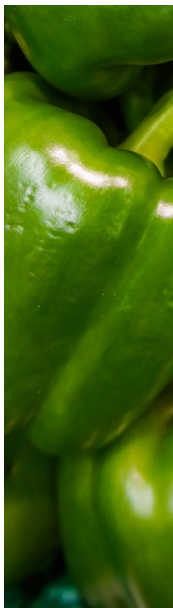




CREATE BETTER HEALTH

Utah State University Extension SNAP-Ed

EAT FRESH, BUY LOCAL



CREATE SNAP-ED
BETTER HEALTH

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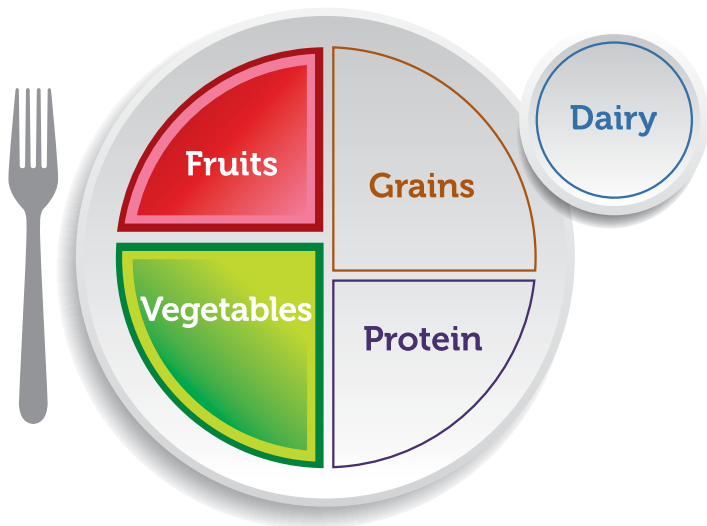
EAT FRESH, BUY LOCAL

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HEALTHY CHOICES CREATE BETTER HEALTH



Choose **MyPlate**.gov



Healthy Choice

As part of a balanced diet and healthy lifestyle, fruits and vegetables make up half of your plate.

It is recommended that adults consume between 2 ½-3 cups of vegetables and 1 ½-2 cups of fruit each day. Whether fresh, frozen, or canned, fruits and vegetables are a healthy choice.



Benefits of fruits and vegetables

- Obtain essential nutrients like vitamin C, folate, fiber, and potassium
- Fill up on food that is low in calories, fat, and sodium
- Reduce risk of chronic diseases like type II diabetes, heart disease, and some forms of cancer



Ways to access fresh local fruits and vegetables

- Plant a family or community garden
- Shop at a local farmers market or farm stand
- Share or exchange garden produce with neighbors (apricots for lettuce, etc.)
- Look for Utah-grown produce at the grocery store



Ideas for eating more fruits and vegetables

- Enjoy a fruit and vegetable smoothie for breakfast
- Eat fruits and vegetables for snacks
- Add extra vegetables to soups, sandwiches, scrambled eggs, and stir fry dishes
- Enjoy a side salad with your meal
- Have fruit for dessert

POPEYE SMOOTHIE RECIPE

Blend well in blender



6-8 oz
low-fat yogurt,
any flavor



½ cup
skim or
low-fat milk



½ fresh
or frozen
banana



½ cup
fresh or
frozen fruit



1 packed
cup fresh
spinach

VEGETABLE COOKING TIPS

Fresh vegetables are plentiful during the summer and make a tasty, healthy side for any meal. The chart below suggests a variety of ways to cook vegetables indoors and out.

