



WIC Works!

Nutrition News for Benton, Black Hawk, Bremer,
Buchanan, Chickasaw and Grundy County



Smart Shopping at Farmers Market

A visit to the local farmers market can be a great way to get farm fresh produce for your family. You can even use your WIC Cash Value Voucher (CVV). Look for the WIC “Welcome Here” sign at the market.



Take your kids.

Farmers’ markets are more than just a place to buy delicious fruits and vegetables. Some offer special events such as family- friendly entertainment. Many farmers offer free samples of their produce. And where else can your kids find carrots that have just been pulled from the ground by their long feathery green tops?

Bring your own bags.

Protect the environment by bringing your own reusable bag. The smartest kind is a canvas bag or a heavy plastic tote that can be washed after many uses.

Time your visit.

Getting to market early usually means the biggest variety. This is also when the fruits and vegetables are freshest. Keep in mind that it may also be the most crowded time to shop so it may be easier to go later if you have kids in tow.

Plan your menu.

Visiting a farmers market can help you plan a weekly menu around nutritious fruits and vegetables. As you shop, keep a running list of meals and snacks for the week. Having a list will keep you from buying too much produce and wasting food and money.

Know your farmer.

As you go from vendor to vendor, talk to the farmers about their product. Ask them for tips on how to prepare a food they are selling. They may even have recipes. Find out what they will be bringing to the market in the weeks to come so you can plan future purchases.

Buy Fresh, Buy Local = better taste + safer for our families + helps the economy + better for the environment + supports family farms

Source: www.iowafreshfood.com, Montana WIC Program



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Farmers Market is in full swing!

Don't forget to use all your Farmers market checks. You can also spend your CVV at the Farmers Market. Look for this sign at the market stand.



What's in Season?

(may vary due to weather conditions)

July – Sweet corn, melons, broccoli, peas, radishes, kohlrabi, carrots, beans, raspberries, cucumbers, cauliflower, tomatoes, onions, lettuce and peppers

August- October – pumpkin, squash, melons, fall berries, gourds, apples, cherries

World Breastfeeding Week

World Breastfeeding Week is celebrated every year during the first week of August in more than 170 countries to encourage breastfeeding and improve the health of babies around the world. Please continue to support the moms around you that have chosen to breastfeed.



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Recipes

Cauliflower 'Popcorn'

1 head washed cauliflower, broken or cut into small bites
3 tablespoons oil
½ teaspoon salt



Heat oven to 400° F. In a large bowl, combine the cauliflower, oil and 1/2 teaspoon salt. Transfer to a baking sheet and spread in a single layer. Roast, stirring once, until golden brown and tender, about 30 minutes.

Source: www.realsimple.com



Zippy Zucchini Salad

1 medium size zucchini (about 8 inches long)
1 green onion
1 small green pepper
1 tomato
2 tablespoons sugar
1 tablespoon oil
¼ cup vinegar



Wash, peel, and chop zucchini. Wash and chop green onion, green pepper and tomato. Combine the vegetables. To make the dressing, combine sugar, oil and vinegar in a jar. Put the lid on and shake well. Pour dressing over vegetables and toss gently. Cover and chill.



Source: 'Healthy & Homemade' A Collection of Recipes from Iowa State University Extension