GET FRESH!
AT YOUR FARMERS MARKET

Talk to your WIC nutritionist to find out about a farmers market near you.

Market: _____

Location: _____

Days Open: _____

LOOK FOR FRESH FRUITS AND VEGETABLES

PEACHES July - September

CABBAGE July - October

CARROTS July - October

KALE July - October

BROCCOLI July - October

POTATOES July - October

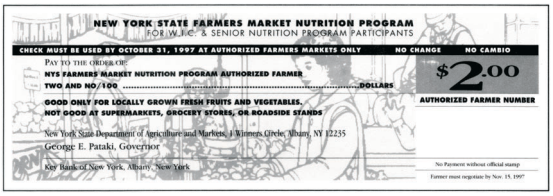
APPLES August - October

WINTER SQUASH August - October

SHOPPING FRESH IS EASY!

Take along a shopping bag.
Take farmers market checks and cash.
Arrive early for best selection.
Compare variety, quality, and price.
Talk to farmers about their foods.
Ask for samples of unfamiliar foods.
Look for signs that say:

WE GLADLY ACCEPT
NEW YORK STATE
FARMERS MARKET
CHECKS


NEW YORK STATE FARMERS MARKET NUTRITION PROGRAM
FOR W.I.C. & SENIOR NUTRITION PROGRAM PARTICIPANTS
CHECK MUST BE USED BY OCTOBER 31, 1997 AT AUTHORIZED FARMERS MARKETS ONLY
NO CHANGE NO CAMBIO
PAY TO THE ORDER OF:
NYS FARMERS MARKET NUTRITION PROGRAM AUTHORIZED FARMER
TWO AND NO/100 ..... DOLLARS
$2.00
GOOD ONLY FOR LOCALLY GROWN FRESH FRUITS AND VEGETABLES.
NOT GOOD AT SUPERMARKETS, GROCERY STORES, OR ROADSIDE STANDS
AUTHORIZED FARMER NUMBER
New York State Department of Agriculture and Markets, 1 Winners Circle, Albany, NY 12235
George E. Pataki, Governor
Key Bank of New York, Albany, New York
No Payment without official stamp
Farmer must negotiate by Nov. 15, 1997

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1372 6/01

GET FRESH!
AT YOUR FARMERS MARKET

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LOOK FOR FRESH FRUITS AND VEGETABLES

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CABBAGE July - October

CARROTS July - October

KALE July - October

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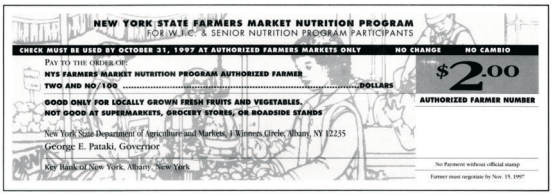
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1372 6/01

GET FRESH!
AT YOUR FARMERS MARKET

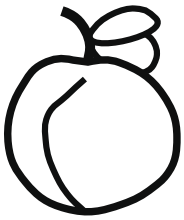
Choose peaches.
Serve up great taste with vitamin C.

PEACH CINNAMON CRISP

4 peaches (4 cups sliced)
2 tablespoons margarine
¾ cup quick-cooking oats
½ cup sugar
¼ cup flour
2 teaspoons cinnamon
1 teaspoon lemon juice

1. Preheat oven to 375.
2. Slice peaches.
3. Melt margarine.
4. In small bowl, combine all ingredients except peaches. Stir until well blended.
5. Place peaches in 9-inch baking pan and spread oat mixture on top.
6. Bake 20 minutes.

Makes: 6 servings.



FRESH COOKING TIPS

- Enjoy peach crisp hot or cold.
- Slice peach by pressing down knife until it hits the pit. Then push knife away from you.
- Rub a washed peach gently with a paper towel to remove peach fuzz.

A CHILD CAN HELP

- Combine ingredients in bowl
- Layer peaches in pan
- Spread oat mixture over peaches

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1373 6/01

GET FRESH!
AT YOUR FARMERS MARKET

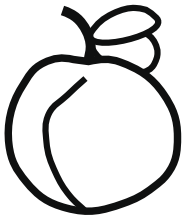
Choose peaches.
Serve up great taste with vitamin C.