	VEGETABLE	TYPE/INSTRUCTIONS	TIME
BAKE	Beets	2 cups sliced or chopped	45-60 min at 400° F in foil
	Carrots	1 inch chopped	20 min at 350° F
	Corn	Remove husks & silks, place in foil packs of four	20-30 min at 425-450° F
	Summer Squash	Sliced or halved	30-35 min at 350° F
GRILL	Corn	Leave in husks, remove silks	15-20 min (rotating)
	Onions	Quartered, placed on skewer	20-30 min cooked over direct medium heat
	Summer Squash	3/8-1/2 inch slices	4-5 min grilled (each side)
	Tomatoes	Halved or quartered, depending on size	4-5 min grilled (each side)
ROAST	Beets	1 1/2 inch pieces	40 min at 400° F
	Carrots	1 1/2 inch pieces	20 min at 400° F
	Onions	1 1/2 inch pieces	20 min at 400° F
	Tomatoes	Halved or quartered, depending on size	4-5 min broiled
	Summer Squash	1 1/2 inch pieces	20 min at 400° F
STEAM	Carrots	1 inch chopped	10-20 min (check every 5 min)
	Cabbage	1 inch chopped	2-5 min
	Corn	Whole in steam basket	15-20 min
SAUTÉ	Carrots	1 inch chopped	5 min over medium heat
	Onions	1 inch chopped	On high, until evenly brown
	Cabbage	1 inch chopped	On medium, until tender
	Summer Squash	1 inch chopped	3-6 min
	Tomatoes	1 inch chopped	2-3 min, in oil, over medium heat



RECIPES

A few simple, fresh ingredients from your local farmers market and a little time are all you need to make delicious summer dishes. Using local produce ensures you are getting fruits and vegetables that are at their peak in nutritional value and flavor. The following recipes are some of Create Better Health's summer favorites. Most recipes are easy, quick, and inexpensive to create. Happy cooking!

More recipes can be found online at [CreateBetterHealthUtah.org](https://www.createbetterhealthutah.org).

CINNAMON APRICOT BREAD

Nutrition Highlight

Apricots are a good source of vitamins A&C, potassium and calcium.

Harvest Time: Summer

- 1 ½ c. whole wheat flour
- 1 ½ tsp. baking soda
- 1 ½ tsp. baking powder
- ¼ tsp. salt
- 1 tsp. cinnamon
- a pinch of ginger powder
- ½ c. firmly packed brown sugar
- 2 large eggs
- 1 c. low-fat vanilla Greek yogurt
- 1 tsp. vanilla
- 1 lb. apricots, cored and chopped small

Preheat oven to 350°F. Spray 10x5x3" bread pan with nonstick spray and sprinkle with a pinch of flour. In a large mixing bowl, mix whole wheat flour, baking soda, baking powder, salt, cinnamon, and ginger. Set aside. In a medium bowl, beat brown sugar and eggs together. Mix in yogurt and vanilla. Add the wet ingredient to the dry ingredients. Fold in apricot chunks. The batter should be thick, but not lumpy. If needed, add additional flour. Mix until well blended. Pour the batter into the bread pan. Bake 45-50 minutes or until an inserted toothpick comes out clean.



APRICOTS

ASPARAGUS



ROASTED ASPARAGUS WITH LEMON

Nutrition Highlight

Asparagus is rich in cancer fighting compounds, fiber and vitamins A, C, E, & K.

Harvest Time: Spring

- 1 bunch asparagus
- 1 tbsp. olive oil
- 1 lemon (optional)
- Salt and pepper to taste

Preheat oven to 400°F. Rinse asparagus well and cut off about 1 inch of the bottom of the stalk (this part tends to be very fibrous and stringy).

Place the asparagus on a baking sheet lined with foil and drizzle with olive oil. Sprinkle with salt and pepper. Toss with hands to distribute the oil, salt, and pepper.

Roast in the oven for 15-20 minutes or until tender, turning once with a spatula. Squeeze fresh lemon juice over the asparagus right before serving.



BEETS

BEET AND PARSLEY SALAD

Nutrition Highlight

Beets are an excellent source of folate and have the highest natural sugar content of any vegetable. They are very sweet and delicious.

Harvest Time: Summer & Fall

- 2 lbs. beets, peeled and cut into 1" cubes
- 2 tbsp. lemon juice
- 2 tbsp. fresh parsley, chopped
- 2 tbsp. olive oil
- Salt and pepper to taste
- ½ c. red onion, minced

Place beets in a steamer basket and steam for 30-40 minutes, until they are fork tender. Whisk together lemon juice, parsley, olive oil, salt, pepper, and red onion. Add beets and toss to coat.

