



FARMERS' MARKET

SHOPPER'S GUIDE



Martin-Gatton
College of Agriculture,
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Cooperative Extension Service

Acknowledgments

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PlanEatMove.com

Visit the Plan, Eat, Move website

for farmers' market information and delicious
recipes using your farmers' market produce.



Contact your county Cooperative Extension office for:

- Nutrition education programs
- Information about using EBT, WIC and Senior Farmers' Market
Nutrition Program benefits at the farmers' market



Cooperative Extension Service



This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program.



Contents

Buy Kentucky fresh.	2
Tips for shopping at the farmers' market	2
Approximate market measurements	3
Apples.	5
Asparagus	7
Blackberries and blueberries	9
Broccoli.	11
Cantaloupe.	13
Corn.	15
Green beans	17
Peppers	19
Protein items	21
Strawberries	23
Tomatoes.	25
Watermelon	27
Zucchini and summer squash.	29
Kentucky Proud produce availability chart . . .	31
Pocket for recipe cards	32



BUY KENTUCKY FRESH

Local foods taste better. Fruits and vegetables grown locally and sold at the farmers' market spend more time maturing in the field, and less time on the road. They aren't picked green and sprayed with hormones to ripen. They are naturally at their peak flavor and nutrition, and ready for your family to enjoy.

When your family has fun selecting fresh and delicious local foods, you help your neighbors on small farms and keep more money in your community. Take time to talk to the farmers, and learn about their farms and fresh foods in your area.

Tips for shopping at the farmers' market

- **Mind your budget.** Before you go, decide how much you have to spend. Bring along a calculator or paper and pencil to track spending. Don't buy more than you can store safely and eat or preserve before it spoils.
- **Bring the kids** and let them help pick out some of the fruits and

vegetables. They will learn how to shop wisely and might even get excited about trying new foods.

- **Arrive early for best selection.** Popular items may sell out fast.
 - **Shop late for best prices.** Some farmers will sell items at a lower price, rather than taking them home. Don't be afraid to bargain.
 - **Make a lap around the market before making purchases.** This will allow you to see which booths have the best quality food for the lowest prices, which vendors accept EBT or nutrition program benefits, or offer promotions such as Double Dollars.
 - **Keep an open mind.** Produce sold at the farmers' market is usually grown for taste, not appearance. It may look imperfect, but taste great.
 - **Ask for seconds.** Sometimes farmers have good produce that didn't look good enough to display. Ask if they have seconds that they will sell at a reduced rate.
- **Buy fruits and vegetables in season.** That's when they're at the height of quality and lowest price. See page 31 for information about when produce is in season.
 - **Ask questions.** Farmers are usually happy to answer questions about their produce, and they often have good cooking and serving suggestions.
 - **Take notes to help you remember which vendors have good prices on high quality food.** Next time you visit the market, refer to your notes.
 - **Buy now, enjoy later.** If possible, buy large amounts of produce in season and freeze, can or dry it for the winter. Contact your county Extension office for classes in food preservation.



APPROXIMATE MARKET MEASUREMENTS

Product	Number	Pounds	Amount Prepared
Apples	3 to 4 medium	1 pound	2 ½ cups chopped
Asparagus	16-20 stalks	1 pound	3 cups, chopped
Berries	1 pint	¾ pound	2 to 3 cups
Broccoli	1 medium bunch	¾ pound	3 cups chopped
Cantaloupe	1 melon, 6" diameter	3 pounds	4 ½ cups cubed
Corn	3-4 ears	1 pound	1 cup kernels
Green beans	3 handfuls	1 pound	2 ½ cups cooked
Onions	4-5 medium	1 pound	4 cups sliced
Peppers	1 large pepper	½ pound	1 cup chopped
Tomatoes	4 medium	1 pound	2 cups chopped
Watermelon	1 medium melon	20-25 pounds	14-18 1" slices or 32 cups cubed
Zucchini/Yellow Squash	3 medium	1 pound	3 ¼ cups shredded, 2 cups cooked

WHAT THE HECK'S A PECK?

**2 CUPS
= 1 PINT**



**2 PINTS
= 1 QUART**



**8 QUARTS
= 1 PECK**



**4 PECKS
= 1 BUSHEL**





APPLES

Select

Choose firm, fresh smelling apples with good color and no shriveling or bruises.

Store

Refrigerate ripe apples in the fruit drawer or in a plastic bag.

Prepare

Wash apples and eat raw, or add to salads or baking recipes. Mix 1 teaspoon of lemon or orange juice with 3 tablespoons of water to keep cut apples from browning.

Preserve

Apples freeze and dry well. Contact your county Extension office for information on food preservation.

Apple Nachos

¼ cup peanut butter

¼ cup non-fat Greek yogurt

2 tablespoons milk

1 tablespoon honey

2 red apples, cored and cut into ¼ inch slices

2 green apples, cored and cut into ¼ inch slices

Optional toppings: coconut, dried cranberries, granola, peanut butter chips, nuts, raisins

1. In a blender, combine peanut butter, yogurt, milk and honey. Blend until smooth.
2. Place apple slices on a large plate or platter and drizzle with peanut butter sauce.
3. Add toppings of choice if desired, and serve immediately.

Makes 6 servings

1 serving contains 160 calories, 6 g total fat, 1 g saturated fat, 5 mg sodium, 20 g sugar and 4 g fiber



Apples are very high in fiber and antioxidants like vitamin C. Eat the skin to get the best nutrition value.

KENTUCKY APPLES

Many types of apples are grown in Kentucky. Here are a few popular varieties. Which is your favorite?



Ripen mid-summer

- **Lodi** is a tart, green apple. It is good for pies and applesauce.
- **Early Gold** has a yellow-green skin. It is good to eat fresh or in pies.