PEACHY POPS

2 peaches (1½ cups chopped)
⅔ cup lowfat vanilla yogurt
2 cups orange juice
6 paper cups
6 spoons
aluminum foil

1. Chop peaches and divide among 6 paper cups.
2. Place yogurt in medium bowl.
3. Slowly pour orange juice into yogurt, stirring until blended.
4. Pour juice mixture over peaches.
5. Place spoon in each cup.
6. Cut squares of aluminum foil to cover tops of cups, piercing each with spoon handle. The foil holds spoon in center of cup.
7. Freeze at least 4 hours.
8. To eat, peel paper cups away from pops.

Makes: 6 pops



MORE FRESH IDEAS FOR PEACHES

- Serve whole peaches.
- Make a peach parfait with yogurt and cereal.
- Blend peaches, banana, and milk to make a refreshing smoothie.

KEEP IT FRESH

- Store peaches at room temperature until ripe, then in the refrigerator for a few days.

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GET FRESH!
AT YOUR FARMERS MARKET

Choose cabbage.
Serve up great taste with vitamin C.

THAI CABBAGE NOODLES

8 ounces spaghetti
1 pound cabbage (4 cups sliced)
¼ cup soy sauce
¼ cup orange juice
¼ cup water
¼ cup vinegar
3 tablespoons sugar
¼ cup peanut butter
1 teaspoon ginger
¼ teaspoon hot pepper flakes

1. Cook and drain spaghetti.
2. Thinly slice cabbage.
3. In large pot, on medium high, combine all ingredients except spaghetti and cabbage. Stir until mixture boils.
4. Reduce heat to medium and add cabbage. Cook and stir about 5 minutes, or until cabbage softens.
5. To serve, stir spaghetti into cabbage mixture.

Makes: 6 servings

FRESH COOKING TIPS

- Use any variety of cabbage in this recipe.
- Enjoy Thai cabbage noodles hot or cold.

A CHILD CAN HELP

- Wash cabbage
- Get out cooking equipment
- Measure ingredients

MORE FRESH IDEAS FOR CABBAGE

- Stir-fry cabbage with other favorite vegetables.
- Add cabbage to vegetable soup.
- Grate cabbage and add to tossed salad.

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1374 6/01

GET FRESH!
AT YOUR FARMERS MARKET

Choose cabbage.
Serve up great taste with vitamin C.

HOT POT CABBAGE AND MEATBALLS

Meatballs
1 small onion (¼ cup minced)
½ pound lean ground beef or turkey
½ cup dry breadcrumbs
1 egg
¼ cup skim milk
½ teaspoon salt
dash of pepper

1. Preheat oven to 400.
2. Chop onion.
3. In large bowl, mix all ingredients together.
4. Form 8 to 10 meatballs and place on baking sheet. Bake 20 minutes, until well done.

Hot Pot Cabbage
1 pound cabbage (4 cups chopped)
2 cloves garlic
1 onion (½ cup chopped)
2 teaspoons vegetable oil
½ cup water
½ cup vinegar
¼ cup sugar
1 ¾ cups diced tomatoes
1 teaspoon mustard
½ teaspoon salt
½ teaspoon pepper
¼ teaspoon hot sauce

1. Wash and chop cabbage. Mince garlic. Chop onion.
2. Heat oil in large pot on medium. Add garlic and onion. Sauté 3 to 5 minutes.
3. Add remaining ingredients, except cabbage. Increase heat and bring mixture to a boil.
4. Stir in cabbage and cook 5 minutes.
5. To serve, add cooked meatballs to cabbage mixture.

Makes: 6 servings

KEEP IT FRESH

- Store cabbage in the refrigerator for a few weeks.

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GET FRESH!
AT YOUR FARMERS MARKET

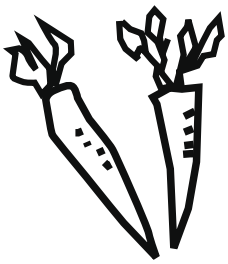
Choose carrots.
Serve up great taste with vitamin A, vitamin C, and fiber.

