:** Summer & Fall  | **Yield:** 1 1/2 cups
**Nutrition Highlight**

Carrots are a great source of beta-carotene, a form of vitamin A. Vitamin A is important for good night vision!

**Harvest Time:** Summer and Fall

**Yield:** 3 - 4 servings

- 1 teaspoon of vegetable oil
- 1 1/2 cups carrots, sliced thinly
- 1 medium onion, diced
- 1/3 cup celery, diced
- 1 cup potato, diced
- 2 garlic cloves, minced
- Pinch of sugar
- 2 whole cloves (optional)
- 3-4 cups low sodium vegetable broth

In medium sauce pan, heat oil and add carrots, onions, celery, potato, garlic, and a pinch of sugar. Cover and cook over low heat for 10 minutes, stirring occasionally. Add cloves (if using), black pepper, and broth and bring to a boil. Reduce heat and cook, partially covered, for about 20 minutes, or until vegetables are tender. Remove cloves. Allow soup to cool slightly and purée in batches in a blender or immersion blender, if desired.
**Nutrition Highlight**

Cauliflower contains many cancer-fighting properties.

**Harvest Time:** Late Summer and Fall  
**Yield:** 4 servings

- 1 head cauliflower, cut into florets  
- Salt and pepper to taste  
- Olive oil  
- Parmesan cheese (optional)

Preheat oven to 400° F. Cut cauliflower into bite-sized florets. In a medium bowl, toss cauliflower with olive oil. Place cauliflower in a single layer in a shallow baking dish. Sprinkle with salt and pepper. Roast in oven for 25-30 minutes, or until the tops start to brown. Sprinkle with Parmesan cheese if desired.
Chard is an excellent source of vitamins K, A, and C.

**Swiss Chard Dippers**

- 1 bunch Swiss chard (about 8 leaves)
- 1 teaspoon garlic, minced
- 2 cups stuffing Mix (crumbly kind)
- 1/2 cup Parmesan cheese
- 1/2 teaspoon black pepper
- 1/3 cup butter, melted
- 3 eggs, lightly beaten

Preheat oven to 350° F. Remove stems from chard and finely chop the leaves. Steam for 2 minutes, or until just wilted. Squeeze dry. Mix dry ingredients. Add butter and eggs to dry ingredients and mix well. Shape into 1-inch balls. Bake for 20 minutes, or until lightly browned.

*Recipe adapted from Tamara Steinitz MS, RD.*
**Coconut Rice Pudding with Fresh Cherries**

**Nutrition Highlight**

Besides being delicious, cherries contain vitamins A and C, and phytochemicals that may help prevent cancer.

**Harvest Time:** Summer  |  **Yield:** 3 cups

- 1 1/4 cups water
- 1 1/2-2 cups coconut milk, divided
- 1 cup rice
- Zest and juice of 1 lemon
- 1/4 cup brown sugar
- Pinch of salt
- 3/4 teaspoon cinnamon
- 2 teaspoons vanilla
- 1 cup fresh cherries, pitted and chopped

Combine water, coconut milk, rice, lemon zest, brown sugar and salt in a saucepan and bring to a boil. Stir the mixture and reduce heat to low. Cover and cook for about 15-20 minutes or until the rice has absorbed the liquid. After removing the mixture from the heat, add cinnamon and vanilla and stir. Add more coconut milk until desired consistency is reached. Combine fresh cherries and lemon juice and serve with warm or chilled pudding.

**Tip:** For an added nutritional kick, use brown rice instead of white rice. Increase cooking time to 40-45 minutes, and add more water if needed.
Cilantro Yogurt Dip

This recipe is a tasty, calcium-rich alternative to a traditional sour cream dip. With all the flavor and less than half the fat, this dip is sure to be a hit at your next gathering.

Remove the stem and seeds from the serrano pepper. (You may want to use gloves to do this to keep your fingers from getting spicy!) Place all the ingredients in a blender or food processor and blend until smooth.

Serve with fresh vegetables, pretzels, or crackers. Try thinning the dip with buttermilk to make a light and creamy salad dressing.

