

# NUTRITION TO GO

## SENIOR FARMERS' MARKET NUTRITION PROGRAM

Each summer, the government gives vouchers to certain seniors to help them buy locally grown fruits, vegetables, honey, and herbs. Vouchers can be used at local farmers' markets to buy these products. Check with your local senior center for vouchers.

**Reminder:** Aim to have at least 1 fruit or vegetable at every meal!



### WHY SHOULD WE EAT FRUITS AND VEGETABLES?

1. Fruits and vegetables have a lot of water which helps to keep you **hydrated**.
2. They are high in fiber to keep you going to the **bathroom regularly**.
3. There are a lot of vitamins and minerals in fruits and vegetables that help you stay **healthy** and can **prevent you from getting sick**. Vitamins and minerals also protect **bone and eye health**.
4. They can help to **lower risk of heart disease and lower blood pressure**.

For a list of local farmers' markets, go to



<http://www.dem.ri.gov/programs/agriculture/senior-farmers-market.php>  
or call (401) 222-2781, extension 74510



### WHY SHOP AT FARMERS' MARKETS?

1. By shopping at the farmers' markets, you are **supporting the community** and families of local farmers.
2. Locally grown fruits and vegetables are **more fresh** than many sold in stores and make meals even more tasty!
3. Farmers' market vouchers **help you buy fruits and vegetables**, which are an important part of a healthy lifestyle.




### HOW DO I USE WHAT I BUY FROM THE FARMERS' MARKET?

There are many ways to use fresh fruits, vegetables, honey, and herbs from the local farmers' market, such as:

- adding fresh **berries** to a yogurt parfait.
- using farm fresh **lettuce** in a salad.
- roasting **potatoes** with fresh herbs like **rosemary**.
- trying local **honey** in tea or baked goods.

## FRESH ZUCCHINI SALAD



**Tip:** Starred items  
can be found at  
your local  
farmers' market

**Prep time:** 10 minutes  
**Cook time:** 0 minutes  
**Servings per recipe:** 4  
**Serving size:** 1/2 cup

**Try these recipes  
using items from  
the farmers' market!**

### Ingredients

1 medium zucchini\*  
1 tablespoon green onion  
(scallions)\*  
1 small green pepper\*  
1 medium tomato\*  
1 tablespoon vegetable oil  
1/4 cup white vinegar

### Directions

1. Wash and chop zucchini, green onion, green pepper, and tomato into bite size pieces. Combine in a bowl.
2. In a small bowl, mix together oil and vinegar. Pour dressing over vegetables and toss.
3. Cover and chill until serving.



## BALSAMIC COLLARD GREENS


### Ingredients

1 teaspoon vegetable oil  
1 cup chopped onion\*  
2 bunches fresh collard greens  
(about 15 stems)\*  
1/4 teaspoon salt  
2 garlic cloves, minced\*  
1 bay leaf  
1 (14.5 ounce) can low sodium  
chicken broth  
3 tablespoons balsamic vinegar  
1 tablespoon honey\*

**Prep time:** 10 minutes  
**Cook time:** 40 minutes  
**Servings per recipe:** 6  
**Serving size:** 1/2 cup

### Directions

1. Prepare collard greens: remove leafy part from stem, discard stems, and chop.
2. Heat vegetable oil in a medium saucepan. Add onion. Cook and stir for 5 minutes or until tender.
3. Add collard greens and cook 3 minutes, stirring occasionally.
4. Add salt, garlic, bay leaf, and chicken broth. Heat to boil, then reduce to medium heat. Cover and cook for 30 minutes or until tender.
5. Mix together balsamic vinegar and honey in a medium sized bowl, remove bay leaf, mix, and serve.



Dark leafy  
greens are  
high in fiber  
and calcium!