

# URI SNAP-ED NUTRITION NEWSLETTER

## GUIDE TO SUMMER FRUITS AND VEGETABLES

Eating fruits and vegetables is a great way to add vitamins and minerals to your day. Check out this list of in-season produce you can find at farmers' markets this summer.

### Rhode Island Produce in Season

#### Vegetables



Arugula



Asparagus



Cabbage



Summer Squash



Beets



Corn



Garlic



Eggplant



Tomato



Radish



Rhubarb



Peas

#### Fruits



Apples



Cantaloupe



Watermelon



Plums



Blueberries



Raspberries



Blackberries



Peaches

Make sure to visit [uri.edu/snaped](http://uri.edu/snaped) or follow us on social media for more family-friendly recipes and nutrition information!



RISNPed



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Community Nutrition Education RI



URI Nutrition



#### Technology Spotlight:

**FARM FRESH RI** Farm Fresh RI Website  
A HUB FOR LOCAL FOOD SINCE 2004



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#### Summer Farmers Market Guide 2024

Farmers markets are essential food access points for our community and provide crucial marketplaces for local growers and producers. Here you can find all the confirmed farmers markets across Rhode Island, and learn where you can use SNAP/EBT, WIC, SFMNP, and Bonus Bucks. We will continue to update this page as market information is reported to us by the various statewide market managers.

Check out the Farm Fresh RI website for the most updated list of farmers' markets in your area:

<https://www.farmfreshri.org/>



## Did you know you can use many different food benefits at farmers' markets?

### Check out the list below for more details:



**Women, Infants, and Children:** Take WIC cards directly to farmers at farmers' markets to buy fresh fruit and vegetables.



**Senior Farmers Market Nutrition Program (SFMNP):** Take SFMNP cards directly to farmers at farmers' markets to buy fresh produce.



**Supplemental Nutrition Assistance Program (SNAP):** Take your SNAP card to the farmers' market Welcome Table to swipe and receive tokens to spend with vendors.

### Additional Benefits:



**Bonus Bucks:** At most farmers' markets, SNAP users get a free dollar for every dollar swiped from your SNAP card to spend on fresh fruit, vegetables, and herbs.

## Shamrock Smoothie

**Serves: 4   Serving size: ¾ cup   Prep time: 5 minutes   Cook time: 0 minutes**

### Ingredients

1 apple, cored and chopped  
1 overripe banana (frozen preferred)  
1 cup plain non-fat yogurt  
½ cup 100% orange juice  
2 cups baby spinach

### Directions

1. Put apple, banana, yogurt, and orange juice in the blender.
2. Blend until smooth.
3. Add spinach and blend until smooth.
4. Serve right away, or store in refrigerator for up to 4 hours.