Ripen early fall

- **Honeycrisp** has a sweet flavor and crisp texture. It is a favorite to eat fresh.
- **Golden Delicious** is a large, yellow apple with a sweet, mild flavor. It is nice to eat fresh. Its flesh does not stay firm when baked.
- **Gala** apples have a red and yellow skin and a firm, juicy, sweet flesh. They are wonderful to eat fresh.

Ripen mid to late fall

- **Rome Beauty** is slightly tart. It can be eaten fresh but is favored for baking.
- **Macintosh** has a thick green skin with a deep red blush. It has a pleasant, mildly tart flavor that makes it good fresh. It also makes good applesauce.
- **Granny Smith** is a tart, crisp apple with a light green skin. It is exceptional for baking.

Source: eXtension: What Apple Varieties are Recommended for Kentucky Gardens, accessed 4/11/2019



ASPARAGUS

Select

Choose bright green or violet-tinged spears with firm stems and closed tips.

Store

Refrigerate for up to one week.

Prepare

Asparagus can be steamed, grilled, oven-roasted, stir-fried, microwaved, or cooked on top of the stove in a small amount of water.

Preserve

Asparagus may be frozen, canned or pickled. Contact your county Extension office for information about food preservation.

Asparagus Tomato Salad

*1 pound of fresh asparagus, trimmed
and cut into 1-inch pieces*

*1 small zucchini, halved and cut
into ¼ inch slices*

3 tablespoons olive oil

2 tablespoons red wine vinegar

1 garlic clove, minced

¼ teaspoon seasoned salt

¼ teaspoon honey mustard

1 cup cherry or grape tomatoes, halved

¼ cup sliced green onions

¼ cup shredded fresh mozzarella cheese

¼ cup minced fresh parsley

1. Place the asparagus and zucchini in a steamer basket. Place in a saucepan over 1 inch of boiling water. Cover and steam for 2 minutes. Rinse in cold water.
2. In a large bowl, whisk together olive oil, red wine vinegar, garlic, seasoned salt and honey mustard.
3. Add asparagus mixture; toss to coat.
4. Toss in tomatoes and green onions.
5. Sprinkle with mozzarella cheese and parsley.

Makes six servings.

Each serving contains 110 calories,
7 g fat, 1 g saturated fat, 35 mg sodium,
2 g fiber, 3 g sugar

Asparagus is a nutrition power house! It is low in calories but high in folate, fiber, and vitamins K, A, C and E.

KENTUCKY ASPARAGUS

To oven roast:

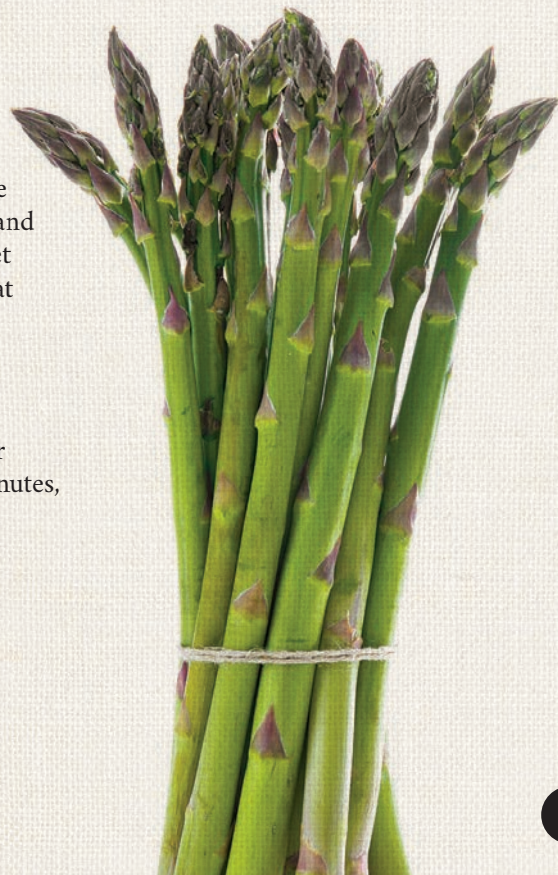
Rinse the asparagus and break off the tough ends, then coat with olive oil, sprinkle with salt and pepper, and roast on a baking sheet for about 25 minutes at 400 degrees F.

To grill:

Prepare as for oven roasting, but grill over a high heat for 2-3 minutes, until tender crisp.

Consider flavoring asparagus with:

- Lemon juice
- Garlic
- Balsamic vinegar
- Parmesan cheese



A top-down photograph of a white ceramic bowl with a black rim and a decorative gold-colored band. The bowl is filled with a mix of fresh blackberries and blueberries. Several berries are scattered on the dark, textured surface around the bowl. The lighting is soft, highlighting the natural colors and textures of the fruit.

BLACKBERRIES AND BLUEBERRIES

Select

Choose blackberries that are plump and uniform in color. Avoid berries that are crushed, moldy, or have extra moisture. Blueberries should be plump and firm with deep blue-black skin and a silvery sheen.

Store

Both blackberries and blueberries should be covered and stored in the refrigerator. They should be washed just before using. Blackberries should be used within a few days, while blueberries will keep for up to 14 days.

Prepare

Wash, then cook or eat fresh.

Preserve

Blackberries and blueberries freeze and dry well. Contact your county Extension office for more information about food preservation.

Blackberry & Basil Spritzer

2 cups lemon sparkling water
2 cups ice cubes (6-7 large cubes)
2 cups blackberries
2 tablespoons honey
1 lime (½ lime juice, ½ cut into wedges)
3 basil leaves

1. Combine all ingredients, except basil and ½ lime, in a blender and blend on high speed until completely mixed.
2. Strain mixture through a sieve to separate blackberry seeds.
3. Pour into 3 glasses, add 1 basil leaf to each drink and serve with lime wedge.

