

# Recipes Fresh from the Farmers' Market



Farmers' market  
Fresh

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# PEACH SALSA

Serving Size ¼ cup

## INGREDIENTS

- 1 cup peaches (fresh, frozen or canned)
- 1 large tomato, chopped
- 1 bell pepper, seeded and chopped
- ½ cup onion, finely chopped
- ½ cup cilantro, chopped
- 1 tablespoon lime juice
- ¼ teaspoon salt
- ¼ teaspoon pepper

## DIRECTIONS

1. Combine all ingredients in a large bowl. Stir gently to mix.
2. Cover and refrigerate until ready to serve.

*Recipe adapted from Eating Better on a Budget: Recipes from the 10 Tips Nutrition Education Series, Maine Cooperative Extension*

## WHAT TO LOOK FOR

- Peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Avoid peaches with blemishes.
- Tomatoes that are free of bruises or soft spots and punctures. Skin should not be shriveled, and they should have a fresh tomato smell.
- Peppers that are well shaped and glossy. Their skins should be firm and not wrinkled and their stems fresh and green.

## HOW TO STORE

- Store unripe peaches in a paper bag. When ripe, store at room temperature. Place peaches in a single layer on a clean towel.
- Keep tomatoes and onions out of the refrigerator to maintain good flavor.
- Refrigerate peppers in a plastic bag. Use within 5 days.

## PEACH SALSA NUTRITION FACTS

Calories 23, Saturated fat <1, Sodium 76mg, Added sugar 0g, Dietary fiber 1g, Protein <1g, Vitamin C 22mg

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## PEANUT BUTTER YOGURT DIP

Serving Size 2 tablespoons

### INGREDIENTS

- 1/2 cup nonfat plain Greek yogurt
- 1/4 cup peanut butter
- 3/4 teaspoon cinnamon (optional)

### DIRECTIONS

1. In a small bowl, mix together yogurt and peanut butter. Add cinnamon, if desired.
2. Serve with slices of fruit or vegetables, such as apples or pears.

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Serve peanut butter and yogurt dip with your favorite vegetables from the market. Carrots, celery, broccoli, summer squash and zucchini are good choices.

What is the difference between Greek yogurt and regular yogurt? Greek yogurt is made when regular yogurt is strained to remove the liquid whey. This makes Greek yogurt more creamy and tart. Greek yogurt also has more protein than regular yogurt.

## WHAT TO LOOK FOR

- Purchase yogurt made from pasteurized milk before the “sell-by” date expires. However, it is still safe to eat after this date.
- Look for peanut butter with peanuts listed as the first ingredient. Choose peanut butter with less sugar and sweeteners and less hydrogenated oils such as palm oil.

## HOW TO STORE

- Refrigerate yogurt immediately after purchasing.
- Peanut butter can be stored in the pantry even after opening. However, opened peanut butter will last longer in the refrigerator.
- Store dip in a tightly covered container in the refrigerator for up to 3-4 days.

## PEANUT BUTTER YOGURT DIP

Calories 76, Saturated fat 1g, Sodium 53mg, Added sugar <1g, Dietary fiber <1g, Protein 4g

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# FRUIT & NUT SLAW

Serving Size 1 cup

## INGREDIENTS

- 1 cabbage, (any color), thinly sliced
- 1 carrot, peeled and grated
- ½ cup dried fruit
- ½ cup vinegar
- 2 tablespoons sugar
- 2 teaspoons vegetable oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 large or 3 medium apples, thinly sliced
- ¼ cup nuts, chopped and toasted

## DIRECTIONS

1. In a large bowl, combine cabbage, carrots and dried fruit.
2. In a small bowl, mix vinegar, sugar, oil, salt and pepper.
3. Pour vinegar mixture over cabbage mixture and stir until well combined.
4. Just before serving, chop apples, nuts and add to mixture. Mix well.

*Recipe adapted from Eating Better on a Budget. Recipes from the 10 Tips Nutrition Education Series, Maine Cooperative Extension*

## WHAT TO LOOK FOR

- Cabbage heads that are heavy for their size with compact leaves.
- Well-shaped, smooth, firm, crisp carrots. Avoid soft, wilted or split carrots.
- Firm, shiny, smooth-skinned apples with intact stems. Avoid apples that are bruised, soft or have wilted skin.

## HOW TO STORE

- Remove any wilted or damaged leaves, and store cabbage in a plastic bag in the refrigerator. Use it within the first week for best nutrition and quality.
- Refrigerate carrots with tops removed in a plastic bag. Use within a couple of weeks for best nutrition and quality.