Nutrition Highlight

Both sweet and hot peppers are great sources of vitamin C. Bell peppers are also a good source of vitamin A.

Harvest Time: Summer & Fall

- 1 tbsp. olive or canola oil
- 1 large bell pepper, any color
- 4-5 large eggs
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ½ c. cheddar cheese, shredded
- ¼ c. green onions, chopped
- Salt and pepper to taste

Heat oil in a large skillet over medium heat. Cut peppers into ½" rings. Remove the seeds and centers. Place sliced peppers in the skillet and sauté for 1-2 minutes. Flip peppers over and cook an additional 1-2 minutes. Crack an egg into the center of each pepper ring. Sprinkle all eggs with onion powder, garlic powder, salt and pepper. Cook for 3-5 minutes until egg has cooked through. Flip if needed. Top with cheese and green onions and cook until cheese has melted.

BELL PEPPERS

BROCCOLI APPLE SALAD

Nutrition Highlight

Broccoli is a good source of vitamins A, C & K, calcium, fiber, and many antioxidants.

Harvest Time: Spring & Fall

Salad

- 4 c. broccoli florets, chopped finely
- ½ c. shredded carrots
- ½ c. diced red onion
- 2 large apples, chopped
- ½ c. dried cranberries
- ½ c. sunflower seeds, optional

Dressing:

- 1 c. plain low-fat Greek yogurt
- 2 tbsp. lemon juice
- 1 tbsp. sugar
- Salt and pepper to taste

In a large bowl, combine broccoli, carrots, onion, apples, cranberries, and seeds. In a small bowl, whisk together yogurt, lemon juice, sugar, salt, and pepper. Add dressing to salad and toss. Chill in refrigerator until ready to serve.

BROCCOLI





BRUSSELS SPROUTS

BALSAMIC ROASTED BRUSSELS SPROUTS

Nutrition Highlight

Brussels sprouts are a good source of the cancer fighting compounds, vitamins C & K, folate and fiber.

Harvest Time: Fall

- ½ lb. Brussels sprouts
- 3 medium carrots, peeled and sliced into ¾" rounds
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- Salt and pepper to taste

Preheat oven to 400°F. Line a baking sheet with aluminum foil. Toss Brussels sprouts and sliced carrots with the vinegar and oil directly on the baking sheet. Make sure each piece is coated. Sprinkle with salt and pepper. Roast for 25-30 minutes or until golden. Stir and flip the pieces 2-3 times during cooking to ensure browning. Serve immediately.

CANTALOUPE



CANTALOUPE SALSA

Nutrition Highlight

Cantaloupe is a sweet source of potassium, fiber, and vitamins A & C.

Harvest Time: Summer

- ½ cantaloupe, diced
- 1 red bell pepper, diced
- ¼ c. cilantro, finely chopped
- 2 green onions, chopped
- 2 tbsp. lime juice

Add all ingredients to a bowl. Chill for at least 30 minutes. Serve with grilled chicken, fish, steak, or tortilla chips.

Nutrition Highlight

Carrots are a great source of beta-carotene, a form of vitamin A. Vitamin A is important for good night vision!

Harvest Time: Summer & Fall

- 4 c. carrots, peeled and chopped into chunks
- 1 c. old fashioned oats
- 8 eggs
- 6 tsp. cinnamon
- 4 tsp. baking soda
- 4 tsp. vanilla extract
- 1 tsp. nutmeg
- 4 tbsp. honey

Preheat oven to 350°F. In a large pot, add carrots and cover with water. Bring to boil and cook until carrots are soft, about 15 minutes. Carrots should be soft enough to smash with a spoon. Remove from heat and drain water. Place all ingredients in a large bowl and mix until smooth. Spray a muffin tin with non-stick cooking spray. Pour batter into muffin tin. Bake 45-50 minutes, or until inserted toothpick comes out clean.