Tip: Cilantro adds a lot of flavor to this dip, but parsley or spinach make good alternatives!
**Fresh Corn and Radish Salad**

**Nutrition Highlight**
Corn is a good source of fiber, vitamin C, thiamin, folate, magnesium, and phosphorus.

**Harvest Time:** Late Summer/Early Fall

**Yield:** 4 cups

- 4 ears of corn, raw
- 2 green onions, chopped
- 1 jalapeño, seeded and minced
- 3/4 cup radishes, thinly sliced
- 3 tablespoons fresh lime juice
- 3 tablespoons olive oil
- 1/4 cup cilantro, chopped
- Salt and pepper to taste

Remove corn kernels from the cob. Mix corn, green onions, and jalapeño in medium bowl. Toss with lime juice and olive oil. Add radishes and cilantro right before serving.
**Summer Cucumber Salad**

**Nutrition Highlight**

Cucumbers are refreshing and versatile and add a low-calorie crunch to any summer salad or sandwich!

**Harvest Time:** Summer | **Yield:** 8 cups

- 2 cucumbers, peeled and chopped
- 2 cups grape tomatoes, halved
- 1/2 red onion, minced
- 1/4 cup cilantro (optional)
- 1 avocado, diced
- 1-15 oz. can black beans, drained and rinsed
- Juice of 2 limes
- Salt and pepper to taste

Chop all ingredients, except for beans, and place in a large bowl. Pour lime juice over salad. Add salt and pepper to taste. Serve chilled or at room temperature.

*Tip: Add avocado to this salad right before serving. Allowing the diced avocado to sit too long may cause browning.*
Eggplant is high in fiber, low in calories, and a good source of potassium, manganese, vitamin K, vitamin B6, thiamin, niacin, magnesium, and copper.

Harvest Time: Summer | Yield: 6 cups

- 2 medium eggplants
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 teaspoon chili powder
- 2 teaspoons cumin
- 1/2 teaspoon cinnamon
- 1-15 oz. can diced tomatoes, or 2 fresh
- 1-15 oz. can chickpeas, drained and rinsed
- 1 cup water or vegetable broth
- Cilantro, chopped

Preheat oven to 450 °F. Cut eggplant into 1-inch pieces. Toss in 1/2 tablespoon olive oil, salt, and pepper. Place eggplant on a baking sheet and roast about 15 minutes, until soft. Remove from oven; set aside. In a large stockpot, heat 1/2 tablespoon olive oil over medium-high heat. Add onion, garlic, chili powder, cumin, and cinnamon. Cook about 5 minutes, until onions are soft. Add eggplant, tomatoes, chickpeas, and water or broth. Cover and simmer over medium-low heat for about 15 minutes. Top with chopped cilantro. Serve over rice or couscous.
Garlic contains phytochemicals that may have antioxidant properties and help strengthen the immune system.

**ROASTED GARLIC HUMMUS**

**Harvest Time:** Summer | **Yield:** 3 cups

- 2-15 oz. cans chickpeas, drained and rinsed
- 1/3 cup tahini (sesame paste)
- 1/3 cup olive oil
- 6-8 cloves garlic
- 1 teaspoon salt
- Juice of 1 lemon
- 1/4 bunch parsley
- 3-4 green onions

Preheat oven to 350° F. To roast garlic, remove outer papery skins from garlic bulb, leaving tight skins on individual cloves intact. Cut about 1/2 inch off top of garlic bulb. Drizzle with olive oil and wrap entire bulb in foil. Roast for 25-30 minutes until cloves are soft. Allow to cool. Meanwhile, combine all ingredients, including cooled, peeled roasted garlic, in a food processor or blender. Process until smooth, adding water until desired consistency is reached.

*Recipe adapted from Tamara Steinitz MS, RD.*
Kale is a nutritional powerhouse! It is an excellent source of vitamins A and C, as well as a good source of calcium and potassium.

Harvest Time: Spring, Summer, and Fall  
Yield: About 12 cups

- 2 bunches of kale  
- 1/2 cup Parmesan cheese  
- 1/3 cup olive oil  
- 1/4 cup lemon juice  
- 1 clove garlic, minced  
- 1 teaspoon anchovy paste (optional)  
- 1 tablespoon soy sauce  
- 1/2 teaspoon black pepper

Wash and dry the kale. Strip greens from stems and discard stems. Cut kale into narrow ribbons and place in a large bowl. Add remaining ingredients to the bowl. Massage the kale for 1-2 minutes. The quantity of the kale should be reduced by half and the greens should be darker in color. Chill and serve.