Makes three (16 ounce) servings

1 serving contains
90 calories, 0 g fat,
10 mg sodium, 5 g fiber,
11 g added sugars

Very Berry Salsa

4 cups apples, finely diced
1 cup blueberries
1 cup strawberries, diced
1 cup raspberries, halved
1 cup blackberries, halved
1 tablespoon fruit preserves
½ tablespoon sugar
½ tablespoon brown sugar

1. In a large bowl, combine apples and berries.
2. In a small bowl, mix together preserves and sugars until well blended.
3. Pour preserve mixture over fruit and toss to coat.
4. Cover and chill in the refrigerator for at least 30 minutes.
5. Serve with tortilla chips or bagel chips.

Makes 32 (2 ounce) servings

Each serving contains
20 calories, 0 g fat,
0 mg sodium, 1 g fiber,
4 g sugar

Blueberries and blackberries are excellent sources of fiber, antioxidants, vitamins (A, C, E, K) and minerals (zinc, copper, manganese.)

KENTUCKY BERRIES

There are lots of ways to enjoy fresh berries:

- Top your cereal or ice cream.
- Make a parfait with yogurt and granola.
- Toss them into a green salad with vinaigrette dressing.
- Mix them into your pancake or muffin batter.
- Make a pie, crisp or cobbler.

THE
KENTUCKY
STATE FRUIT
IS THE
BLACKBERRY!





BROCCOLI

Select

Choose young, dark-green stalks that have tightly closed buds.

Store

Refrigerate in a perforated plastic bag for 3-5 days. Wash just before using.

Prepare

Broccoli can be steamed, boiled, microwaved, stir-fried, or roasted.

Preserve

Broccoli can be frozen. Contact your county Extension agent for more information about food preservation.

Broccoli Salad

6 cups fresh broccoli, chopped
1 cup raisins
1 medium red onion, peeled and diced
2 tablespoons sugar
8 bacon slices, cooked and crumbled (optional)
2 tablespoons lemon juice
 $\frac{3}{4}$ cup low-fat mayonnaise

1. Combine all ingredients in a medium-sized bowl
2. Mix well
3. Chill for 1 to 2 hours
4. Serve

Makes 16 servings

Each serving provides

100 calories, 4.5 g fat, 1 g saturated fat,
135 mg sodium, 2 g fiber, 8 g sugar



Broccoli is a nutrient dense vegetable:
For a small number of calories, it provides a lot of protein, fiber, vitamins C and K, and potassium.

KENTUCKY BROCCOLI

To microwave or boil:

To preserve the nutrients in vegetables, use the least amount of water possible when microwaving or boiling. Cook only to tender-crisp.

To stir-fry:

Vegetables don't lose as many nutrients when stir fried, because little to no water is used and the vegetables are not exposed to heat for long.

To stir-fry broccoli:

- Wash and cut into 1 to 1½ inch pieces.
- Peel the tough outer skin from the stalks before cutting into pieces.
- Heat 2 tablespoons of oil in a skillet or wok over high heat.

- Add broccoli and a minced garlic clove, if desired, and stir rapidly until lightly browned, about 2 minutes.
- Add 2 tablespoons of water and cook, stirring constantly, until tender, about 2 more minutes.
- Season as desired. Salt, pepper, onion powder, soy sauce, lemon juice, sesame oil and ginger are good with broccoli.



The image features three large, triangular slices of cantaloupe melon arranged on a vibrant blue, textured wooden surface. The melon slices show the bright orange, juicy flesh and the central cavity filled with small, light-colored seeds. A large, sharp knife with a black handle is positioned on the right side of the frame, partially overlapping the melon slices. The lighting is bright, highlighting the freshness of the fruit.

CANTALOUPE

Select

Choose melons that are heavy for their size. They should not have a yellow or cream undertone. A ripe melon will give slightly if pressed gently on the blossom end. The melon should have a fruity fragrance.

Store

Uncut cantaloupe will keep at room temperature for up to a week. Refrigerate cut melons in an airtight container for no more than 5 days.

Prepare

Scrub the melon with a clean brush under running water before cutting. Scoop out and discard the seeds and strings. Serve alone or use in salads or smoothies.

Bright Morning Smoothie

1 cup low fat vanilla yogurt
½ cup orange juice
1 cup cubed cantaloupe

1. Blend all ingredients in a blender until smooth.

Makes 2 servings

Each serving provides
160 calories, 2 g fat,
1 g saturated fat,
85 mg sodium, 1 g fiber,
28 g sugar

FOR VARIETY, TRY
ADDING A RIPE BANANA
OR A DASH OF CINNAMON
TO THIS SMOOTHIE.
SUBSTITUTE A DIFFERENT
JUICE OR COCONUT
WATER FOR THE ORANGE
JUICE. THE POSSIBILITIES
ARE ENDLESS!

