



LIVE WELL UTAH

FROM UTAH STATE UNIVERSITY EXTENSION

FARMERS MARKET EDITION





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FOOD \$ENSE PROGRAM

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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.

	VEGETABLE	TYPE/INSTRUCTIONS	TIME
BAKING	Beets	2 cups sliced or chopped	45-60 min at 400° F in foil
	Carrots	1 inch chopped	20 min at 350° F
	Corn	Remove husks & silks, place in foil packs of four	20-30 min at 425-450° F
	Summer Squash	Sliced or halved	30-35 min at 350° F
GRILLING	Corn	Leave in husks, remove silks	15-20 min (rotating)
	Onions	Quartered, placed on skewer	20-30 min cooked over direct medium heat
	Summer Squash	3/8-1/2 inch slices	4-5 min grilled (each side)
	Tomatoes	Halved or quartered, depending on size	4-5 min grilled (each side)
ROASTING	Beets	1 1/2 inch pieces	40 min at 400° F
	Carrots	1 1/2 inch pieces	20 min at 400° F
	Onions	1 1/2 inch pieces	20 min at 400° F
	Tomatoes	Halved or quartered, depending on size	4-5 min broiled
	Summer Squash	1 1/2 inch pieces	20 min at 400° F
STEAMING	Carrots	1 inch chopped	10-20 min (check every 5)
	Cabbage	1 inch chopped	2-5 min
	Corn	Whole in steam basket	15-20 min
SAUTÉING	Carrots	1 inch chopped	5 min over medium heat
	Onions	1 inch chopped	On high, until evenly brown
	Cabbage	1 inch chopped	On medium, until tender
	Summer Squash	1 inch chopped	3-6 min
	Tomatoes	1 inch chopped	Over medium heat, when oil is hot, cook 2-3 min

PRODUCE STORAGE TIPS

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.

	PRODUCE	STORAGE TIME	STORAGE RECOMMENDATIONS
GROUP 1	Apples	1-2 months	<ul style="list-style-type: none">• 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.
	Apricots	1-2 weeks	
	Peaches	2-3 weeks	
	Pears	3-4 weeks	
	Melons	1-2 weeks	
	Tomatoes	1-2 weeks	
GROUP 2	Cherries	1-2 weeks	<ul style="list-style-type: none">• Keep these items refrigerated (40°F).• For higher quality, cover with a damp paper towel.• Do not wash until ready to use.
	Fresh herbs	1 week	
	Leafy greens	1-2 weeks	
	Raspberries	1 week	
GROUP 3	Strawberries	1 week	<ul style="list-style-type: none">• 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.
	Beets	2-3 weeks	
	Carrots	2-3 weeks	
	Corn	1 week	
	Peppers	1-2 weeks	
GROUP 4	Summer squash	1-2 weeks	<ul style="list-style-type: none">• 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.
	Cucumbers	1-2 weeks	
	Green beans	1 week	
GROUP 5	Eggplant	1 week	<ul style="list-style-type: none">• 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.
	Garlic	4-5 months	
	Onion	5-6 months	
	Potatoes	5-6 months	
	Winter squash	4-5 months	

PRESERVING FRESH PRODUCE

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.

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

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.

CROP	MAY	JUNE	JULY	AUG	SEP	OCT	NOV
Apricots			X				
Arugula		X	X	X	X		
Basil		X	X	X	X		
Beets		X	X	X	X	X	
Cabbage			X	X	X		
Carrots		X	X	X	X	X	
Cucumbers		X	X	X	X		
Eggplant			X	X	X		
Garlic			X	X	X	X	X
Greens (Chard/Kale)	X	X	X	X	X	X	
Green Beans		X	X	X	X		
Melons			X	X	X		
Onions		X	X	X	X	X	X
Peaches				X	X		
Peppers			X	X	X	X	
Potatoes			X	X	X	X	X
Raspberries			X	X	X		
Summer Squash		X	X	X	X	X	
Sweet Cherries			X				
Sweet Corn				X	X	X	
Tomatoes			X	X	X	X	
Winter Squash				X	X	X	X



RECIPES



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 \$ense'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.

TOASTED BUTTER BASIL TOMATO SAUCE

Nutrition Highlight

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
- 1/2 small onion, chopped
- 2 tablespoons butter
- 1/2 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.



BASIL

BEEETS



BEEET AND APPLE SALAD WITH ORANGE VINAIGRETTE

Nutrition Highlight

Beets are an excellent source of folate and have the highest natural sugar content of any vegetable. They are very sweet and delicious!

Harvest Time: Summer & Fall | **Yield:** 4 cups

- 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

Nutrition Highlight

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

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

- 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

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.

CABBAGE



CARROTS



SIMPLY DELICIOUS CARROT SOUP

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 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.

CAULIFLOWER



SWISS CHARD DIPPERS

Nutrition Highlight

Chard is an excellent source of vitamins K, A, and C.