Recipe adapted from EatingWell Magazine.
Salad:  
- 8 cups salad greens torn into bite-sized pieces  
- 4 cups spinach  
- 8 oz. mushrooms, sliced  
- 1 cup Swiss cheese, shredded  
- 1/4 cup red onion, finely diced  
- 1/4 cup sunflower seeds

Dressing:  
- 1/3 cup sugar  
- 1/2 cup red wine vinegar  
- 1 teaspoon salt  
- 1 teaspoon ground dry mustard  
- 1 tablespoon grated red onion  
- 1 cup canola oil  
- 1 teaspoon poppy seeds

Wash and dry salad greens and spinach. Combine them with remaining salad ingredients in a large bowl. Combine dressing ingredients and whisk together. Drizzle enough dressing to lightly coat salad.

Tip: To cut the bite from the diced onion, place it in a strainer and run 2 cups boiling water over it. Let onion sit for 5 minutes, then add to salad.
Peach Fruit Crumble

Harvest Time: Late Summer/Early Fall
Yield: 1 9”x13” pan

**Filling**
- 7 1/2 cups sliced peaches
- 3 tablespoons sugar
- 3 tablespoons whole wheat flour
- 3 tablespoons orange juice

**Topping**
- 1 1/2 cups rolled oats
- 3/4 cup chopped nuts (optional)
- 1/3 cup whole wheat flour
- 3/4 teaspoon cinnamon
- 1/2 cup brown sugar
- 5 tablespoons canola oil

Preheat oven to 400°F. Lightly oil a 9x13 pan. Combine filling ingredients in large bowl and pour into pan. In same bowl, combine topping ingredients. Pour over fruit. Bake 20-25 minutes or until bubbling and golden brown.

*Tip: This recipe is also delicious with plums, apricots, berries, apples, or a combination of different fruits!*

*Recipe adapted from Tammy Steinitz MS, RD.*
Peas are a good source of fiber, vitamins C and K, and manganese.

**Harvest Time:** Spring & Summer  | **Yield:** 2 cups

- 1 pound snap peas or snow peas
- 1 tablespoon rice vinegar
- 1 tablespoon soy sauce
- 1 tablespoon canola oil
- 2 tablespoons sesame oil
- 1 teaspoon sugar
- 1 tablespoon fresh ginger, ground
- 1 clove garlic, minced
- Sesame seeds (optional)

Set a large pot of water over high heat and bring to a boil. Trim the ends of the peas and remove the string from the pod. Chop peas on the diagonal. In a small bowl whisk together the rice vinegar, soy sauce, sesame oil, canola oil, sugar, ginger, and garlic. Drop the chopped peas into the boiling water for 2-3 minutes. Drain and rinse under cold running water. Add the peas to the bowl of dressing and toss to combine. Top with sesame seeds, if desired. Serve immediately, or chill for later use.
Potatoes are rich in potassium, an important nutrient required for muscle contractions. Potassium is also important to help maintain a healthy heart.

**Harvest Time:** Late Summer & Fall  
**Yield:** 12 cups

- 5 lbs. red potatoes, cubed (about 12 cups)  
- 1 medium green bell pepper, chopped  
- 1/2 cup red onion, minced  
- 3 tablespoons olive oil  
- 3 tablespoons red wine vinegar  
- 1 tablespoon Dijon mustard  
- 3 tablespoons reduced fat mayonnaise

Add potatoes to a large pot of boiling water. Cook the potatoes for about 10 minutes or until they are tender. Combine all the vegetables in a large bowl. Wisk together the wet ingredients in a small bowl. Pour the prepared mixture over the vegetables and gently toss the vegetables. Season with salt and pepper. Cover and refrigerate. Serve chilled.
PASTA SALAD WITH RADISH GREEN PESTO

Nutrition Highlight

Radishes are high in vitamin C, a powerful antioxidant that can help you stay healthy, create collagen (an important protein needed for building body tissues), and fight disease. Eating seven radishes provides 30% of the total amount needed in a day.

Harvest Time: Spring | Yield: 7 cups

- 1 red pepper, chopped
- 1 bunch radishes, bulbs and greens
- 2 tablespoons Parmesan cheese
- 1 clove garlic
- 2 tablespoons almonds
- 2 tablespoons olive oil
- 1 lb whole wheat pasta
- Salt and pepper to taste

Preheat oven to 450°F. Cook pasta according to package directions. Toss the red peppers with olive oil and roast for 20 minutes. While the peppers are roasting, make the pesto by combining the radish greens, cheese, almonds, garlic, and olive oil in a blender or food processor. Blend until smooth. Chop the radishes into small cubes and combine with the pasta and roasted peppers. Add salt and pepper to taste. Serve at room temperature or chilled.