CARROT CONFETTI SALAD

3 large carrots (2 cups grated)
¼ pound red cabbage (1 cup grated)
2 tablespoons vinegar
2 tablespoons vegetable oil
½ teaspoon sugar
½ teaspoon mustard
¼ teaspoon salt
dash of pepper

1. Peel and grate carrots. Wash and grate red cabbage.
2. In large bowl, combine carrots and cabbage.
3. In small bowl, combine remaining ingredients to make dressing.
4. Mix dressing with carrots and cabbage.

Makes: 6 servings



FRESH COOKING TIPS

- Wash carrots thoroughly and use without peeling.
- Try other varieties of cabbage in this recipe.

A CHILD CAN HELP

- Select carrots and cabbage
- Wash cabbage
- Make dressing
- Mix dressing and vegetables

KEEP IT FRESH

- Store carrots in the refrigerator for a few weeks. Remove any leafy tops before refrigerating.

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1375 6/01

GET FRESH!
AT YOUR FARMERS MARKET

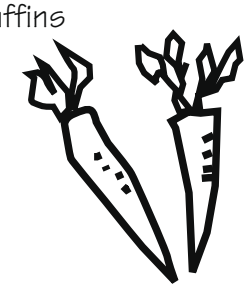
Choose carrots.
Serve up great taste with vitamin A, vitamin C, and fiber.

CARROT SPICE MUFFINS

vegetable cooking spray
2 large carrots (1½ cups grated)
2 eggs
½ cup applesauce
⅔ cup sugar
1 teaspoon vanilla
2 tablespoons vegetable oil
1 cup flour
1 teaspoon baking soda
½ teaspoon salt
1 tablespoon cinnamon
½ cup raisins

1. Preheat oven to 350. Coat 12 muffin cups with vegetable cooking spray.
2. Peel and grate carrots.
3. In large bowl, combine eggs, applesauce, sugar, vanilla, and oil; mix until well blended.
4. In another bowl, combine flour, baking soda, salt, and cinnamon.
5. Slowly stir the dry ingredients into the applesauce mixture just until blended.
6. Stir in carrots and raisins.
7. Divide batter among muffin cups, filling each about half full.
8. Bake 25 minutes, or until lightly browned.
9. Let cool 5 minutes. Remove muffins from muffin cups and cool completely.

Makes: 12 muffins



MORE FRESH IDEAS FOR CARROTS

- Add carrots to vegetable soup.
- Serve raw carrot sticks, plain or with dip.
- Add sliced carrots to salad.

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GET FRESH!
AT YOUR FARMERS MARKET

Choose kale.
Serve up great taste with vitamin A and vitamin C.

PORTUGUESE KALE SOUP

1 onion (1 cup chopped)
1 clove garlic
1 carrot (½ cup sliced)
1 tablespoon vegetable oil
8 cups water
1 teaspoon salt
¼ teaspoon hot pepper flakes
1 pound potatoes (3 cups cubed)
½ bunch kale (4 cups chopped)
¼ pound reduced-fat turkey kielbasa sausage (1 cup sliced)
¼ teaspoon pepper

1. Chop onion. Mince garlic. Peel and slice carrot.
2. Heat oil in large pot on medium. Add onion, garlic, and carrots. Sauté 10 minutes.
3. Add water, salt, and hot pepper flakes. Cover and bring to a boil.
4. Wash and peel potatoes. Cut into ½-inch cubes.
5. Add potatoes to boiling water. Cover and cook 10 minutes.
6. Wash kale, remove tough stems, and chop finely. Slice sausage.
7. Add kale and sausage to soup. Cook uncovered 5 minutes.
8. Add pepper to taste.

Makes: 6 servings

MORE FRESH IDEAS FOR KALE

- Stir-fry kale with other vegetables.
- Add kale to tomato sauce and serve over pasta.
- Sauté kale with onions.

KEEP IT FRESH

- Store kale in the refrigerator for a few days.

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1376 6/01

GET FRESH!
AT YOUR FARMERS MARKET

Choose kale.
Serve up great taste with vitamin A and vitamin C.