Harvest Time: Summer & Fall

Yield: About 60 1-inch balls

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

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.



CHARD

CHERRIES



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

Nutrition Highlight

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.

Harvest Time: Spring | **Yield:** 1 cup

- 1 cup plain yogurt, lowfat or nonfat
- 1/2 bunch cilantro
- 2 serrano peppers
- 4 cloves garlic
- 1/2 teaspoon salt
- Juice of 1 lime
- 1/4 teaspoon black pepper
- Sugar to taste

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!

CILANTRO





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.

CUCUMBERS



EGGPLANT



ROASTED EGGPLANT AND CHICKPEA STEW

Nutrition Highlight

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.



ROASTED GARLIC HUMMUS

Nutrition Highlight

Garlic contains phytochemicals that may have antioxidant properties and help strengthen the immune system.

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.

MASSAGED KALE SALAD

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.

KALE



MUSHROOM SWISS SALAD

Nutrition Highlight

Salad greens are a nutritional superfood. Most types of greens contain vitamins A and C, folate, fiber, and iron. The darker the green, the more vitamins and minerals it contains. Try choosing dark colored greens to increase the amount of vitamins and minerals packed into every bite!

Harvest Time: Spring | **Yield:** 14 cups

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.

MIXED GREENS





PEACH FRUIT CRUMBLE

Nutrition Highlight

Peaches are a very good source of vitamin C, and a good source of fiber, vitamin A, niacin, and potassium.

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

SESAME GINGER PEAS

Nutrition Highlight

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.

Harvest Time: Late Summer & Fall

Yield: 12 cups

Potatoes are rich in potassium, an important nutrient required for muscle contractions. Potassium is also important to help maintain a healthy heart.

- 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.

POTATOES



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!



RADISHES

RHUBARB



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

SPINACH WHITE BEAN CROSTINI

Nutrition Highlight

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.

CHERRY TOMATO ORZO SALAD

Nutrition Highlight

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.

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.

TOMATOES



TOMATO AND FETA SPAGHETTI SQUASH

Nutrition Highlight

Winter squash with dark orange flesh is a very good source of vitamin A, a nutrient that is important for healthy skin and eyes.

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

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

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





ZUCCHINI

ROASTED ZUCCHINI

Nutrition Highlight

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

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

- 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

SNAP-ED AND VEGETABLES



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.

Percentage of participants who reported they usually/always eat at least 2½ cups of vegetables a day.

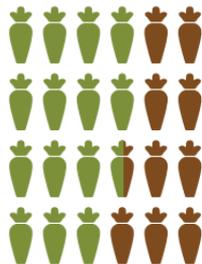


By eating 2½ cups of vegetables a day, the following has been improved/addressed through SNAP-Ed:



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.

Increase in local produce.



61% of the recommended servings of vegetables is consumed typically in a low-income individual's diet.



GET IN TOUCH

USU Food \$ense (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



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

USU EXTENSION COUNTY OFFICES

Beaver	435-438-6450	Piute	435-577-2901
Box Elder	435-695-2542	Rich	435-793-2435
Cache	435-752-6263	Salt Lake	385-468-4820
Carbon	435-636-3233	San Juan	435-587-3239
Davis	801-451-3412	Sanpete	435-283-7597
Duchesne	435-738-1140	Sevier	435-893-0470
Emery	435-381-2381	Summit	435-336-3217
Garfield	435-676-1113	Tooele	435-277-2400
Grand	435-259-7558	Uintah	435-781-5452
Iron	435-586-8132	Utah	801-851-8460
Juab	435-623-3450	Wasatch	435-657-3235
Kane	435-644-4901	Washington	435-634-5706
Millard (Delta)	435-864-1480	Wayne	435-836-1312
Millard (Fillmore)	435-743-5412	Weber	801-399-8200
Morgan	801-829-3472		

FARMERS MARKETS WITH EBT MACHINES

 CITY	 MARKET	 DAY/TIME
Brigham City	Brigham City Farmers Market	Saturdays 8 a.m.-1 p.m.
Cedar City	Cedar City Farmers Market	Wednesdays 4-7 p.m.
Harrisville	Harrisville City Farmers Market	Thursdays 5:30-8:30 p.m.
Kaysville	USU Botanical Center Farmers Market	Thursdays 5-8 p.m.
Kaysville	Kohles' Family Farm (Farm Stand) (801)604-7440	Mon-Sat 7 a.m.-9 p.m.
Logan	Cache Valley Gardeners Market	Saturdays 9 a.m.-1 p.m.
Moab	Moab Farmers Market	Fridays 4-7 p.m.
Murray	Murray Farmers Market	Fri & Sat 9 a.m.-2 p.m.
Ogden	Farmers Market Ogden	Saturdays 9 a.m.-2 p.m.
Orem	Wilkerson Farm Stand	Mon-Sat 9:30 a.m.-8 p.m.
Park City	Summit County Community Market	Tuesdays 9 a.m.-1 p.m.
Provo	Provo Farmers Market	Saturdays 9 a.m.-2 p.m.
Provo	Provo Farmers Market	Tuesdays 6-9 p.m.
Roosevelt	Roosevelt Farmers Market	Thursdays 3:30-6:30 p.m.
Salt Lake City	9th West Farmers Market	Sundays 10 a.m.-2 p.m.
Salt Lake City	SLC Downtown Farmers Market	Saturdays 8 a.m.-2 p.m.
		Tuesdays 4-8 p.m.
Salt Lake City	Sugar House Farmers Market	Wednesdays 5-8 p.m.
Salt Lake City	Sunnyvale Farmers Market	Saturdays 12-3 p.m.
Salt Lake City	VA Farmers Market	Wed 11 a.m.-2 p.m.