Tip: Make sure to use young, tender radish greens for this recipe. Older, tougher greens will result in a bitter pesto!
Rhubarb Yogurt Parfaits

**Nutrition Highlight**
Rhubarb is a low-calorie food that is a good source of vitamin C. Vitamin C is essential for the creation of collagen, an important component of blood vessels, tendons, ligaments, and bones.

**Harvest Time:** Spring  |  **Yield:** 4-6 parfaits

- 4 cups low-fat yogurt
- 1 cup rhubarb sauce (recipe below)
- 1-2 cups granola (recipe below)

**Rhubarb Sauce**
- 1 cup rhubarb, chopped
- 1/2 cup water
- Sugar to taste

**Low-fat granola**
- 6 cups oats
- 1 cup nuts, chopped
- 1/2 cup flax seeds
- 1/4 cup chia seeds
- 1 cup dried fruit
- 1/2 cup dried coconut
- 1 cup applesauce
- 1/2 cup honey
- 1/2 cup brown sugar
- 2 tablespoons oil
- 2 teaspoons cinnamon
- 2 teaspoons vanilla

**Granola:** Preheat oven to 300° F. In a large bowl combine oats, nuts, seeds, and dried fruit. In a separate bowl combine the rest of the granola ingredients. Add the wet mixture to the dry mixture and toss to coat. Pour granola onto a baking sheet. Bake for 1 hour, stirring every 20 minutes.

**Sauce:** Combine all ingredients in a saucepan and cook until sauce begins to thicken, about 15-20 minutes.

**To assemble parfait:** Layer yogurt, granola, and top with rhubarb sauce.
Spinach is a good source of folate, an important vitamin for preventing birth defects and chronic diseases. The cannellini beans are a good source of fiber and a lean source of protein.

**Harvest Time:** Spring & Fall  |  **Yield:** 2½ cups

- 2 cups spinach, chopped
- 1-15 oz. can cannellini beans, rinsed
- 1 tablespoon olive oil
- Juice from 1/2 lemon
- 2 garlic cloves, minced
- 1 tablespoon fresh dill (optional)
- Salt and pepper to taste

Mix all ingredients together in a medium bowl. Serve on a sliced baguette.
Tomatoes are a very good source of vitamins A, C, and K, and potassium. They are also a good source of lycopene, a key nutrient that is associated with reduced risk of certain types of cancer.

**Nutrition Highlight**

Harvest Time: Summer

Yield: 4-6 servings

- 1/2 cup uncooked orzo (or other small pasta)
- 2 cups cherry tomatoes
- 1 cucumber, chopped
- 3 green onions, chopped
- 1/4 cup olive oil
- 1/2 cup black olives, thinly sliced (optional)
- 1/2 cup feta cheese, crumbled
- 1 tablespoon dried oregano
- Juice of 1 lemon

Cook pasta according to package directions; drain and cool. Prepare tomatoes, cucumbers, green onions, and olives. Toss with pasta and add feta cheese. In a small bowl whisk together olive oil, lemon juice, and oregano. Pour over salad and toss to coat. Serve at room temperature or chilled.
Winter squash with dark orange flesh is a very good source of vitamin A, a nutrient that is important for healthy skin and eyes.

**Nutrition Highlight**

**Harvest Time:** Late Summer/Early Fall  
**Yield:** 6 servings

- 1 medium spaghetti squash (about 4 lbs.)
- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 cup feta cheese, crumbled
- 2 cups tomatoes, chopped (fresh or canned)
- 1/4 cup black olives (optional)
- 2 tablespoons fresh basil, chopped

Preheat oven to 350° F. Cut squash in half lengthwise and scoop out seeds. Place squash cut-side down on a baking sheet. Place about 1 inch of water on the baking sheet. Bake until tender, 30-35 minutes. When cool, pull fork along squash lengthwise to create “spaghetti” strands. In a sauté pan, heat olive oil over medium-high heat. Add onion and cook until soft, about 3-5 minutes. Add garlic and cook 2-3 minutes longer. Add tomatoes to pan and cook only until tomatoes are warmed through. Remove pan from heat. In a large bowl mix “spaghetti,” tomato mixture and add feta cheese, basil, and olives. Serve warm or cold.