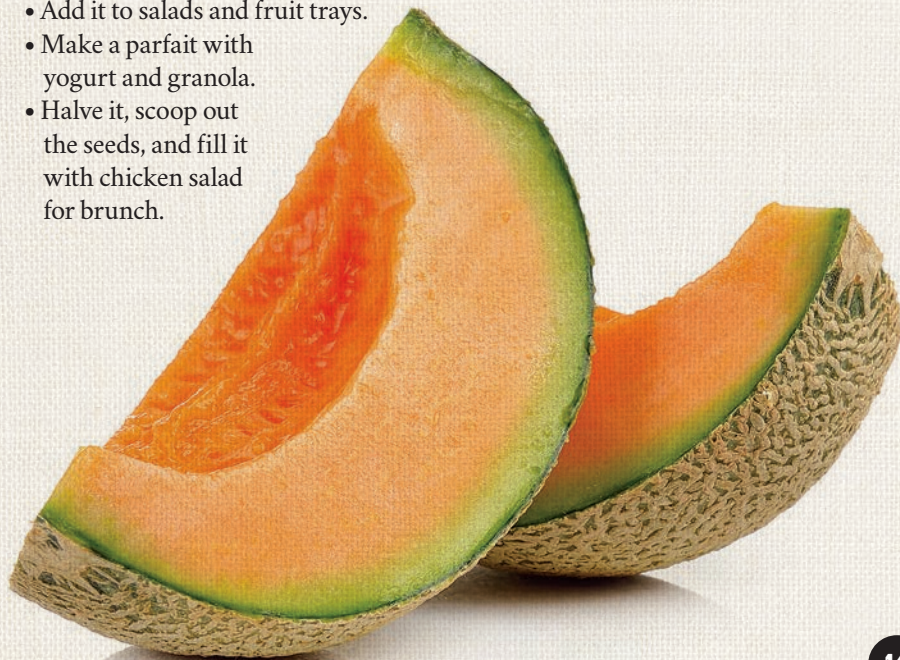
One serving of cantaloupe provides 100% of the vitamin A and 50% of the vitamin C needed for the day. It's also a great source of potassium.

KENTUCKY CANTALOUPE

There are many ways to enjoy fresh cantaloupe:

- Eat a slice plain for breakfast.
- Add it to salads and fruit trays.
- Make a parfait with yogurt and granola.
- Halve it, scoop out the seeds, and fill it with chicken salad for brunch.

- Add a scoop of vanilla ice cream to a cantaloupe wedge for dessert. Top with fresh berries.





CORN

Select

Choose ears with green shucks and moist stems. Kernels should be small, tender and plump. There should not be many empty spaces in the rows of kernels.

Store

Do not shuck until ready to use. Refrigerate, wrapped in damp paper towels in a plastic bag for 4 to 6 days.

Prepare

Remove shucks just before using. Use a soft brush or damp paper towel to remove silks. Corn may be boiled, microwaved, or grilled.

Preserve

Corn freezes well and may be canned and dried. Contact your county Extension office for more information about food preservation.

Zucchini and Corn

½ cup sliced green onion
2 tablespoons margarine
4 cups fresh corn, cut from cob
1 large zucchini, cut into ¼ inch slices
1 medium tomato, peeled and chopped
1 tablespoon chopped fresh parsley
¼ teaspoon salt
⅛ teaspoon pepper

1. Sauté onion in margarine until tender.
2. Stir in corn and zucchini and cook 10 minutes, until tender.
3. Add tomato, parsley and seasonings and cook until heated.

Makes 6 servings

Each serving contains 120 calories, 5 g total fat, 1 g saturated fat, 0.5 g trans fat, 130 mg sodium, 19 g carbohydrate, 2 g fiber



Corn is a good source of energy, protein and fiber. It is rich in vitamin C, magnesium and carotenoids.

KENTUCKY CORN



To boil corn on the cob:

1. Husk and silk the corn just before cooking.
2. Choose a pot large enough to hold the ears, and fill with enough water to cover the corn.
3. Bring the water to a boil, and add the corn.
4. Cover the pot and return the water to a boil.
5. Once the water boils, remove it from the heat. The corn is perfectly cooked when a fork stuck into the kernels releases no milk. Remove the ears from the water immediately to avoid overcooking.

To roast or grill corn on the cob:

6. Husk and silk the corn just before cooking.
7. Spray squares of aluminum foil with cooking spray or

grease with butter or margarine.

8. Wrap each ear of corn tightly in foil to seal.
9. Grill over medium indirect heat or bake at 400 degrees for 20-25 minutes. Turn occasionally.

HINT: VERY FRESH CORN COOKS MORE QUICKLY THAN OLDER CORN.



GREEN BEANS

Select

Choose bright, firm, smooth beans without blemishes. Beans should have small seeds.

Store

Refrigerate in a plastic bag in the crisper for 3 to 5 days. Wash just before use.

Prepare

Snap off ends of beans. If the beans have tough strings, pull them off with the ends. If desired, snap into bite sized pieces. Beans may be steamed, microwaved, stir-fried, oven roasted or boiled in a small amount of water.

Preserve

Freezing and canning are good ways to preserve green beans. They may also be dried. Contact your county Extension office for more information about food preservation.

Green Bean Bundles

*1 pound fresh green beans
¼ teaspoon black pepper
12 slices turkey bacon
2 tablespoons unsalted butter
2 cloves garlic, minced
⅛ teaspoon ground cinnamon
¼ teaspoon allspice*

1. Preheat oven to 400 degrees F.
2. Remove ends and strings from beans. Wash and dry beans thoroughly and season with black pepper.
3. Bundle together 5-8 beans and wrap with a strip of turkey bacon to hold them together.
4. Lay each bundle, seam side down, in a large baking dish. In a small saucepan, heat butter, garlic, cinnamon and allspice over low heat, whisking until butter is melted.
5. Brush the mixture over the top of each green bean bundle with a pastry brush.
6. Cover with foil and bake for 35 minutes.
7. Remove foil and bake for 15 additional minutes, until bacon is crisp

Makes 12 bundles

Each bundle contains 60 calories, 5 g fat, 2 g saturated fat, 170 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g sugar

Summer Green Beans

*2 pounds fresh green beans
1 small onion, sliced
1 clove garlic, minced
1 tablespoon olive oil
¾ cup water
½ teaspoon sugar
½ teaspoon salt
½ teaspoon ground pepper
¼ teaspoon dried whole
tarragon, dill weed,
or basil leaves*

1. Wash and string green beans.
2. Cut or snap beans into half or smaller pieces.
3. In a large pot over medium heat, cook onion and garlic in oil until tender.
4. Add beans and remaining ingredients.
5. Cover, reduce heat and simmer for 20 minutes or until beans are tender. Add water as needed to prevent scorching.