BAKED KALE FRITTATA

Vegetable cooking spray
⅓ bunch kale (3 cups chopped)
1 onion (1 cup chopped)
2 teaspoons vegetable oil
¼ cup water
6 eggs
½ cup skim milk
2 ounces cheddar cheese (½ cup grated)
½ teaspoon salt
¼ teaspoon pepper

1. Preheat oven to 375. Coat 9-inch round baking pan with vegetable cooking spray.
2. Wash and chop kale. Chop onion.
3. Heat oil in large frying pan on medium-high. Add onion. Sauté 3 to 5 minutes, until soft and brown.
4. Stir in kale and water. Cover and cook 5 minutes. Remove pan from heat and allow mixture to cool.
5. In large bowl, combine eggs, milk, cheese, salt, and pepper. Blend in kale mixture.
6. Pour mixture into baking pan.
7. Bake 20 minutes.
8. Remove from oven and let set for 2 to 3 minutes. Slice into wedges.

Makes: 6 servings

FRESH COOKING TIPS

- Try other fresh greens, such as spinach or collards, in this recipe.
- Chop kale quickly by stacking and rolling the leaves.
- Choose lowfat cheese to reduce the amount of fat in this recipe.

A CHILD CAN HELP

- Wash kale
- Tear leaves in pieces instead of chopping
- Set the table

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GET FRESH!
AT YOUR FARMERS MARKET

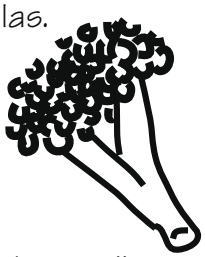
Choose broccoli.
Serve up great taste with vitamin A, vitamin C, and fiber.

BROCCOLI AND BLACK BEAN QUESADILLA

1 cup cooked black beans
¼ cup salsa
4 ounces cheddar cheese (1 cup grated)
1 cup cooked broccoli
1 tablespoon vegetable oil
4 8-inch flour tortillas

1. In large mixing bowl, mash beans.
2. Drain salsa and add to beans.
3. Grate cheese and add to beans.
4. Chop broccoli and add to beans.
5. Heat oil in frying pan on medium.
6. Lay tortilla flat on plate. Using ¼ of bean mixture, fill half of tortilla, folding other half over mixture.
7. Place folded tortilla in pan and cook 3 to 4 minutes, or until lightly browned. Flip and cook second side.
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

Makes: 8 servings



FRESH COOKING TIPS

- Use all parts of broccoli, including stalks and leaves.
- Peel tough stalks with a vegetable peeler.
- Use dried, cooked beans or canned, drained beans.
- Choose lowfat cheese to reduce the amount of fat in this recipe.

A CHILD CAN HELP

- Wash raw broccoli
- Mash beans
- Mix ingredients

KEEP IT FRESH

- Store broccoli in the refrigerator for several days.

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1370 6/01

GET FRESH!
AT YOUR FARMERS MARKET

Choose broccoli.
Serve up great taste with vitamin A, vitamin C, and fiber.

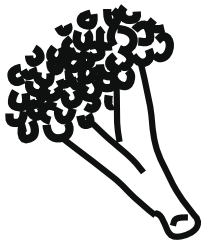
BROCCOLI STIR-FRY

1 cup water
1 bouillon cube
2 broccoli spears (3 cups chopped)
1 large onion (1 cup chopped)
2 teaspoons cornstarch
2 teaspoons hot mustard*
2 teaspoons duck sauce*
2 teaspoons soy sauce*
½ teaspoon garlic powder
1 tablespoon vegetable oil
2 cups cooked rice

1. Boil water and add bouillon cube, stirring to dissolve; set aside to cool.
2. Wash and chop broccoli. Chop onion.
3. To make sauce: combine 1 tablespoon bouillon water with cornstarch in small cup. Pour cornstarch mixture back into bouillon water. Stir in hot mustard, duck sauce, soy sauce, and garlic powder.
4. Heat oil in frying pan on medium. Add broccoli and onion. Stir-fry 3 to 5 minutes, or until broccoli is just tender.
5. Add sauce, stirring until mixture boils and thickens.
6. Serve broccoli over rice.