*Tip: Spaghetti squash is a low-calorie, high-nutrient alternative to flour-based pastas. Try substituting baked spaghetti squash in any of your favorite pasta dishes.*

---

**Winter Squash**
Roasted Zucchini

Zucchini is high in vitamin C and a good source of fiber.

- 1 lb. zucchini (about 3 medium)
- Salt and pepper to taste
- 1/4 cup freshly grated Asiago or Parmesan cheese
- Olive oil

Preheat oven to 425° F. Cut ends off zucchini and slice into 1/4-inch thick rounds. Place on a baking sheet in a single layer and brush with olive oil. Sprinkle with salt and pepper. Roast for 10-15 minutes or until squash is tender and starting to brown. Once out of the oven, sprinkle with cheese. Allow cheese to melt. Serve immediately.

Tip: Roasting vegetables is an easy way to bring out some delicious flavors. Try roasting different summer or fall vegetables together. The key to roasting different vegetables at the same time is to cut them roughly the same size so they cook at the same rate.
SNAP BENEFITS

The Supplemental Nutrition Assistance Program, also known as SNAP, is a federal program that assists low-income families and individuals in paying for food. SNAP was previously known as Food Stamps. As part of the SNAP program, many farmers markets nationwide have begun accepting SNAP benefits as payment for certain food items available at the markets. Many states also offer cooking and nutrition workshops, known as SNAP-Ed, to program participants. In Utah, the SNAP-Ed program is Food $ense.

SNAP benefits at the farmers market can be used to buy certain food including*:

• Breads and cereals
• Fruits and vegetables
• Meat, poultry, fish, eggs
• Dairy products
• Seeds and starter plants that produce foods

Items you cannot buy with SNAP benefits at a farmers market:

• Artisan items, including crafts, jewelry and home goods
• Body care items, including soaps, lotions, etc.
• Hot meals
• Prepared foods

*At each farmers market, individual vendors decide whether or not to accept SNAP benefits. Check with vendors before you make your purchase selections.
WHAT IS FOOD $ENSE?
Utah’s SNAP-Ed (Supplemental Nutrition Assistance Program Education) is the Food $ense Program which is part of the Utah State University Extension system. The program is designed to help low-income individuals or families obtain the best nutrition with the resources they have. Food $ense offers free nutrition and cooking workshops throughout the state in group classes, grocery stores, schools, and farmers markets. Call your local USU Extension office for more information on classes offered in your area. Visit the Food $ense website at extension.usu.edu/foodsense.

Food $ense testimonials from class participants and nutrition education assistants

“You’re the one who has gotten me to try new foods! I am feeling so good and I have lost a lot of weight!”
- Food $ense participant

“Growing up we never ate a variety of vegetables. We ate what grandpa grew and that was corn and beans. Every meal it was either corn or beans. It is good to try these new recipes with all the vegetables.”
- Food $ense participant

“I love the Food $ense [Farmers Market] booth! I love the samples and the recipes. I keep all the recipes and make them at home for my friends and family.”
- Cache Valley Farmers Market customer

“This week’s lesson was a great success! We have the ideal participant. She went on and on about how she tests every single one of our recipes for her family and they are amazed that she’s been cooking so much.”
- Food $ense nutrition education assistant
Food $ense (SNAP-Ed) participants improve their diets by adding vegetables to their daily intake, which is consistent with the current Dietary Guidelines for Americans.

<table>
<thead>
<tr>
<th>Before SNAP-Ed</th>
<th>After SNAP-Ed</th>
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<tbody>
<tr>
<td>39.72%</td>
<td>70.95%</td>
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</table>

By eating 2½ cups of vegetables a day, the following has been improved/addressed through SNAP-Ed:

- Increase in local produce.
- 61% of the recommended servings of vegetables is consumed typically in a low-income individual’s diet.
- Eating a diet high in vegetables is associated with a decreased risk of many chronic diseases, including heart disease, stroke, high blood pressure, diabetes, and some cancers.
GET IN TOUCH

