

EFNEP Newsletter

For more information about this and other Herkimer County programs, call 315.866.7920

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So Easy to Freeze Bell Peppers

Green, red, yellow and orange bell peppers are abundant this month at farmers' markets and farm stands. Bell peppers are perfect for freezing to use during the winter in any cooked dish. Bell peppers are an incredible bargain in the summer compared to per pound prices during the winter months.

According to the National Center for Home Food Preservation website (<http://nchfp.uga.edu>) it is easy to freeze bell peppers.

1. Prepare peppers by selecting crisp, blemish free peppers. Wash, cut out stems, cut in half and remove seeds. Cut into strips, rings or pieces.
2. Place raw, cut peppers in freezer zip top bags or freezer containers, leaving no headspace. Remove air (if using zip top bags), seal and freeze!



In Season This Month: Lots of Vegetables and Fruit

While visiting your local farmers' market, look for these farm fresh fruits and vegetables: green and yellow beans, beets, broccoli, cabbage, carrots, cauliflower, celery, collard greens, corn, cucumbers, eggplant, lettuce, leeks, mustard greens, onions, peppers, potatoes, radishes, Swiss chard, tomatoes, winter and summer squash, apples, blueberries, cantaloupes, peaches, pears and plums. Don't forget to use your Farmers' Market Nutrition coupons, your WIC fruit and vegetable check or EBT card.

Find the Herkimer County Farmers' Markets at <http://bit.ly/CCEHerkFarmersMkts>
View the 2022 Herkimer County Local Foods Map at <http://bit.ly/CCEHerkCoLocalFoodsMap>

EFNEP is a free program helping families with children eat better for less.

Learn how to:

- Save \$\$ on grocery bills and stretch your food dollars
- Prepare low-cost quick and healthy meals
- Keep your family healthy by staying active and eating right

Who is eligible for this program?

Families with children ages 19 and under (or pregnant) who are participating in WIC, SNAP, Head Start, Medicaid, free or reduced price school lunches

If you or your organization are interested in scheduling classes, please contact:

Cornell Cooperative Extension Herkimer County
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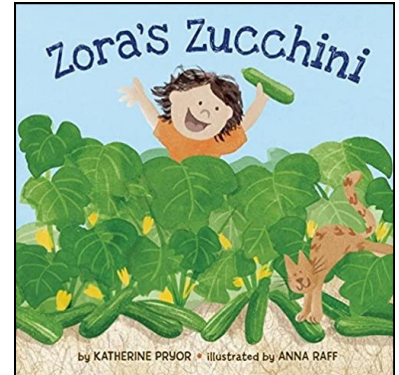
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCFNEP> or scan the QR code below:



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KORNER IDS

This month, from the local library, check out 'Zora's Zucchini' by Katherine Pryor. Learn about Zora's excitement from growing her first garden and her creative ideas for using her zucchini when things get a bit out of hand in her garden.



Bell Pepper Salad

Make 6 servings
Serving size 1 cup

Ingredients

- 4 bell peppers
- 1/2 medium onion
- 2 1/2 tablespoons vinegar
- 1 tablespoon oil
- 1/8 teaspoon pepper and salt

Directions

1. Wash your hands with soap and water.
2. Wash bell peppers and remove tops and seeds. Cut into 1/4 inch strips. Peel onion and slice into very thin slices.
3. In a large mixing bowl, stir together vinegar, oil, pepper and salt.
4. Add bell pepper and onion and stir gently to coat. Cover and refrigerate for 30 minutes before serving.
5. Refrigerate leftovers within two hours.



Nutrition Facts for 1 cup serving: 45 calories, 2.5g total fat, 0g saturated fat, 0mg cholesterol, 50mg sodium, 5g total carbohydrate, 2g dietary fiber, 3g total sugars, 0g added sugars, 1g protein, 0% Vitamin D, 0% calcium, 0% iron, 4% potassium, 8% Vitamin A, 92% Vitamin C, 50% calories from fat

Source: foodhero.org

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