

Farmers Market Nutrition Coupon Program News

July 8th—July 20th

Week 3-4

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What's In Season at the Sechelt Market?

- Broccoli
- Beans
- Cabbage
- Cauliflower
- Chard
- Cherries
- Cucumbers
- Goose Berries
- Green Garlic
- Green Onions
- Herbs
- Lettuce
- Kale
- Peas
- Potatoes
- Radishes
- Raspberries
- Salad greens
- Strawberries
- Tomatoes
- Zucchini

Family Fun at the Market

The first two weeks of the program have flown by. I was at the market last Saturday and it was hopping with people on the long weekend. Lots of families out enjoying the good weather and local food.

The market can be a great outing for you and your family.

- Get your kids involved by giving them a coupon so they can choose a fruit or vegetable to buy.

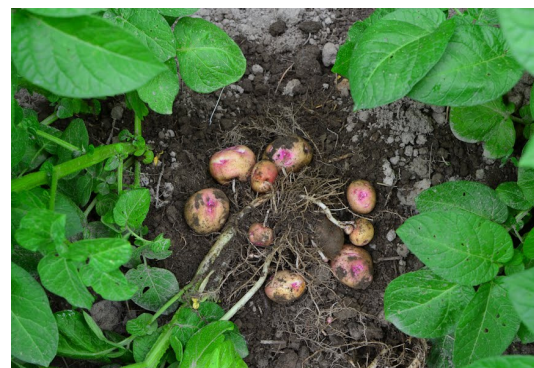
- Pack a picnic and enjoy some of the local fruit and vegetables you purchase.
- Have a scavenger hunt at the market by making a list of things for you and your kids to find while wandering around.
- Have the kids ask farmers questions about the vegetables and fruit they grow and where their farm is located.
- Most of all have fun!

Sweet New Potatoes

I love the first potatoes of summer! I always choose the smallest ones and simply roast them whole with olive oil, salt and pepper.

New potatoes are potatoes that have been harvested while they are very young and before their sugar content has fully converted to starch. They are small with thin skins and their flesh is moist and earthy sweet with a smooth, creamy texture. What's not to love about that.

Not only are they delicious but they are nutrition power-houses as well. In a medium potato with skin (about 170 grams) there is just 145 calories, 0 grams of fat, 4 grams of protein, 3 grams of fibre and contains 45% of your vitamin C intake for the day.



I bought some at the Market on Saturday from Jon Bell of West Sechelt Farms and cooked them up for dinner that night.

New Potatoes are best simply boiled or baked, no need to peel. I love them with homemade pesto and are an excellent choice for potato salads as they hold their shape perfectly. I say give them a try! Enjoy.

Simple Niçoise Salad



Servings: 2

This is the perfect meal for a hot summer day when you don't want to heat up the house.

Ingredients

- 2 tsp Dijon Mustard
- 2 T red or white wine vinegar
- 1/2 tsp sugar or honey
- 1/4 cup olive oil
- 3 cups mixed greens, washed and dried
- 1/2 cup fresh, green beans (about 12)
- 2 plum or 8 cherry tomatoes
- 1/2 cucumber, chopped
- 1 red, yellow or orange pepper, sliced
- 1/4 cup red onion, very thinly sliced
- 1 cup new potatoes, boiled or roasted
- 1/2 cup kalamata olives (optional)
- 1 can solid, light tuna, drained
- 2 hard-boiled eggs, peeled and halved
- 2 tbsp capers (optional)

Method

Dressing:

1. In a small bowl whisk together mustard, vinegar, sugar and oil until smooth.
2. Heap greens on a serving platter, then arrange green beans, tomatoes, cucumber, peppers, onion, potatoes and olives around the outside.
3. Put drained tuna on top.
4. Place hard-boiled egg halves on either side and sprinkle salad with capers.
5. Drizzle dressing over salad and serve immediately.

Tips for Optimal Vegetable Storage

1. Select the freshest produce

The fresher and better quality your vegetables, the longer it's going to last. Another great reason to shop at the farmers market.

2. Minimize physical damage

Cuts and bruises damage the cell walls of your vegetables and open them up to spoilage by microbes. The bad news is that once you have one rotten piece of vegetable, it passes on to its mates so if you do notice any damaged produce, best to get rid of them.

3. Avoid cutting or trimming

A whole pumpkin or squash will keep for much longer than a cut piece. This is all about exposure to the air and to microbes. So best to leave trimming and chopping until the last minute.

4. Separate Fruits and Vegetables

Fruits that give off high levels of ethyl-

ene (the ripening agent) can prematurely ripen and spoil surrounding vegetables.

5. Washing Fruits and Vegetables

With the exception of leafy greens, fresh fruits and vegetables have a natural protective coating and should not be washed before storing as washing will hasten deterioration.

6. Leafy Greens

Leafy greens such as iceberg, romaine, Boston, Bibb, green & red leaf lettuce and spinach will keep fresher if washed before storage. Follow these easy steps.

1. Wash with clean, cool running water and compost wilted, discolored or blemished leaves.
2. Carefully dry in salad spinner or on clean paper towels.
3. Store in salad spinner or wrap lettuce loosely in clean paper towels and store in sealed plastic bag.
4. Use within 1 week.

7. Potatoes and Onions

Store potatoes and onions separately in a cool dark place that is well ventilated. Potatoes keep well in a paper bag for a week or two in a cool cupboard. Store onions in a mesh bag with lots of air movement. Hanging the bag works best.

8. Importance of Temperature

Some vegetables and fruits are sensitive to the cold. Tomatoes keep best on the counter as the cold makes them mealy.