USU Food Sense (SNAP-Ed)
extension.usu.edu/foodsense

facebook.com/utahfoodsense
snappilyforever.blogspot.com
bigbiteslittlebudget.com
cookingitsasnap.blogspot.com
livewellutah.org

instagram.com/snappilyeverafter

pinterest.com/utahfoodsense/boards
pinterest.com/snappilyforever

twitter.com/snappilyforever

For information on classes, please call our toll-free number: 1-888-744-3232

USU EXTENSION COUNTY OFFICES

Beaver .............. 435-438-6450
Box Elder ............ 435-695-2542
Cache ............... 435-752-6263
Carbon ............... 435-636-3233
Davis ................. 801-451-3412
Duchesne .......... 435-738-1140
Emery ............... 435-381-2381
Garfield ............ 435-676-1113
Grand ................ 435-259-7558
Iron .................. 435-586-8132
Juab .................. 435-623-3450
Kane .................. 435-644-4901
Millard (Delta) .... 435-864-1480
Millard (Fillmore) . 435-743-5412
Morgan ............. 801-829-3472
Piute ................ 435-577-2901
Rich ................ 435-793-2435
Salt Lake ........... 385-468-4820
San Juan ............ 435-587-3239
Sanpete ............ 435-283-7597
Sevier .............. 435-893-0470
Summit ............. 435-336-3217
Tooele ............. 435-277-2400
Uintah ............. 435-781-5452
Utah ............... 801-851-8460
Wasatch ............ 435-657-3235
Washington ....... 435-634-5706
Wayne .............. 435-836-1312
Weber .............. 801-399-8200
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<thead>
<tr>
<th>CITY</th>
<th>MARKET</th>
<th>DAY/TIME</th>
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<tbody>
<tr>
<td>Brigham City</td>
<td>Brigham City Farmers Market</td>
<td>Saturdays 8 a.m.-1 p.m.</td>
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<tr>
<td>Cedar City</td>
<td>Cedar City Farmers Market</td>
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<td>Harrisville</td>
<td>Harrisville City Farmers Market</td>
<td>Thursdays 5:30-8:30 p.m.</td>
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<tr>
<td>Kaysville</td>
<td>USU Botanical Center Farmers Market</td>
<td>Thursdays 5-8 p.m.</td>
</tr>
<tr>
<td>Kaysville</td>
<td>Kohles’ Family Farm (Farm Stand) (801)604-7440</td>
<td>Mon–Sat 7 a.m.-9 p.m.</td>
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<tr>
<td>Logan</td>
<td>Cache Valley Gardeners Market</td>
<td>Saturdays 9 a.m.-1 p.m.</td>
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<td>Moab</td>
<td>Moab Farmers Market</td>
<td>Fridays 4-7 p.m.</td>
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<tr>
<td>Murray</td>
<td>Murray Farmers Market</td>
<td>Fri &amp; Sat 9 a.m.-2 p.m.</td>
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<tr>
<td>Ogden</td>
<td>Farmers Market Ogden</td>
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<tr>
<td>Orem</td>
<td>Wilkerson Farm Stand</td>
<td>Mon-Sat 9:30 a.m.-8 p.m.</td>
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<tr>
<td>Park City</td>
<td>Summit County Community Market</td>
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<tr>
<td>Provo</td>
<td>Provo Farmers Market</td>
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<td>Provo</td>
<td>Provo Farmers Market</td>
<td>Tuesdays 6-9 p.m.</td>
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<td>Roosevelt Farmers Market</td>
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<td>Salt Lake City</td>
<td>9th West Farmers Market</td>
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<tr>
<td>Salt Lake City</td>
<td>SLC Downtown Farmers Market</td>
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<td>Tuesdays 4-8 p.m.</td>
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<tr>
<td>Salt Lake City</td>
<td>Sugar House Farmers Market</td>
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<tr>
<td>Salt Lake City</td>
<td>Sunnyvale Farmers Market</td>
<td>Saturdays 12-3 p.m.</td>
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<tr>
<td>Salt Lake City</td>
<td>VA Farmers Market</td>
<td>Wed 11 a.m.-2 p.m.</td>
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EBT machines allow SNAP (formerly known as Food Stamps) participants to use their benefits at farmers markets to purchase certain items.