Makes 8 servings

Each serving provides 45 calories, 2 g fat, 0 g saturated fat, 150 mg sodium, 8 g carbohydrate, 4 g fiber

GREEN BEANS ARE A GOOD VEGETABLE SOURCE OF PROTEIN. THEY ARE HIGH IN FIBER, FOLATE, VITAMINS A, C, AND K, AND MANGANESE.





PEPPERS

Select

Look for peppers with bright, shiny skins. Peppers should be firm and heavy for their size. Avoid wrinkled or soft peppers.

Store

Refrigerate in vegetable crisper or plastic bag for 3 to 5 days.

Prepare

Peppers can be washed and eaten raw, grilled, stuffed and baked, roasted or stir-fried.

Preserve

Peppers freeze well and may also be dried. Contact your county Extension office for more information about preserving food.

Easy Sheet Pan Chicken Bake

Nonstick spray
2 teaspoons chili powder
1 teaspoon paprika
2 teaspoons garlic powder
½ teaspoon salt
½ teaspoon pepper
3 tablespoons olive oil
1 pound boneless,
skinless chicken breasts,
sliced into strips
3 bell peppers, sliced
1 medium red onion, sliced

1. Preheat oven to 400 degrees F. Spray a rimmed baking sheet with nonstick cooking spray.
2. In a medium bowl, mix chili powder, paprika, garlic powder, salt and pepper; set aside.
3. Place chicken and vegetables in large

bowl. Drizzle with olive oil; toss to evenly coat.

4. Lightly coat chicken slices, bell peppers and onion in spice mix. Spread onto baking sheet.
5. Roast in oven, tossing halfway, until vegetables are tender and chicken has cooked through, about 20-25 minutes.

Makes 4 servings

Each serving contains
270 calories,
13 g fat, 2 g saturated fat,
380 mg sodium,
11 g carbohydrate,
2 g fiber, 4 g sugar



**Peppers are low in fat and sugar,
but high in fiber and vitamin C.**

KENTUCKY PEPPERS



The flavor of peppers grown in Kentucky can range from sweet and mild bell peppers to hot and spicy habaneros. A variety's heat depends on how much of the chemical capsaicin is in the pepper, measured in Scoville Heat Units. (SHU) Here are some of Kentucky's peppers ranked from mildest to spiciest.

Type Pepper	Scoville Heat Units (SHU)
• Bell peppers	0
• Banana peppers (may be mild or hot).	0-500
• Pimientos	100-500
• Italian or Cubanelle peppers	100-1,000
• Anaheim or New Mexican Chile pepper	500-2,500
• Poblano peppers	1,000-1,500
• Cherry peppers	2,500-5,000
• Jalapeño	2,500-8,000
• Serrano	10,000-23,000
• Tabasco	30,000-50,000
• Habanero	100,000-350,000

Source: www.uky.edu/ccd/sites/www.uky.edu/ccd/files/bellpeppers.pdf accessed 4/17/2019

The background of the page is a collage of various protein items. The top section shows several white eggs, one of which is cracked open to reveal a bright orange yolk. The middle section features two pieces of raw chicken breast on a wooden surface, one of which is seasoned with black and red peppercorns. The bottom section displays a large wedge of Swiss cheese with characteristic holes, next to a pile of shredded cheddar cheese on a wooden cutting board.

PROTEIN ITEMS

Select

Kentucky farmers' markets make local eggs, cheese, meats and poultry available. Sometimes these products are from "free range" animals, or allowed to graze naturally rather than being penned and fed grains. Ask the farmer about how his animals are raised. Different methods result in different flavors and nutrient content.

Store

Protein items are highly perishable. Purchase only items that have been held at refrigerated temperatures. Consider bringing an insulated shopping bag with a cold pack, and purchasing protein items just before leaving the market. At home, refrigerate protein items on a low shelf, where the temperature is coolest.

Prepare

Eggs can be fried, scrambled, poached, hard boiled, made into soufflés, omelets and quiches, used as a thickening agent and a leavening agent. Meats and poultry can be roasted, stewed, grilled, baked, smoked, pan fried and stir-fried.

1 cup diced ham
 2½ cups any chopped,
 sautéed fresh vegetables
 (such as: mushrooms, bell
 peppers, tomatoes, spinach)
 1 cup shredded low-fat
 cheddar cheese
 9 large eggs
 ¼ cup low-fat milk
 ¼ teaspoon salt
 ¼ teaspoon black pepper



1. Preheat oven to 375 degrees F. Spray 12 cup muffin pan with nonstick cooking spray. Set aside.
2. In a large bowl, combine ham, sautéed vegetables and cheese. Divide the mixture evenly among muffin tins.
3. In a bowl, whisk together eggs, milk, salt and pepper. Pour egg mixture over the ham and vegetable mixture, filling each muffin tin to the top.
4. Bake for 25 to 30 minutes or until the tops are firm to the touch and an inserted toothpick comes out clean. Remove from the oven and set aside for 5 minutes before removing from pan. Serve warm.
5. Store leftover omelets in an airtight container in the refrigerator for up to 4 days. Reheat in a microwave oven for 20-40 seconds.