EBT machines allow SNAP (formerly known as Food Stamps) participants to use their benefits at farmers markets to purchase certain items.

 ADDRESS	 DATES	SERVICES
Bill of Rights Plaza, 6 N. Main St.	June 17-Sept 30	EBT, DUF, F\$
50 University Blvd. (Center St.) <i>Between Park Place Eatery & IG Winery</i>	June 7-October	EBT
Harrisville Park, 1350 N. Hwy. 89	August 3-September 21	EBT, DUF
875 S. 50 W.	July 6-September 21	EBT, DUF, F\$
388 Boynton Rd.		EBT, DUF
Historic Cache Courthouse, 199 N. Main St.	May 13-October 21	EBT, DUF, F\$
Swanny City Park, 100 W. Park Dr.	May 5-October 17	EBT, DUF
Murray City Park, 200 E. 5200 S.	July 28-October 28	EBT, DUF, F\$
25th St. & Grant Ave.	June 24-October 28	EBT, DUF, F\$
710 W. 2000 S.	May 29-October 31	EBT, DUF
650 Round Valley Dr.	August 15 & September 12	EBT, DUF
Pioneer Park, 500 W. 100 S.	June 3-October 28	EBT, DUF, F\$
Startup Building Parking Lot, 600 S. 100 W.	August 1-October 24	EBT, DUF
130 W. 100 N.	June 29-September 28	EBT, DUF, F\$
International Peace Gardens, 1000 S. 900 W.	June 11-October 15	EBT, DUF
Pioneer Park, 300 S. 300 W.	June 10-October 21	EBT, DUF, F\$
	Aug 1-October 17	
Fairmont Park, 1040 E. Sugarmont Dr.	June 7-October 25	EBT, DUF
Sunnyvale Park, 4013 S. 700 W.	June-Mid October	EBT, Fresh Fund, F\$
VA Medical Center, 500 Foothill Dr.	August 2-September 6	EBT, DUF

 CITY	 MARKET	 DAY/TIME
Salt Lake City	SLC Urban Greens Market <i>(Mobile Market and Farm Stands)</i> www.slccgreen.com/urbangreens (801)318-1745	Mon & Fri 11 a.m.-1 p.m.
		Mon & Fri 2-4 p.m.
		Mon & Wed 4-6 p.m.
		Tuesdays 4-6 p.m. Thursdays 2:30-4:30 p.m.
Spanish Fork	Spanish Fork Farmers Market	Saturdays 8 a.m.-1 p.m.
Springville	Happy Valley Farmers Market	Mondays 5-9 p.m.
Stansbury Park	Benson Grist Mill Farmers Market	Saturdays 9 a.m.-1 p.m.
St. George	Downtown Farmers Market at Ancestor Square	Saturdays 8 a.m.-12 p.m.
Syracuse	Syracuse City Farmers Market	Wednesdays 4 p.m.-dusk
Tooele	Tooele Valley Nursery Farmers Market	Saturdays 9 a.m.-2 p.m.

As of Summer 2017. List subject to change.

 ADDRESS	 DATES	SERVICES
Sherwood Park, 1400 W. 400 S.	July 10-October 30 July 14-August 18	EBT, DUFB
Glendale Mountain View CLC, 1388 S. Navajo St.	July 10-October 30 August 25-October 27	
Sorenson Unity Center, 855 W. California Ave.	July 10-October 30 July 12-October 25	
Neighborhood House, 1122 W. 500 S.	July 11-October 24 July 13-October 26	
40 S. Main St.	July 29-October 28	EBT, DUFB
Springville Museum of Art, 126 E. 400 S.	July 31-October 23	EBT, DUFB
325 State Road 138	July 8-October 14	EBT, DUFB
2 W. St. George Blvd.	May 13-October 28	EBT, DUFB
Founders Park, 1904 W. Antelope Dr.	July 5-September 27	EBT, DUFB, F\$
425 E. Cimmarron Way (SR-36)	July 1-October 14	EBT, DUFB



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(1) mail: U.S. Department of Agriculture
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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