Buy Local, Eat Local

An easy way to eat local food is to shop at the Farmers’ Market. Local food is fresh, nutritious and tasty.

Shiny red tomatoes, crisp green beans, fresh picked sweet corn and green beans, and sweet smelling melons and berries are ready for summer meals.

Try new ways to cook and prepare vegetables. Talk to your local farmers. Many farmers create delicious dishes from their own harvest. Most are happy to share their recipes and cooking ideas with you.

Smart Shopping at the Farmers’ Market

$ Talk to your local farmers. They will tell you which fruits and vegetables are in season and when prices are the lowest. Buy strawberries in the spring, corn in the summer, squash and apples in the fall.

$ Shop early in the day for the best selection. Popular fruits and vegetables may sell out fast.

$ Shop late in the day for the best prices. Some farmers will sell vegetables at a lower price instead of taking them home. Ask for a lower price.

$ Bring your own bag and basket to reduce bruising of fruits and vegetables.

$ Keep it simple. Collect some easy recipes and meal ideas to use your favorite fruits and vegetables.

$ Buy only the amount of fresh produce that you will use within 3 to 4 days. Throwing food away in the garbage is an expensive habit.

$ Freeze for later. When you find a good price on fruits and vegetables, buy extra and freeze for the winter.

Garden Tomato Salad

2 to 3 tomatoes, sliced
1/2 red onion, thinly sliced
1 tablespoon olive oil or vegetable oil
1 tablespoon balsamic vinegar
1 tablespoon fresh basil, chopped

1 Place tomato and onion slices in a bowl.
2 Sprinkle with oil, vinegar, salt, pepper and basil. Serve.

Sauteed Zucchini

5 small zucchini
1 medium onion
1 to 2 tablespoons olive oil or vegetable oil
Salt and black pepper
Grated Parmesan cheese

1 Cut the zucchini and onion into slices.
2 Heat oil in a large skillet. Add the zucchini and onion slices to the skillet. Cook over medium heat until they start to turn brown, about 4 to 6 minutes. Stir a couple times while cooking.
3 Season with salt and pepper. Turn off the stove, and sprinkle with parmesan cheese.
Roasted Veggie Fettuccine

2 zucchini, cut into thin strips
2 carrots, peeled and cut into thin strips
1 red or green pepper, cut into strips
1 small onion, sliced
Salt and black pepper
3 tablespoons olive oil or vegetable oil
2 tablespoons dry Italian herbs
12 ounces uncooked fettuccine
10 cherry tomatoes, cut in half
½ cup grated parmesan cheese

1. Place all the vegetables in a bowl. Sprinkle with oil, salt, pepper and Italian herbs. Toss until coated. Place vegetables on a heavy baking sheet. Roast vegetables in a 450° oven for 20 minutes, stirring a couple times while cooking.

2. Cook the pasta according to the directions on the package. Drain pasta from water.

3. Combine the fettuccine with the roasted vegetables and raw tomatoes in a skillet. Stir and cook for about 2 minutes. Sprinkle with parmesan cheese and serve.

Tip – Add a little chicken broth or water when stirring the fettuccine and vegetables together if pasta is dry.

Variations:
- Add cooked chicken strips to pasta.
- Stir fry vegetables instead of roasting.

Festive and Fun

Check your local market for special events during the summer. Markets often have family and cooking activities.

Bring small children along when shopping at the Farmers’ Market. Ask your child to choose a fruit or vegetable to buy. Children love to eat what they help to choose and cook.

Visit your local Farmers’ Market this summer!

Make half your plate Fruits & Vegetables

What can you do?

☐ Shop at my local Farmers Market this summer.
☐ Cook the Roasted Veggie Fettuccini for my family.
☐ Make half my plate Fruits and Vegetables.
☐ Other: _______________________________

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