## FRUIT AND NUT SLAW NUTRITION FACTS

Calories 135, Saturated fat <1g, Sodium 174mg, Added sugar 3g, Dietary fiber 5g, Protein 3g, Vitamin C 45mg, Vitamin A 92mcg, Folate 54mcg

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# SQUASH MEDLEY

Serving Size 1 cup

## INGREDIENTS

- ½ cup sugar
- ⅓ cup cider vinegar
- ¼ cup olive oil
- 2 tablespoons ranch salad dressing mix
- ¼ to ½ teaspoon pepper
- 2 medium zucchini, thinly sliced
- 2 medium yellow summer squash, thinly sliced
- 2 celery ribs, chopped
- 1 cup chopped red onion
- ½ cup chopped green pepper
- ½ cup chopped sweet red pepper

## DIRECTIONS

1. For dressing, whisk first five ingredients until sugar is dissolved. Place vegetables in a large bowl; toss with dressing.
2. Refrigerate, covered, until cold. Serve with a slotted spoon.

## WHAT TO LOOK FOR

- Zucchini with slightly prickly, but shiny skin. The skin should be firm and free of cuts and bruises.
- Yellow summer squash that are glossy, small-to-medium and heavy in size.
- Celery with straight, rigid stalks and fresh leaves. Avoid woody or limp stalks. Should smell fresh, not musty.
- Bell peppers with firm, brightly colored and tight skin. Avoid dull, shriveled or pitted peppers.

## HOW TO STORE

- Zucchini should be placed in a plastic bag in the refrigerator for 4 to 5 days. Do not wash until you are ready to use.
- Summer squash should be stored in the refrigerator for 3 to 4 days.
- Celery should be stored in the refrigerator in a plastic bag for a week or more.
- Bell peppers should be stored in the refrigerator in a plastic bag. Use within 5 days.

## SQUASH MEDLEY NUTRITION FACTS

Calories 186, Saturated fat 1g, Sodium 277mg, Added sugar 17g, Dietary fiber 2g, Protein 1g, Vitamin C 39mg

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## QUICK PICKLED BEETS

Serving Size ½ cup

### INGREDIENTS

- ½ pound fresh beets (any color)
- ¼ small red onion, thinly sliced
- 3 tablespoons balsamic vinegar
- 1 tablespoon canola oil
- 1½ teaspoons minced fresh basil
- 1 small garlic clove, minced
- ¼ teaspoon salt
- ⅛ teaspoon pepper

### DIRECTIONS

1. Scrub beets and trim tops to 1-inch. Place in a small saucepan and cover with water. Bring to a boil. Reduce heat; cover and simmer 30-60 minutes or until tender. Remove from the water; cool.
2. Peel beets and slice thinly. Transfer to a small bowl. Add the remaining ingredients; toss to coat. Cover and refrigerate overnight for best flavor.

## WHAT TO LOOK FOR

- Choose beets with firm, smooth skins. If they are attached, make sure leaves are not wilted.
- Pick smaller beets because they are more tender than large.
- Try different colors, such as red, gold and white.

## HOW TO STORE

- Remove leaves, leaving about an inch of the stems. Use leaves as greens-raw or cooked. Store roots in a plastic bag in the refrigerator for up to 3 weeks.
- Wash before cooking. Tip: Because they bleed and will stain your skin temporarily, use a small amount of aluminum foil to scrub beets. Wearing gloves will also protect your hands.

## QUICK PICKLED BEETS NUTRITION FACTS

Calories 79, Saturated fat <1g, Sodium 193mg, Added sugar 0g, Dietary fiber 2g, Protein 1g, Folate 51mcg

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# BERRY SPINACH SALAD

Serving Size 1 cup

## INGREDIENTS

- 3 cups baby spinach, rinsed and dried
- 1 pint fresh blackberries (or other berries in season)
- 6 ounces crumbled feta cheese
- 1 pint cherry tomatoes, halved
- 1 green onion, sliced
- ¼ cup finely chopped walnuts (optional)

## DIRECTIONS

In a large bowl, toss together baby spinach, blackberries, feta cheese, cherry tomatoes, green onion and walnuts.

## WHAT TO LOOK FOR

- Blackberries should be deep purple to black and should not have any green or white patches. They should be moderately firm, plump and dry, with no mold.
- Spinach should have bright, fresh, dark leaves. Avoid spinach that is wilted, yellow, or with insect damage.
- Cherry tomatoes should have firm, bright skins, and a fresh tomato scent. Avoid tomatoes with shriveled skin.

## HOW TO STORE

- Place berries in the refrigerator, unwashed, because excessive moisture can make them mold quickly.
- Spinach should be loosely wrapped in a damp paper towel and stored in a plastic bag in the refrigerator.
- Store cherry tomatoes on the counter at room temperature for best flavor and texture. Wash just before eating.