* Or use single-serving take-out packet

Makes: 4 servings



MORE FRESH IDEAS FOR BROCCOLI

- Add cooked, chopped broccoli to cornbread batter.
- Top pizza with broccoli.
- Add broccoli to chili.

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GET FRESH!
AT YOUR FARMERS MARKET

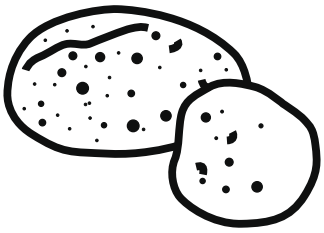
Choose potatoes.
Serve up great taste with vitamin C.

ROASTED HERB POTATOES

vegetable cooking spray
1 pound potatoes (3 cups cubed)
2 teaspoons vegetable oil
½ teaspoon rosemary
½ teaspoon salt

1. Preheat oven to 450. Coat baking sheet with vegetable cooking spray.
2. Wash and peel potatoes. Cut into ½-inch cubes and place in large bowl.
3. Combine oil, rosemary, and salt. Pour mixture over potatoes, stirring to coat evenly.
4. Spread potatoes on baking sheet.
5. Bake 25 to 30 minutes, or until lightly browned.

Makes: 4 servings



FRESH COOKING TIPS

- Use any variety of potatoes in this recipe.
- Wash potatoes thoroughly and use without peeling.
- Try making this recipe with oregano or thyme in place of rosemary.

A CHILD CAN HELP

- Select potatoes
- Stir seasonings together
- Mix potatoes with oil and seasonings
- Spread potatoes on baking sheet

KEEP IT FRESH

- Store potatoes in a cool, dark, dry place for several weeks.

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1369 6/01

GET FRESH!
AT YOUR FARMERS MARKET

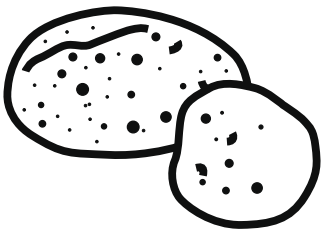
Choose potatoes.
Serve up great taste with vitamin C.

SCALLOPED POTATOES

vegetable cooking spray
1 pound potatoes (3 cups sliced)
1 onion (1 cup sliced)
1 ounce regular or lowfat cheddar cheese (¼ cup grated)
½ teaspoon oregano
½ teaspoon salt
¼ teaspoon pepper
½ cup skim milk

1. Preheat oven to 375. Coat 2-quart baking dish with vegetable cooking spray.
2. Wash and peel potatoes.
3. Slice potatoes and onion thinly.
4. Grate cheese.
5. Combine oregano, salt, and pepper in small dish.
6. Place half of potatoes in baking dish. Spread onions over potatoes. Sprinkle with half the seasoning mixture. Layer remaining potatoes on top.
7. Add milk, remaining seasoning, and cheese.
8. Cover and bake 50 minutes.
9. Change oven setting to broil and broil uncovered, until evenly browned.

Makes: 4 servings



MORE FRESH IDEAS FOR POTATOES

- Bake potatoes and serve plain or with toppings.
- Mash potatoes, alone or with carrots or squash.
- Add potatoes to vegetable soup.

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GET FRESH!
AT YOUR FARMERS MARKET

Choose apples.
Serve up great taste with fiber.

CRUNCHY APPLE CHEDDAR SALAD

¼ cup light or lowfat mayonnaise
2 tablespoons ketchup
2 ounces cheddar cheese (½ cup grated)
2 stalks celery (1 cup chopped)
2 apples (2 cups chopped)

1. To make dressing: combine mayonnaise and ketchup in small bowl.
2. Grate cheese and place in large bowl.
3. Wash and chop celery. Add to cheese.
4. Wash and chop apples. Add to cheese mixture.
5. Stir in dressing, combining all ingredients.

Makes: 4 servings

FRESH COOKING TIPS

- Use any variety of apples in this recipe.
- Chop apples last to prevent browning.
- Choose lowfat cheese to reduce the amount of fat in this recipe.
- Grate cheese when it is cold.