CARROTS

CORN SALAD

Nutrition Highlight

Corn is a good source of fiber, vitamin C, thiamin, folate, magnesium, and phosphorus.

Harvest Time: Late Summer/Early Fall

- 6 ears of corn, kernels removed
- ½ c. finely diced red onion
- 2 tbsp. apple cider vinegar
- 2 tbsp. olive oil
- ½ c. fresh herbs (basil, cilantro or parsley)
- ¼ tsp. salt
- ½ tsp. black pepper

Combine all the ingredients except the herbs into a bowl. Add the herbs just before serving. Serve cold or at room temperature.



CORN

CUCUMBERS



DILL CUCUMBER SALAD

Nutrition Highlight

Cucumbers are refreshing, versatile, and add a low-calorie crunch to any summer salad or sandwich!

Harvest Time: Summer

- 2 medium cucumbers
- ½ sweet onion, sliced
- ½ c. rice vinegar
- 1 tbsp. sugar
- 2 tbsp. fresh dill, finely chopped

Peel and slice cucumbers. Cut onion into thin rings. Combine cucumbers and onions in a medium bowl. In a small bowl, combine vinegar, sugar, and dill. Pour vinegar mixture onto the cucumbers. Toss to coat.



GREEN BEANS

GREEN BEAN SALAD

Nutrition Highlight

Green beans are a good source of fiber, vitamin K, and antioxidants.

Harvest Time: Summer & Early Fall

- ½ lb. fresh green beans
- ¼ c. chopped red bell pepper
- ¼ c. chopped tomato
- ¼ c. crumbled feta cheese
- 3 tbsp. olive oil
- 2 tbsp. red wine vinegar
- 1 tsp. garlic powder
- ¼ tsp. dried parsley
- ¼ tsp. Dijon mustard
- Salt and pepper to taste

In a small bowl, prepare dressing by whisking together oil, vinegar, garlic powder, parsley, mustard, salt, and pepper. Set aside. Fill a large bowl with ice water. Set aside. In a medium pot, boil green beans for 3-5 minutes. When the beans are tender and crisp, drain and submerge them in ice water for a few minutes. Drain the beans and combine them with tomatoes and bell pepper. Top with dressing and feta cheese.

Nutrition Highlight

Kale is a nutritional powerhouse! It is an excellent source of vitamins A and C, as well as a good source of calcium and potassium.

Harvest Time: Summer & Fall

- 1 bunch kale, washed and dried well
- 2 tsp. olive oil
- ¼ tsp. chili powder
- ½ tsp. garlic powder
- Salt and pepper to taste

Preheat oven to 350°F. Prepare the kale by removing the stem from each leaf. Rip the leaves into small pieces. Place in a large bowl, toss with olive oil, chili pepper, garlic powder, salt, and pepper. Massage the leaves very well for 1 minute or until they are coated. Spread kale on two baking sheets, making sure the leaves are in a single layer. Bake for about 15 minutes or until crispy and crunchy.

KALE



POTATO LEEK SOUP

Nutrition Highlight

Leeks are a good source of fiber, iron, and magnesium. They are also considered a very good source of vitamins A, C, & K.

Harvest Time: Summer & Fall

- 2 large leeks*, chopped into ¼" pieces
- 1 lb. medium potatoes, peeled and cut into ¼" pieces
- 4 tbsp. butter
- 3 c. low-sodium chicken or vegetable stock
- 2 c. water
- Salt and pepper to taste

Melt the butter in a stock pot. Add the leeks. Cook over medium heat until wilted. Add potatoes, broth, water, salt and pepper and simmer for about 30 minutes until the potatoes are tender.

If desired, transfer soup in batches to a blender or food processor and blend until preferred consistency.