## BERRY SPINACH SALAD NUTRITION FACTS

Calories 210, Saturated fat 7g, Sodium 426mg, Added sugar 0g, Dietary fiber 6g, Protein 10g, Calcium 285mg, Vitamin A 219mcg, Vitamin C 34mg

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# CORN SALAD

Serving Size 1 cup

## INGREDIENTS

### FOR THE SALAD

- 2 cups corn kernels (fresh or frozen)
- 1 cup grape tomatoes, halved
- 1 cup zucchini, diced (about 1 small zucchini)
- ½ cup celery, diced
- ½ cup sweet bell pepper, diced
- ¼ red onion, diced

### FOR THE DRESSING

- 2 tablespoons olive oil
- 3 tablespoons honey
- 3 tablespoons vinegar
- ½ teaspoon salt

## DIRECTIONS

1. Combine all dressing ingredients in a jar. Cover with lid and shake until completely combined. Set aside.
2. Place all of the vegetables in a large bowl. Pour dressing over top and gently toss to coat.
3. Cover and refrigerate until ready to serve.

## WHAT TO LOOK FOR

- Corn with bright green, tightly wrapped husk that has not been opened. Tassels should be almost sticky or have some moisture. Check for small worm holes.
- Zucchini that is firm and free of bruising and punctures.
- Tomatoes that are free of bruises or soft spots and punctures. Skin should not be shriveled and they should have a fresh tomato smell.
- Peppers should be well-shaped, firm and glossy. Their skins should be firm and not wrinkled, and their stems fresh and green.

## HOW TO STORE

- All produce from the market should be brought home right away. Don't leave produce in the car while running other errands.
- Store most produce unwashed, loosely, in plastic bags. Use the produce drawer of the refrigerator if you have one. Tomatoes and onions should be stored out of the refrigerator to maintain good flavor.
- Keep your fruits and vegetables separate. Since fruits give off high levels of gas to help them ripen, they can quickly spoil vegetables.
- Use within a few days.

## SUMMER CORN SALAD NUTRITION FACTS

Calories 44, Saturated fat <1g, Sodium 260mg, Added sugar 10g, Dietary fiber 2g, Protein 3g, Vitamin C 26mg

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# TOMATO & CUCUMBER OPEN FACE SANDWICHES

Serving Size 1 open face sandwich

## INGREDIENTS

- 1 (8 oz.) pkg reduced fat cream cheese, softened
- 2 cucumbers, seeds removed, diced (about 2 cups)
- ¼ cup red onion, finely chopped
- 2½ teaspoons fresh dill, chopped
- 2½ teaspoons fresh mint, chopped
- 2 teaspoons fresh lemon juice
- 1 teaspoon white wine vinegar
- 1 teaspoon kosher salt (plus more for serving)
- ½ teaspoon black pepper (plus more for serving)
- 6 slices whole wheat bread, toasted
- 1½ to 1¾ lb. fresh tomatoes, cut into ½-inch slices
- 2 tablespoons extra-virgin olive oil
- Thinly sliced chives

## DIRECTIONS

1. Stir together cream cheese, cucumbers, red onion, dill, mint, lemon juice, vinegar, salt and pepper in a medium bowl until well combined.
2. Spread about ¼ cup of the cucumber mixture onto each slice of toasted bread. Top each with 2-3 tomato slices and drizzle each with 1 teaspoon olive oil. Sprinkle tomatoes with chives, salt and pepper. Serve immediately.

## WHAT TO LOOK FOR

- Tomatoes that are free of bruises, soft spots or punctures. Skin should not be shriveled and they should have a fresh tomato smell.
- Cucumbers that are firm and well shaped with dark green color. They should be heavy for their size.
- Herbs that look fresh with bright color. Leaves should not be wilted.

## HOW TO STORE

- Tomatoes should be stored out of the refrigerator to maintain good flavor.
- Refrigerate cucumbers in a plastic bag for about a week for best quality.
- Dill, cilantro and mint should be wrapped loosely with plastic or in a plastic bag stored in the refrigerator. They also can be stored with the ends of stems in a jar of water in or out of the refrigerator.

## TOMATO AND CUCUMBER NUTRITION FACTS

Calories 226, Saturated fat 4g, Sodium 463mg, Added sugar 0g, Dietary fiber 3g, Vitamin C 23mg

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# WHAT'S IN SEASON

COMMODITY	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES												
BEETS												
BLACKBERRIES												
BLUEBERRIES												
BROCCOLI												
CABBAGE												
CANTALOUPE												
CARROTS												
CORN, SWEET												

COMMODITY	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CUCUMBERS												
PEACHES												
PEPPERS, BELL												
POTATOES, SWEET												
SQUASH, SUMMER												
SPINACH												
STRAWBERRIES												
TOMATOES												
WATERMELON												

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