Makes 12 servings

Each serving contains 110 calories, 6 g fat, 2.5 g saturated fat, 170 mg sodium, 2 g carbohydrate, 0 g fiber, 1 g sugar

Animal products are the best sources of complete, high quality protein and iron.

KENTUCKY PROTEIN

Safety tips for protein items

- Avoid contaminating produce with juices from meat during the trip home, or while storing or preparing food.
- Try to keep protein items below 40 degrees F on the trip home.
- Use a food thermometer inserted into the thickest part of the muscle to find the internal temperature of meat, poultry and fish. Cook to a safe internal temperature, as shown below.

Minimum internal temperatures:

- Beef, Pork, Veal and Lamb steaks, chops and roasts: 145 degrees F and allow

to rest at least 3 minutes

- Ground meats: 160 degrees F
- Ham, fresh or smoked, uncooked: 145 degrees F and allow to rest for at least 3 minutes
- Poultry: 165 degrees F
- Eggs: 160 degrees F
- Fish and Shellfish: 145 degrees F
- Leftovers and Casseroles: 165 degrees F

Source: United States Department of Agriculture Food Safety and Inspection Service, https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/safe-minimum-internal-temperature-chart/ct_index, accessed 4/18/2019





STRAWBERRIES

Select

Choose fully ripened, bright red, plump berries with a natural shine and fresh looking caps.

Store

Refrigerate, covered and unwashed, with caps on.

Prepare

Wash and eat fresh, add to salads and parfaits, blend into smoothies, or bake into desserts. Top cereal or ice cream with fresh berries or use them to flavor a syrup for desserts or drinks.

Preserve

Strawberries may be frozen and dried. Contact your county Extension office for more information about preserving food.

Spring Harvest Salad

5 cups torn spring leaf lettuce
2½ cups spinach leaves
1½ cups sliced strawberries
1 cup fresh blueberries
½ cup thinly sliced green onions

Dressing:

4 teaspoons lemon juice
2½ tablespoons olive oil
1 tablespoon balsamic vinegar
1½ teaspoons Dijon mustard
2 teaspoons Kentucky honey
½ teaspoon salt
¼ cup feta cheese crumbles
½ cup unsalted sliced almonds

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onions in a large salad bowl.
2. Prepare dressing by whisking together the lemon juice, olive oil, balsamic vinegar, Dijon mustard, honey and salt; pour over lettuce mixture and toss to coat.
3. Sprinkle salad with feta cheese and sliced almonds.
4. Serve immediately.

Makes 8 servings

Each serving contains 130 calories, 9 g fat, 1.5 g saturated fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar

Strawberry Green Tea

13 cups water
13 green tea bags, regular size
1 pound fresh strawberries
1 cup honey
1 lemon, optional

1. Wash strawberries and remove the tops.
2. Chop the berries with a hand chopper in a large pot.
3. Add water to the chopped berries and bring to a boil, stirring occasionally.
4. Remove from heat and let mixture cool for 5 minutes.
5. Add tea bags and submerge. Steep tea for 2 to 3 minutes.
6. Strain the tea through a mesh strainer or cheesecloth lined colander into a 1 gallon pitcher.
7. Add honey and stir until dissolved.
8. Chill and serve.
9. Garnish with a lemon slice or a fresh strawberry if desired.

Makes 16 servings

Each serving contains 70 calories, 0 g fat, 5 mg sodium, 19 g carbohydrate, 1 g fiber, 17 g sugar



**STRAWBERRIES
ARE A GREAT
SOURCE
OF VITAMIN C
AND FIBER.**



TOMATOES

Select

Choose firm tomatoes that are fragrant and rich in color. They should be heavy for their size and give slightly to light pressure.

Store

Store under-ripe tomatoes in a paper bag to ripen. Store ripe tomatoes at room temperature for no more than 3 days. Keep away from direct sunlight.

Prepare

Wash and eat raw, or cook. Add raw to salads, salsas and relishes. Sliced tomatoes may be eaten as a side dish or added to sandwiches. Tomatoes may be stewed, roasted, grilled or stir-fried.

Preserve

Tomatoes may be canned, frozen or dried. Contact your county Extension agent for more information about food preservation.

5 medium tomatoes
1 jalapeño pepper
1 garlic clove, peeled and minced
½ medium red onion, peeled
and cut into ¼-inch pieces
1 (15 ounce) can black beans, drained and rinsed
3 tablespoons fresh lime juice
½ teaspoon salt
¼ teaspoon ground black pepper
1 tablespoon fresh cilantro, chopped

1. Wash the vegetables. Cut the tomatoes into ½-inch pieces and put into a medium-sized bowl. Remove ribs and seeds from the jalapeño and mince. Add to chopped tomatoes.
2. Add the garlic and onion to the tomato mixture.
3. Add black beans to the tomato mixture.
4. Stir in the lime juice, salt and pepper.
5. Add cilantro and stir until combined.
6. Serve with fresh vegetables and tortilla chips for dipping.

Makes 8 servings

Each serving provides

15 calories, 0 g fat,
55 mg sodium,
3 g carbohydrate,
1 g fiber, 1 g sugar



Tomatoes are low in calories but rich in vitamins A and C, carotenoids and antioxidants.

KENTUCKY TOMATOES

What kind of tomato do I need?

- **Red or yellow?** Yellow tomatoes are less acidic than red tomatoes. They have a milder, sweeter flavor. Yellow tomatoes are high in niacin and folate, but have less vitamin C and lycopene than red tomatoes.
- **Tiny?** Small tomatoes like cherry tomatoes and grape tomatoes are prized for both flavor and convenience. They can often be used whole in salads, on kebabs or roasted. Cherry tomatoes have a sweet, delicate flavor and are generally softer than grape tomatoes. Grape tomatoes have a meatier, chewier texture than a cherry tomato, and may taste slightly less sweet. Grape tomatoes have a longer shelf life.