**Leeks may have dirt between the individual layers. To properly clean away the dirt, trim the root off the leek and remove the green tops. Next, cut the leek lengthwise. Rinse between the layers using cool water.*

LEEKS





PEACHES

PEACH COBBLER

Nutrition Highlight

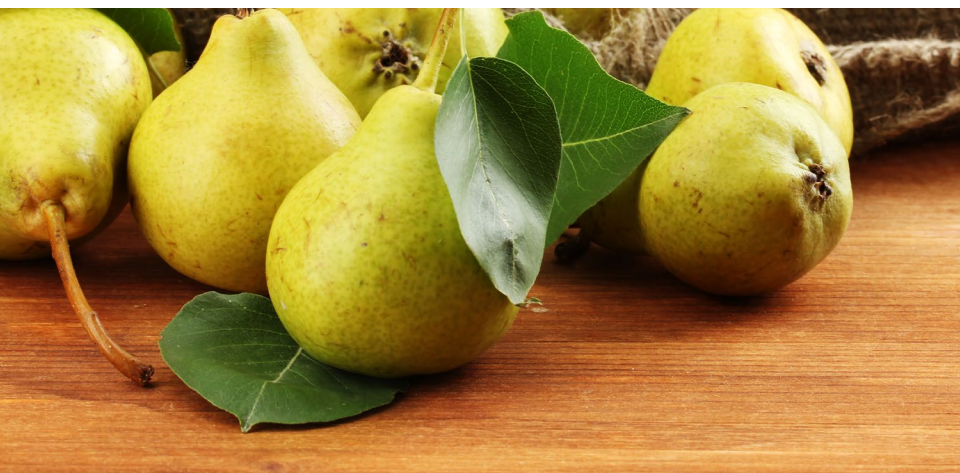
Peaches are high in vitamin C, which is important for a strong immune system.

Harvest Time: Summer

- 4 tbsp. butter
- ¾ c. whole wheat flour
- ½ c. sugar
- 1 tsp. baking powder
- ¼ tsp. salt
- ¾ c. low-fat milk
- 2 c. fresh peaches sliced
- 1 tbsp. sugar

Adjust oven rack to upper-middle position and heat oven to 350°F. Put butter in an 8" square pan; set in oven to melt butter. When butter has melted remove pan from oven. In a small bowl, mix flour, sugar, baking powder, and salt. Add milk. Pour batter into pan. Place peaches on top of the batter. Sprinkle with 1 tbsp. of sugar. Bake until batter bubbles, about 50-60 minutes. Serve warm or at room temperature.

PEARS



PEAR AND CHEESE QUESADILLA

Nutrition Highlight

Pears are a great source of vitamin C and other antioxidants.

Harvest Time: Summer

- 2 whole wheat flour tortillas
- Thinly sliced cheese (pepper jack, provolone or Swiss)
- 1 ripe medium pear
- Cooking spray or oil

Cover half the tortilla with thin slices of cheese. Slice the pear in half, remove the core and cut into thin slices. Place pear slices on top of cheese. Top with another thin layer of cheese. Fold tortillas in half.

Heat the oil or cooking spray in a skillet over medium heat. Place folded tortilla in the skillet and cook 2-3 minutes per side until tortilla browns and cheese melts. Serve immediately.

SALT AND VINEGAR ROASTED POTATOES

Nutrition Highlight

Potatoes are rich in potassium, an important nutrient required for muscle contractions. Potassium is also important to help maintain a healthy heart.

Harvest Time: Late Summer & Fall

- 2 lbs. potatoes, cut into chunks
- 2 tbsp. olive oil
- 3 tbsp. apple cider vinegar, divided (white and red wine vinegar also work)
- 1 tsp. salt, divided
- ¼ tsp. black pepper

Preheat oven to 400°F. Cut potatoes into 1 ½" chunks. In a large bowl, add the oil, 2 tbsp. of vinegar, ½ tsp. salt, and pepper. Whisk until well combined. Add potatoes. Stir to evenly coat potatoes in the vinaigrette. Pour the potatoes onto a large baking sheet and spread into an even layer. Cook for 25 minutes. Use a heavy spatula to scrape the potatoes from the baking sheet and flip them over. Cook for 20 minutes more. Again, use the spatula to scrape up the potatoes from the sheet. Drizzle the potatoes with additional tbsp. of vinegar and ½ tsp. of salt. Stir to evenly coat the potatoes.



