

EFNEP Newsletter

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

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Freezing 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 \$4 per pound or more 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!

During the winter months, use your frozen bell peppers in soups, stews and casseroles. It's so nice to be able to have peppers available when you want them and to know they are farm fresh and locally grown!



In Season this Month: Lots of Vegetables and Fruits



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>

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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Herkimer NY 13350
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For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



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Now that public libraries have reopened, visit the children's room and pick up a copy of "At the Farmers' Market with Kids: Recipes and Projects for Little Hands" by Leslie Jonath. Read the book with your child and decide which recipe you want to make together, then head to the farmers' market to buy the ingredients.



Chinese Ramen Cabbage Salad

Serving Size: 1 cup

Servings per recipe: 8

Prep Time 15 minutes

Ingredients:

- 5 cups shredded cabbage
- 2 cups chopped broccoli
- 1 cup shredded carrot
- 1/2 cup chopped green onions
- 1 package chicken flavored ramen noodles, crushed. Save seasoning packet for dressing.
- 3 Tablespoons apple cider vinegar
- 1 Tablespoon sugar
- 2 Tablespoons oil



Directions:

1. In a large bowl, combine cabbage, broccoli, carrot, green onions and uncooked ramen noodles.
2. For the dressing, combine ramen seasoning packet, vinegar, sugar and oil in a small bowl. Stir well.
3. Pour dressing over salad. Toss to coat. Refrigerate until served.
4. Refrigerate leftovers within 2 hours.

Notes:

- Add chicken, tuna, tofu, nuts or other sources of protein.
- Use any kind of vinegar or substitute lowfat Italian dressing for the dressing ingredients.
- Reduce sodium by leaving out the seasoning packet.

Nutrition Facts: Serving Size – 1 cup, 100 Calories, 3.5g Total Fat, 35% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 65mg Sodium, 14g Total Carbohydrate, 3g Dietary Fiber, 4 g Sugars, 2g Protein, 50% Vitamin A, 60% Vitamin C, 4% Calcium, 2% Iron

Source: www.foodhero.org - Oregon State University Extension Service, Family & Community Health