- **Big and round?** Larger tomatoes such as Brandywine, Cherokee Purple and Beefsteak, are favorites for slicing and eating raw. These are solid, meaty and juicy varieties that make a great BLT!
- **Oblong?** Plum tomatoes such as Roma are good for making thick, flavorful sauces and pastes, slow roasting and for canning whole. They are thick-walled and meaty.



Kentucky tomatoes provide a wonderful variety of flavors, colors and textures. Ask your farmers about the tomatoes they grow to find that perfect tomato for your recipe.

The background of the page is a white surface scattered with several triangular slices of watermelon. Each slice shows the bright red, juicy flesh, a thin layer of light green rind, and a few dark, oval-shaped seeds. The slices are arranged in a casual, overlapping pattern.

WATERMELON

Select

Choose well-rounded watermelons with a smooth surface and creamy-yellow underside.

Store

Store uncut watermelons in a cool place for no more than 2 weeks. Once cut, cover with plastic and refrigerate for 2 to 3 days.

Prepare

Wash and eat raw.

Watermelon has the best flavor when served cold.

Watermelon Refresher



1 small to medium-sized watermelon
½ cup plain Greek yogurt
1½ cups fruit (try an assortment of berries)
2 tablespoons honey (optional)

1. Using a sharp knife, cut watermelon horizontally into 1½ inch thick rounds. Slice rounds into wedges. (Each round will make 4 wedges.)
2. Dollop 1 tablespoon of yogurt onto each wedge, leaving the edges uncovered.
3. Sprinkle berries on each wedge.
4. Drizzle with honey, if using.

Makes 6 servings

Each serving provides
250 calories, 1 g fat, 0.5 g saturated fat,
5 mg sodium, 61 g carbohydrate,
4 g fiber, 5 g added sugar

Awesome Watermelon Salad

1 tablespoon balsamic vinegar
1 teaspoon lemon juice
1 teaspoon Dijon mustard
1 teaspoon chopped garlic
½ teaspoon fresh diced cilantro
¼ teaspoon fresh ground pepper
¼ cup olive oil
3 cup 2-inch, cubed watermelon
¾ cup crumbled, low-fat feta cheese
½ red onion, sliced very thin
Course ground black pepper
Cilantro for garnish

1. In a small bowl, mix vinegar, lemon juice and Dijon mustard.
2. Stir in garlic, cilantro and black pepper.
3. Slowly pour olive oil into the mixture while whisking vigorously.
4. Cover and refrigerate until ready to use.
5. Combine the watermelon, low-fat feta cheese and red onion in a large bowl; toss lightly to mix and season with coarse ground black pepper.
6. Pour half of dressing over salad mixture; gently toss to coat.

**WATERMELON
IS A LOW
CARBOHYDRATE
FRUIT THAT IS
HIGH IN FIBER
AND IRON.**

7. Refrigerate for least 30 minutes.
8. Drizzle remaining dressing over salad and garnish with cilantro just before serving.

Makes 8 servings

Each serving provides
110 calories, 9 g fat,
2 g saturated fat, 190 mg
sodium, 6 g carbohydrate,
1 g fiber, 4 g sugar





ZUCCHINI AND SUMMER SQUASH

Select

Choose young, tender squash with few blemishes. Squash should be firm and smooth.

Store

Store unwashed squash in plastic bags in the crisper drawer of the refrigerator for 2-3 days.

Prepare

Wash just before preparing. Squash may be eaten raw in salads or with dip, grilled, steamed, boiled, sautéed, fried and stir-fried.

Preserve

Summer squash may be frozen. Contact your local Extension office for more information about preserving food.

Summer Squash Casserole

½ cup diced onion
1 tablespoon fresh thyme leaves,
chopped or 1 teaspoon
dried thyme
1 cup cooked brown rice
1 tablespoon extra virgin olive oil
1 small tomato, diced
½ teaspoon salt
⅛ teaspoon black, ground pepper
1 medium zucchini, thinly sliced
1 medium yellow summer squash,
thinly sliced
½ cup shredded Italian cheese
blend (2 ounces)

1. Preheat oven to 400 degrees F. Spray 1½ to 2-quart shallow casserole dish with cooking spray.
2. In a small bowl, stir together onion, half of the thyme leaves, rice, oil, tomato, ¼ teaspoon salt and 1/8 teaspoon of the pepper.



**TIP: GRILLED OR
ROASTED VEGETABLES
TASTE GREAT IN
A SUBMARINE
SANDWICH OR PITA
POCKET WITH CHEESE
OR HUMMUS.**

- Spoon into casserole; spread evenly. Alternately layer zucchini and squash, overlapping slightly, on top of rice mixture. Sprinkle with remaining thyme and remaining ¼ teaspoon salt.
3. Cover; bake 20 minutes. Sprinkle with cheese. Bake uncovered 10 to 12 minutes or until cheese is melted and starting to turn golden brown. Cool 10 minutes before serving.

Makes 6 servings

Each serving provides
180 calories, 5 g fat, 1.5 g saturated fat, 310 mg sodium, 27 g carbohydrate, 2 g fiber, 2 g sugar

Both yellow squash and zucchini squash are low in calories and high in vitamin C.

KENTUCKY SQUASH

To roast summer squash:

Cut the squash into slices or spears. Toss the cut squash with seasonings and enough olive oil to coat. Place into a shallow baking dish and roast at 450°F for 5-10 minutes. Check the squash after 5 minutes. Turn the squash to allow even browning.

