Department of Veterans Affairs

Buy Local

Eat Well

Before you leave home to attend a Farmers Market…

Bring your own bag, basket or a light shopping cart. Recycle plastic bags, by bringing them with you and asking the farmers to use them instead of theirs. Keep an inexpensive cooler in your car to keep produce fresh and safe during hot weather.

Shop early. You'll find the best selection early in the day, so try to get there when the market first opens.

Go without a list. This probably goes against what you've learned, but the point of going to the farmers market is to get the freshest possible produce. So plan on buying whatever looks best and plan your meals around your purchase.

Fruit Salsa

Ingredients:

- 1# fresh strawberries (a carton)
- 1-2 pears and/or apples
- 1-2 kiwi
- Add brown sugar and apple jelly to taste (depending on how ripe and sweet your fruit is)
- Tip: Use your food chopper to chop all fruit. A food processor will make it come out looking like an applesauce and not a salsa.
- Add all ingredients and mix.
- This fruit salsa can be served with the following cinnamon chips if desired.

Cinnamon Chips

Ingredients:

- Flour tortillas
- Cinnamon/sugar blend
- Water

Directions:

- Pre-heat oven to 425º degree F
- Use pastry brush to brush a light layer of water on flour tortilla.
- Sprinkle cinnamon/sugar blend.
- Use a pizza slicer to cut into pieces
- Bake on baking sheet for 3-4 minutes. WATCH CLOSELY, as they can easily burn.
- Cool on wire rack.

References:
www.usda.gov

Ask a VA Dietitian….

Question: When I buy broccoli I have to throw away so much.
Can you eat the stalk on the broccoli?

Answer: Yes, the stalk part of the broccoli is edible. Simply peel the stalk and steam it like you would the florets. They are also good raw, eating them like you would a raw carrot.

**Answer provided by Kim Bihm, Registered/Licensed Dietitian
MVAMC Nutrition and Food Services.