

Eating Fresh from a Farmers' Market or Your Own Backyard

Shopping for fresh fruits and vegetables at a local farmers' market or growing your own in a backyard garden is a great way to add flavor to your meals and improve your health.

Fresh fruits and vegetables are full of nutrients – vitamins, minerals, fiber, and antioxidants – that can help prevent a number of diseases, and the fresher they are, the better they taste.

When fruits and vegetables are in season, they not only have more flavor, they also cost less. Because a diet rich in fruits and vegetables can help prevent serious illnesses such as heart disease, diabetes, and some types of cancer, planning your meals around produce from a farmers' market or your own garden can help you reduce health care costs, too.

Shop for Produce in Season

The most economical way to consume more fruits and vegetables is to eat seasonally by shopping for produce that's in season and grown locally, if possible. For example, look for asparagus, leaf lettuce, spinach and peas in the spring; strawberries, blueberries, peaches, peppers, tomatoes, and broccoli in the summer; and apples, pears, squash, and sweet potatoes in the fall.

Stopping at a local farmers' market or growing your own fruits and vegetables takes a little extra time, but the fresh flavors and the benefits to your family's health are definitely worth it.

Finding a farmers' market in Missouri has gotten easier in recent years. Last year, Missouri was home to more than 130 markets, compared to just 53 markets 10 years ago, according to the state Department of Agriculture. A directory of farmers' markets throughout the state can be found at <http://agebb.missouri.edu/fmktdir/view.htm>.

Grow Your Own

Gardening is also a good way to increase physical activity, another important factor in maintaining good health. For the do-it-yourselfers, a small backyard garden can produce many pounds of fruits and vegetables every year. Even planting a couple of tomato plants in a pot on a deck or patio can provide fresh tomatoes for salads and sandwiches all summer long. Cherry tomatoes are especially easy to grow and make a healthy snack. And don't forget about freezing and canning homegrown fruits and vegetables when they are in season to provide garden-fresh flavor throughout the year. More information about canning can be found at

<http://extension.missouri.edu/explore/hesguide/foodnut/gh1455.htm>

A Family Affair

Getting family members to eat more fruits and vegetables can sometimes be a challenge, but getting them involved is a good way to help them make healthier food choices every

day. Take your kids with you to the farmers' market. Research shows that kids who help shop for fruits and vegetables or help grow them are more likely to eat them.

More information about the benefits of fruits and vegetables can be found at <http://www.fruitsandveggiesmatter.gov/index.html>.

Watermelon Blueberry Banana Split

Recipe Summary:

Preparation Time: 15 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: 3.00

Ingredients:

2 large bananas

8 watermelon "scoops" — a watermelon ball created with an ice cream scoop

2 cups fresh blueberries

½ cup low-fat vanilla yogurt

¼ cup low-fat granola

Directions:

Peel bananas and cut in half crosswise, then cut each piece in half lengthwise. For each serving, lay 2 banana pieces against the sides of a shallow dish. Place a watermelon "scoop" at each end of the dish. Fill the center space with blueberries. Stir yogurt until smooth, spoon over watermelon "scoops." Sprinkle with granola.

Nutrition Facts for Watermelon Blueberry Banana Split

Serving Size: 1/4 of recipe

Amount Per Serving

Calories: 160 Calories from Fat: 10

% Daily Value (DV)*

Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 38g	13%
Dietary Fiber 4g	16%
Sugars 23g	
Protein 4g	
Vitamin A	6%
Vitamin C	25%
Calcium	6%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

Fruit: 2	Fat: 0
Vegetables: 0	Carbs: 1
Meat: 0	Other: 0
Milk: 0	

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Source: Produce for Better Health

Summer Squash Bisque

Recipe Summary:

Preparation Time: 30 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1.00

Ingredients:

1 cup chopped shallots	4 cups low sodium vegetable broth
½ cup chopped green onion	2 cups chopped kale
2 garlic cloves, minced	1 tsp dried tarragon
4 medium zucchini, chopped	½ cup fat-free half and half
2 small yellow summer squash, chopped	6 thin slices zucchini (for garnish)
1 cup peeled and cubed Idaho potatoes	6 thin slices yellow summer squash (for garnish)

Directions:

Spray large saucepan with cooking spray; heat over medium heat until hot. Saute shallots, green onions, and garlic until tender. Add chopped zucchini, yellow squash, and potato. Saute for 5 to 8 minutes. Add stock, kale, and tarragon to saucepan; heat to boil and reduce heat to simmer, covered, until vegetables are tender about 10 to 15 minutes. Process soup in food processor or blender until smooth and return to saucepan. Stir in half and half. Serve warm or chilled with a slice of zucchini and summer squash.

Nutrition Facts for Summer Squash Bisque

Serving Size: 1/6 of recipe

Amount Per Serving

Calories: 100 Calories from Fat: 5

	% Daily Value (DV)*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 5g	
Vitamin A	80%
Vitamin C	80%
Calcium	10%
Iron	10%

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

Fruit: 0	Fat: 0
Vegetables: 2	Carbs: 0
Meat: 0	Other: 0
Milk: 0	

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Source: Produce for Better Health

Rainbow Fruit Salad

Recipe Summary:

Preparation Time: 10 minutes

Number of Servings: 12

Cups of Fruits and Vegetables per Person: 0.75

Ingredients:

1 large mango, peeled & diced
2 cups fresh blueberries
2 nectarines, unpeeled & sliced
2 cups halved fresh strawberries
2 cups seedless grapes
2 bananas, sliced

1 kiwifruit, peeled & diced
1/3 cup fresh orange juice
2 Tbsp lemon juice
1-1/2 Tbsp honey
1/4 tsp ground ginger
dash nutmeg

Directions:

Prepare the fruit and place in a large bowl. Combine orange juice, lemon juice, honey, ginger, and nutmeg in a small bowl. Whisk together until well combined. Just before serving, pour honey orange sauce over the fruit.

Nutrition Facts for Rainbow Fruit Salad

Serving Size: 1/12 salad

Amount Per Serving

Calories: 100 Calories from Fat: 5

% Daily Value (DV)*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 18g	
Protein 1g	
Vitamin A	6%
Vitamin C	70%
Calcium	2%
Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

Fruit: 1	Fat: 0
Vegetables: 0	Carbs: 0
Meat: 0	Other: 0
Milk: 0	

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Source: National Heart, Lung and Blood Institute