To grill summer squash:

Prepare squash as for roasting. Grill over a medium high heat on a lightly oiled rack for five minutes per side or until lightly charred and tender.

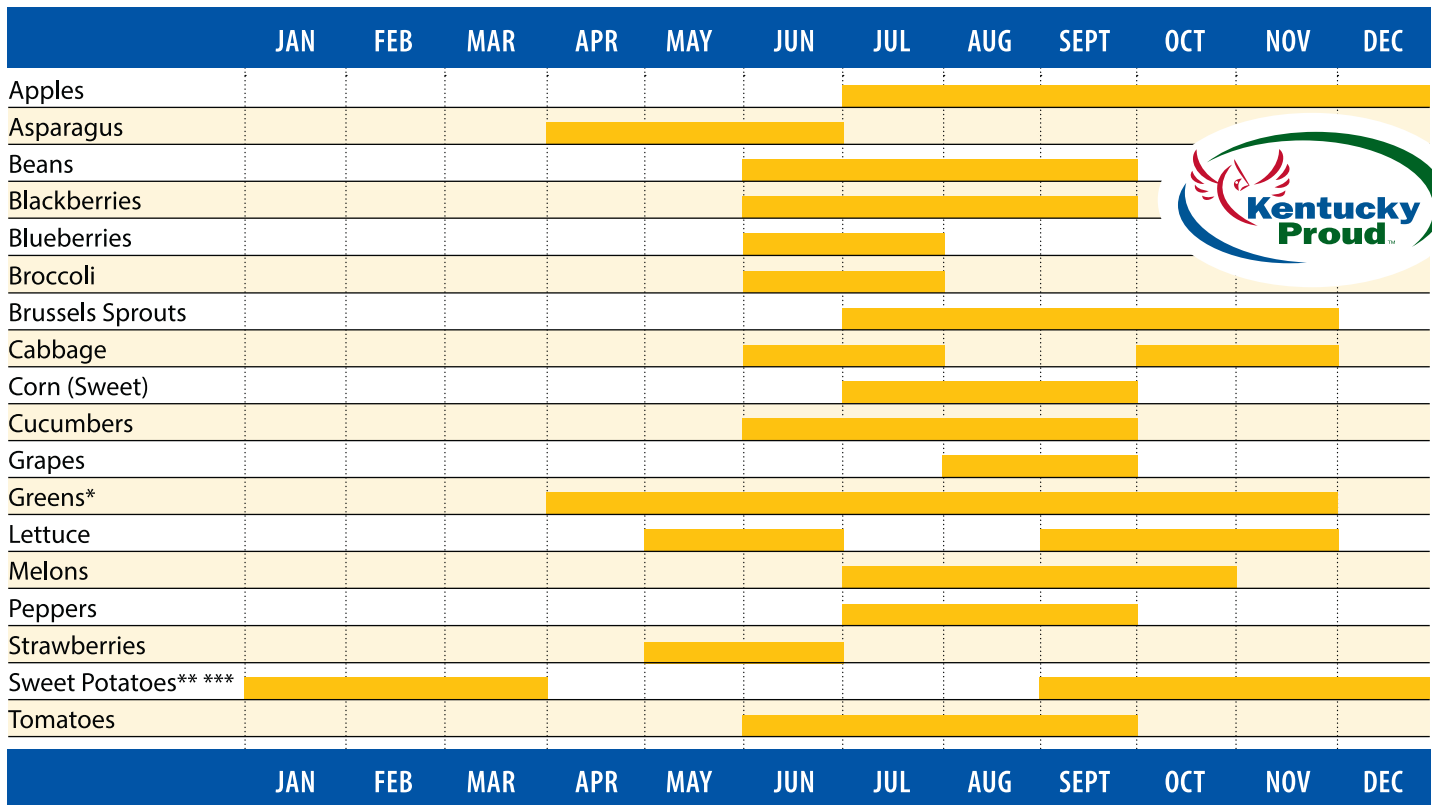


Seasonings for summer squash:

Their mild flavor lends itself to a wide variety of seasonings, including garlic, onion, salt, pepper, and herbs such as thyme and dill.

KENTUCKY PROUD PRODUCE AVAILABILITY

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market or roadside stand. Our secret ingredient is the hard work and dedication of Kentucky's farm families. Find out why "Nothing else is close."



*Greens refer to any number of different plants including the traditional spinach, mustard, collard, turnip, etc., as well as newer Asian varieties and Swiss chard.

Storage crops. *Through the use of season extension methods many of the availability dates are commonly extended in either direction for many of these crops.



PLATE IT UP!

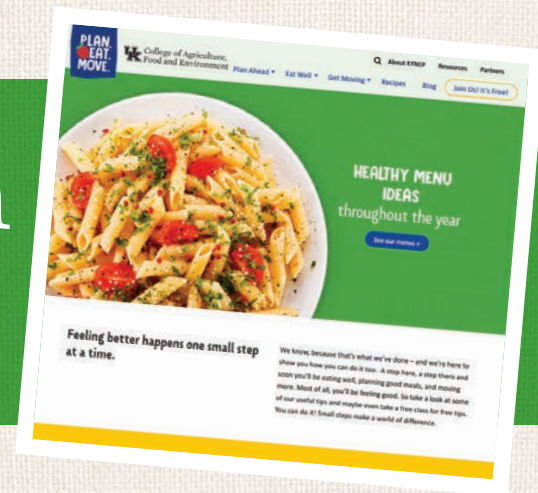
Browse and download more than 100 delicious, healthy recipes from Plate it Up! Kentucky Proud.

plateitup.ca.uky.edu



PlanEatMove.com

Visit the Plan, Eat, Move website for farmers' market information and delicious recipes using your farmers' market produce.



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This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.