POTATOES

RADISH DIP

Nutrition Highlight

Radishes are high in vitamin C, a powerful antioxidant necessary for good health. They also create collagen, which is an important protein for building body tissue.

Harvest Time: Spring

- 8 oz. package low-fat cream cheese, softened
- 1 tbsp. lemon juice
- 1 clove garlic, minced
- 1 tsp. fresh dill or ½ tsp. dried dill
- 1 ½ c. finely chopped radishes

Combine cream cheese, lemon juice, garlic, and dill in a bowl. Stir until blended. Add chopped radishes and mix well. Chill for at least 1 hour. Serve with whole grain crackers, pita chips or fresh vegetables.



RADISHES

SPINACH



FARMERS MARKET QUESADILLAS

Nutrition Highlight

Spinach is a good source of folate, an important vitamin for preventing birth defects and fighting chronic diseases.

Harvest Time: Spring & Fall

- 4 flour tortillas
- 1 tbsp. olive oil
- 2 cloves garlic, minced
- 1 small onion, chopped
- 1 medium yellow squash or zucchini, chopped (about 2 cups)
- 1 bell pepper, or 8-10 mini bell peppers, chopped or sliced
- ½ tsp. dried basil
- 2 handfuls baby spinach
- 8 oz. cheddar cheese, shredded

In a large skillet, heat oil over medium-high heat. Add garlic and onion; cook until translucent, 1-2 minutes. Add in the squash, peppers, and basil. Cook until tender-crisp, about 5 minutes. Remove from heat and add baby spinach. Stir until wilted.* Remove mixture from the skillet and set aside. Using the same skillet, place one tortilla over medium heat. Add ¼ c. shredded cheese on half the tortilla. Cover the cheese with ½ c. of cooked veggies. Fold tortilla over and cook, flipping as necessary, until cheese is melted and tortilla is crispy.

**If you have fresh herbs on hand, add them once the spinach is wilted. Basil, parsley, chives, or thyme are great options.*



STRAWBERRIES

STRAWBERRY AVOCADO WRAP

Nutrition Highlight

Strawberries are a great source of vitamin C and polyphenols, which are important antioxidants.

Harvest Time: Summer

- 4 whole wheat tortillas or wraps
- 4 slices of bacon, cooked and crumbled
- 1 avocado, pitted and sliced
- 10 strawberries, sliced
- Large handful of spinach leaves
- ½ tbsp. honey or maple syrup
- ¼ tsp. Dijon mustard
- ¼ tsp. garlic powder
- 1 tbsp. balsamic vinegar
- 3 tbsp. olive oil
- Salt and pepper to taste

In a medium bowl, whisk the honey, mustard, salt, pepper, garlic powder, vinegar, and oil together. Set aside. Fill each tortilla with ¼ of the spinach, bacon, avocado, and strawberries. Drizzle with 1 tbsp. of the vinaigrette mixture. Roll up and serve.

SWISS CHARD SCRAMBLED EGGS

Nutrition Highlight

Swiss chard is an excellent source of vitamin K.

Harvest Time: Spring, Summer & Fall

- 1 tbsp. olive oil
- 1 small sweet onion, thinly sliced
- 2 garlic cloves, minced
- 4-6 Swiss chard leaves, stems removed, and leaves chopped
- 6 eggs, beaten
- ½ c. grated cheese
- ¼ tsp. salt
- ⅛ tsp. pepper

Heat oil in a medium skillet. Add onion and garlic, sauté 5 minutes. Add chard and sauté until wilted, about 3-4 minutes. Add eggs, cheese, salt, and pepper. Cook, stirring until eggs are set.

SWISS CHARD



PANZANELLA

Nutrition Highlight

Tomatoes are a very good source of vitamins A, C, and K, and potassium. They are also a good source of lycopene, a key nutrient that is associated with reduced risk of certain types of cancer.

