

EFNEP Newsletter

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

Produced by Cornell Cooperative Extension July 2020

Celebrate Farmers' Markets

June is the month farmers' markets reopen in many locations. Farmers' markets are considered essential businesses, so during the time of Covid, they will open and practice the same guidelines as other businesses, like grocery stores. Be prepared to wear a mask. No live entertainment, food trucks or ready to eat food stands will be allowed. But, you can still buy fresh, healthy, locally grown foods. Markets will accept SNAP, Double Up Food Bucks coupons, Farmers' Market Nutrition Program coupons and WIC fruit and vegetable benefits.

The Center for Urban Education about Sustainable Agriculture lists some reasons we should all support farmers' markets.

1. Taste Real Flavors—fruits and vegetables available at the farmers' market and picked when they are fresh, ripe and at their tastiest. Because the produce is grown locally, there is no long distance shipping, gas wasted on long truck rides and the produce is not sitting in storage waiting to be sold. Nothing tastes better than farm fresh produce.
2. Support Family Farmers—Farmers selling at farmers' markets are from small, family owned farms. You help your neighbor farm families to more easily compete for your business and get a better return on their produce because they sell directly to the customer—you!
3. Discover the Spice of Life: Variety—the selection of produce at your farmers' market is much greater than what you find at local supermarkets. Small family farms often grow a number of varieties of peppers, melons, apples, beans, lettuce...and the list goes on! Discover a new variety of your favorite fruit or vegetable. The farmer who grew the produce is your best source of information about what you are buying. They can offer storage and recipe ideas.



Check out <https://agriculture.ny.gov/farming/farmers-markets> to find your local farmers' market.

In Season this Month: Summer Squash



Zucchini and yellow squash are abundant and inexpensive in the summer months. Look for summer squash that is firm and free from soft spots or other blemishes. Store summer squash in a plastic bag in the refrigerator for up to 5 days. Do not wash the squash until you are ready to use it. Summer squash is very low in calories, with ½ of a squash having only 20 calories, no fat or cholesterol and it is an excellent source of vitamin C. Shred it and add to salads, spaghetti sauce, muffins or pancakes, or chop it and add to soups, stir-fry or an omelet.

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
5657 State Route 5
Herkimer NY 13350
315.866.7920
herkimer@cornell.edu

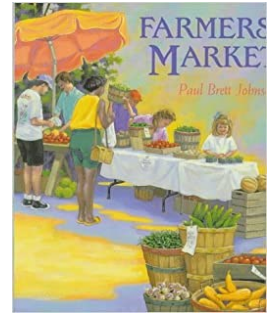
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



This material was funded by the USDA's Expanded Food and Nutrition Education Program.

KORNER IDS

When public libraries reopen, go with your child to the nearest public library and borrow "Farmers' Market" by Paul Brett Johnson. It tells the story of a family that grows and sells produce at their local farmers' market. Read the story with your child, then head to the farmers' market and talk about how your farmers' market is similar and different from the market described in the book.



Baked Zucchini Sticks

Serving Size: 1 cup

Servings per recipe: 8

Prep Time 15 minutes

Ingredients:

- 4 medium zucchini
- 2 eggs
- 1/2 cup water
- 1/4 cup finely grated parmesan cheese
- 1 1/2 cups bread crumbs
- 1 Tablespoon dry Italian herbs



Directions:

1. Cut zucchini into long sticks, about 3 inches long.
2. Microwave zucchini for about 3 minutes. Pat zucchini sticks dry with a paper towel.
3. Mix eggs and water together in a small bowl. Mix cheese, bread crumbs and herbs together in another small bowl.
4. Dip zucchini sticks first into the egg mixture and then into the bread crumb mixture.
5. Arrange zucchini in rows on a metal baking sheet that has been sprayed with cooking spray. Broil zucchini sticks for about 12 to 15 minutes, turning once while cooking.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts: Serving Size – 1 cup, 70 Calories, 2.5g Total Fat, 29% Calories from Fat, 1g Saturated Fat, 0g Trans Fat, 50mg Cholesterol, 105mg Sodium, 7g Total Carbohydrate, 1g Dietary Fiber, 4g Protein, 6% Vitamin A, 30% Vitamin C, 8% Calcium, 6% Iron

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