

SENIOR NUTRITION NEWS



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Eat Smart Idaho

Farmers Market Shopping Tips

Shopping at a farmers' market can be good for you and your community. You can find a variety of locally grown crops picked at the peak of quality and freshness, and often can save money especially on organic and naturally raised produce. Follow these tips to make the most of your farmers market shopping experience:



- **Shop early** – The best selection is often available early, so shop closer to the opening time of the market. Other times however may be less crowded and more relaxed. Bring clean bags to carry your purchases in.
- **Go shopping without a list** – Part of the excitement and fun of a farmers' market is to see what is available each week.
- **Try new foods** – Don't be afraid to try a new fruit or vegetable. Purchase a small amount of something new each week. Ask the farmer about how it is best prepared and served.
- **Browse before buying** – Take time to savor the sights, sounds and flavors of the market. Don't be afraid to compare the offerings of different vendors before purchasing.
- **Take time to chat with farmers** – You will become a wiser shopper by taking the time to visit with the local farmers. This is part of the fun and experience of the market. If the farmers didn't like to meet people and proudly display their products, they would probably be someplace else.
- **Go straight home from the market** – Take your purchases home before running other errands. Hot cars are not the best place for perishables. Keep a cooler with ice in your car to place your purchases in.



- **A good place to learn about individual fruits, vegetables and herbs is through the SNAP-Ed produce guide at:**

<https://snaped.fns.usda.gov/seasonal-produce-guide>

Roasted Brussels Sprouts

1 1/2 pounds Brussels sprouts 3 Tbsp extra virgin olive oil
2-3 garlic cloves, thinly sliced 1 tsp salt
1/2 tsp. pepper



Preheat oven to 400°F. Wash sprouts, trim stems, and cut in half. Place sprouts in a large bowl, drizzle with oil, and season with garlic, salt, and pepper. Toss to coat evenly. Bake for 30-45 minutes, until browned on cut sides and softened. Serve hot.

Other additions: After baking, sprinkle with 2 teaspoons lemon juice and toss with 2 Tbsp parmesan cheese OR Make it sweet with a drizzle of 2 teaspoons of honey and 2 Tbsp balsamic vinegar.

Bruschetta Salad

3 cups chopped Roma tomatoes	1/2 cup chopped red onion
1/4 cup chopped fresh basil	1/4 teaspoon black pepper
2 Tablespoons balsamic	1 Tablespoon olive oil
2 cups croutons	

Combine the tomatoes, onion, basil, salt, black pepper, vinegar and oil in a bowl. Stir croutons in the salad and serve. Refrigerate leftovers within 2 hours.

Sources: <https://extension.purdue.edu/foodlink/includes/pubs/Farmers%20Market%20Shopping%20Tips.pdf>; <https://www.foodhero.org/> retrieved 04/30/19

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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