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<tr>
<th>ADDRESS</th>
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<tr>
<td>Bill of Rights Plaza, 6 N. Main St.</td>
<td>June 17-Sept 30</td>
<td>EBT, DUFB, F$</td>
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<tr>
<td>50 University Blvd. (Center St.) <em>Between Park Place Eatery &amp; IG Winery</em></td>
<td>June 7-October</td>
<td>EBT</td>
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<tr>
<td>Harrisville Park, 1350 N. Hwy. 89</td>
<td>August 3-September 21</td>
<td>EBT, DUFB</td>
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<tr>
<td>875 S. 50 W.</td>
<td>July 6-September 21</td>
<td>EBT, DUFB, F$</td>
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<td>388 Boynton Rd.</td>
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<td>EBT, DUFB</td>
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<tr>
<td>Historic Cache Courthouse, 199 N. Main St.</td>
<td>May 13-October 21</td>
<td>EBT, DUFB, F$</td>
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<tr>
<td>Swanny City Park, 100 W. Park Dr.</td>
<td>May 5-October 17</td>
<td>EBT, DUFB</td>
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<tr>
<td>Murray City Park, 200 E. 5200 S.</td>
<td>July 28-October 28</td>
<td>EBT, DUFB, F$</td>
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<tr>
<td>25th St. &amp; Grant Ave.</td>
<td>June 24-October 28</td>
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<tr>
<td>710 W. 2000 S.</td>
<td>May 29-October 31</td>
<td>EBT, DUFB</td>
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<tr>
<td>650 Round Valley Dr.</td>
<td>August 15 &amp; September 12</td>
<td>EBT, DUFB</td>
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<tr>
<td>Pioneer Park, 500 W. 100 S.</td>
<td>June 3-October 28</td>
<td>EBT, DUFB, F$</td>
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<tr>
<td>Startup Building Parking Lot, 600 S. 100 W.</td>
<td>August 1-October 24</td>
<td>EBT, DUFB</td>
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<tr>
<td>130 W. 100 N.</td>
<td>June 29-September 28</td>
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<td>International Peace Gardens, 1000 S. 900 W.</td>
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<td>Pioneer Park, 300 S. 300 W.</td>
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<td>Fairmont Park, 1040 E. Sugarmont Dr.</td>
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<td>Sunnyvale Park, 4013 S. 700 W.</td>
<td>June-Mid October</td>
<td>EBT, Fresh Fund, F$</td>
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<tr>
<td>VA Medical Center, 500 Foothill Dr.</td>
<td>August 2-September 6</td>
<td>EBT, DUFB</td>
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<td>CITY</td>
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<tr>
<td>Salt Lake City</td>
<td>SLC Urban Greens Market <em>(Mobile Market and Farm Stands)</em></td>
<td>Mon &amp; Fri 11 a.m.-1 p.m.</td>
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<td></td>
<td><a href="http://www.slcgreen.com/urbangreens">www.slcgreen.com/urbangreens</a> (801)318-1745</td>
<td>Mon &amp; Fri 2-4 p.m.</td>
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<td>Spanish Fork Farmers Market</td>
<td>Saturdays 8 a.m.-1 p.m.</td>
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<td>Springville</td>
<td>Happy Valley Farmers Market</td>
<td>Mondays 5-9 p.m.</td>
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<td>Stansbury Park</td>
<td>Benson Grist Mill Farmers Market</td>
<td>Saturdays 9 a.m.-1 p.m.</td>
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<td>Tooele</td>
<td>Tooele Valley Nursery Farmers Market</td>
<td>Saturdays 9 a.m.-2 p.m.</td>
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As of Summer 2017. List subject to change.
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<td>Sherwood Park, 1400 W. 400 S.</td>
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<td>July 14-August 18</td>
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<tr>
<td>Glendale Mountain View CLC, 1388 S. Navajo St.</td>
<td>July 10-October 30</td>
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<td>August 25-October 27</td>
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<td>Sorenson Unity Center, 855 W. California Ave.</td>
<td>July 10-October 30</td>
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<td>July 12-October 25</td>
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<td>Neighborhood House, 1122 W. 500 S.</td>
<td>July 11-October 24</td>
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<td>July 13-October 26</td>
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<td>Springville Museum of Art, 126 E. 400 S.</td>
<td>July 31-October 23</td>
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<td>EBT, DUFB</td>
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<tr>
<td>325 State Road 138</td>
<td>July 8-October 14</td>
<td></td>
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<tr>
<td></td>
<td>EBT, DUFB</td>
<td></td>
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<tr>
<td>2 W. St. George Blvd.</td>
<td>May 13-October 28</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EBT, DUFB</td>
<td></td>
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<tr>
<td>Founders Park, 1904 W. Antelope Dr.</td>
<td>July 5-September 27</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EBT, DUFB, F$</td>
<td></td>
</tr>
<tr>
<td>425 E. Cimmarron Way (SR-36)</td>
<td>July 1-October 14</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EBT, DUFB</td>
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</table>
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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.

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