A CHILD CAN HELP

- Select apples
- Wash apples
- Stir ingredients
- Make dressing

KEEP IT FRESH

- Store apples at room temperature for a few days or in the refrigerator for several weeks.

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GET FRESH!
AT YOUR FARMERS MARKET

Choose apples.
Serve up great taste with fiber.

APPLE CINNAMON WRAP & ROLL

3 tablespoons sugar
1 teaspoon cinnamon
1 tablespoon vegetable oil
2 apples (2 cups chopped)
⅓ cup lowfat vanilla yogurt
4 6-inch flour tortillas

1. Mix sugar and cinnamon in small bowl. Pour oil in small saucer.
2. Wash and chop apples. Place in medium bowl.
3. Add yogurt to apples, stirring to combine.
4. Lay tortilla flat on plate. Use fingers to lightly coat top side with oil. Sprinkle with a spoonful of cinnamon sugar.
5. Flip tortilla so unoiled side is up. Using ¼ of apple mixture, fill half of tortilla, folding other half over mixture.
6. Heat frying pan on medium.
7. Place folded tortilla in pan and cook about 1 minute, or until lightly browned. Flip to cook second side.
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

Makes: 8 servings

MORE FRESH IDEAS FOR APPLES

- Serve slices of apple topped with peanut butter or cheese.
- Add chopped apples to pancake batter.
- Add chopped apples to hot or cold cereal.

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GET FRESH!
AT YOUR FARMERS MARKET

Choose winter squash.
Serve up great taste with vitamin A,
vitamin C, and fiber.

MEDITERRANEAN SQUASH STEW

½ butternut squash (3 cups cubed)
¼ bunch kale (2 cups chopped)*
½ onion (½ cup chopped)
2 cloves garlic
1¾ cups diced tomatoes
1 tablespoon lemon juice
1 tablespoon brown sugar
1 teaspoon mustard
1 teaspoon oregano
1 teaspoon salt
2 teaspoons vegetable oil
2 cups cooked rice

1. Peel and seed squash. Cut into ½-inch cubes.
2. Wash and chop kale.
3. Chop onion and mince garlic.
4. To make sauce: combine tomatoes, lemon juice, brown sugar, mustard, oregano, and salt in medium bowl; set aside.
5. Heat oil in frying pan on medium. Add onion and garlic. Sauté 3 minutes, or until onion is soft.
6. Stir in squash and sauce. Cover pan, increase heat to medium-high, and cook 15 minutes, or until squash is tender.
7. Add rice and kale. Cover and cook another 5 minutes.

* Or substitute spinach or other fresh greens.

Makes: 5 or 6 servings

MORE FRESH IDEAS FOR SQUASH

- Mash cooked squash with a dash of cinnamon.
- Stuff squash with rice or other filling and bake.
- Roast cubes of squash and potatoes together.

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GET FRESH!
AT YOUR FARMERS MARKET

Choose winter squash.
Serve up great taste with vitamin A,
vitamin C, and fiber.

BAKED SQUASH WITH SUGAR AND SPICE

vegetable cooking spray
1 acorn squash
pinch of salt
2 tablespoons margarine
3 tablespoons brown sugar
1 teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon ginger

1. Preheat oven to 400. Cover baking sheet with foil and coat foil with vegetable cooking spray.
2. Wash squash and cut in half lengthwise. Remove seeds and cut into ½-inch slices.
3. Place squash on baking sheet. Sprinkle with salt.
4. Melt margarine. Add brown sugar, cinnamon, nutmeg, and ginger.
5. Spread margarine mixture on squash.
6. Bake 20 to 25 minutes, or until tender.

Makes: 4 or 5 servings

FRESH COOKING TIPS

- Try different varieties of squash in this recipe.
- Use a sharp knife to cut squash.
- Use a spoon to scrape out the seeds.

A CHILD CAN HELP

- Remove seeds from squash
- Place squash pieces on baking sheet
- Spread margarine mixture on squash

KEEP IT FRESH

- Store winter squash in a cool, dry place for several weeks.

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