

# EFNEP Newsletter

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

*Produced by Cornell Cooperative Extension June 2019*

## Farmers' Markets Open This Month

June is the traditional start time for local farmers' markets. Shopping at farmers' markets has lots of benefits including fresh picked, local produce; farmers who can answer your questions about produce they grow and sell; and it's a great way to 'go green' because less fuel is used to transport the food from local farms to the farmers' market. You can make your trip more 'green' by bringing re-usable shopping bags for your purchases. Never tasted a fruit or vegetable a farmer is selling? Ask for a taste.



Many farmers participate in both the Farmers' Market Nutrition Program (FMNP) and WIC. FMNP is for WIC families and seniors. Coupons are provided by WIC and Office for the Aging to eligible adults. These coupons can be used to buy any fresh fruits and vegetables sold at the farmers' market. About \$20 in coupons are provided and can be used any time until the market closes for the season. The WIC monthly fruit and vegetable checks can be used at many farmers' markets as well. These are the checks that come with your monthly WIC package.

To find farmers' markets near you that participate in SNAP (EBT cards), WIC and the FMNP, visit: <https://agriculture.ny.gov/farmersmarkets>

### In Season This Month: Strawberries



Fresh, local strawberries are ready to eat in June. You can buy them at road side stands, farmers' markets, farm stands and some local supermarkets. Looking for a fun family activity? Try picking strawberries at a U-Pick farm. Many locations are family friendly. One cup of strawberries has only 50 calories, more than 100% of your daily need for vitamin C and 3 grams of fiber. Strawberries make a great snack, addition to a brown bag lunch or sliced and added to a green salad. Store unwashed strawberries in your refrigerator and wash them right before eating.

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  
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herkimer@cornell.edu

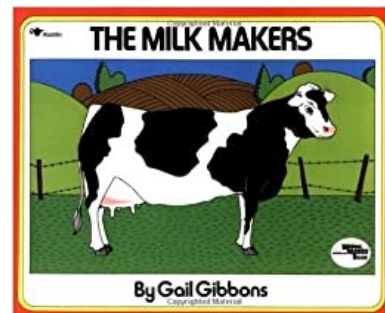
For more information about EFNEP in Herkimer Co. see:  
<https://bit.ly/CCEHCEFNEP>  
or scan the QR code below:



*This material was funded by the  
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# KORNER IDS

In honor of National Dairy Month, read "The Milk Makers" by Gail Gibbons with your children. It is a wonderful book about dairy cows and dairy farms. When you've finished reading, have your kids help make yogurt popsicles.



## Strawberry Salsa

Serving Size: 2 Tablespoons  
16 servings

### Ingredients:

- 1 1/2 cups fresh strawberries, chopped small
- 1/2 jalapeno pepper, minced
- 1/4 cup onion, minced
- 2 Tablespoons fresh cilantro, finely chopped
- 1 1/2 teaspoons lime juice
- (baked tortilla chips for dipping, optional)

### Directions:

1. Mix together strawberries, jalapeno pepper, onion, cilantro, and lime juice. Flavors will blend if refrigerated for 30 minutes or more before serving. Serve with tortilla chips if desired.
2. Refrigerate leftovers within 2 hours.



\*Nutrition Facts (salsa only): Serving Size – 2 Tablespoons, 5 Calories, 0 Calories from Fat, 0g Total Fat, 0% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 0mg Sodium, 2g Total Carbohydrate, 0g Dietary Fiber, 1g Sugars, 0g Protein, 0% Vitamin A, 0% Calcium, 15% Vitamin C, 0% Iron

Source: Oregon State University Extension Service , [www.foodhero.org](http://www.foodhero.org)