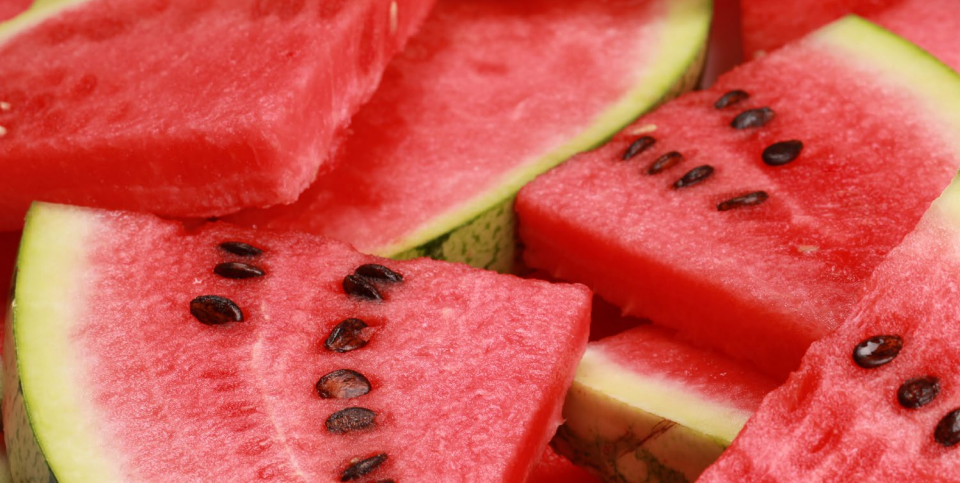
Harvest Time: Summer

- 6 tomatoes, diced
- 1 loaf day-old Italian bread
- ½ c. red onion, finely diced
- 1 cucumber, peeled and diced
- 2 tbsp. olive oil
- 1 tbsp. red wine vinegar
- ½ c. fresh basil
- A pinch of salt
- A pinch of pepper

Preheat oven to 275°F. Cut bread into 1" cubes, drizzle with olive oil and toast in the oven for 20 minutes. Combine bread and vegetables in a large bowl. Mix oil, vinegar, and a pinch of salt and pepper and pour over salad. Stir in basil just before serving.

TOMATOES





WATERMELON

WATERMELON SALAD

Nutrition Highlight

Watermelon is a low-calorie source of vitamins A, C, and B6.

Harvest Time: Summer

- 8 c. watermelon, seeded and cut into 1" chunks
- ¼ c. fresh lime juice
- A pinch of cayenne pepper (optional)
- ½ c. mint leaves
- Salt to taste

In a large bowl combine watermelon, lime juice, and cayenne pepper. Fold in the mint and salt.

WINTER SQUASH



ROASTED BUTTERNUT SQUASH SOUP

Nutrition Highlight

Winter squash with dark orange flesh is a very good source of vitamin A, a nutrient that is important for healthy skin and eyes.

Harvest Time: Fall

- 3-4 lbs. butternut squash or other winter squash, peeled and cored
- 2 yellow onions
- 2 apples, peeled and cored
- 3 tbsp. olive oil
- 2-4 c. low-sodium chicken broth
- ½ tsp. curry powder
- 1 ½ tsp. salt
- 1 tsp. pepper

Preheat oven to 425°F. Cut butternut squash, onions and apples into 1" cubes. Place them on a baking sheet and toss with olive oil, 1 tsp. salt, and ½ tsp. pepper. Divide the squash mixture between 2 baking sheets and spread with a single layer. Roast for 35-45 minutes, until very tender.

Meanwhile, heat the chicken broth to a simmer. When the vegetables are done, puree them in batches in a food processor fitted with the steel blade or in a blender. Add some of the chicken broth and coarsely pulse. When vegetables are processed, place them in a large pot and add enough broth to make a thick soup. Add the curry powder, ½ tsp. salt and ½ tsp. pepper.

Recipe adopted from In a Garden at foodnetwork.com

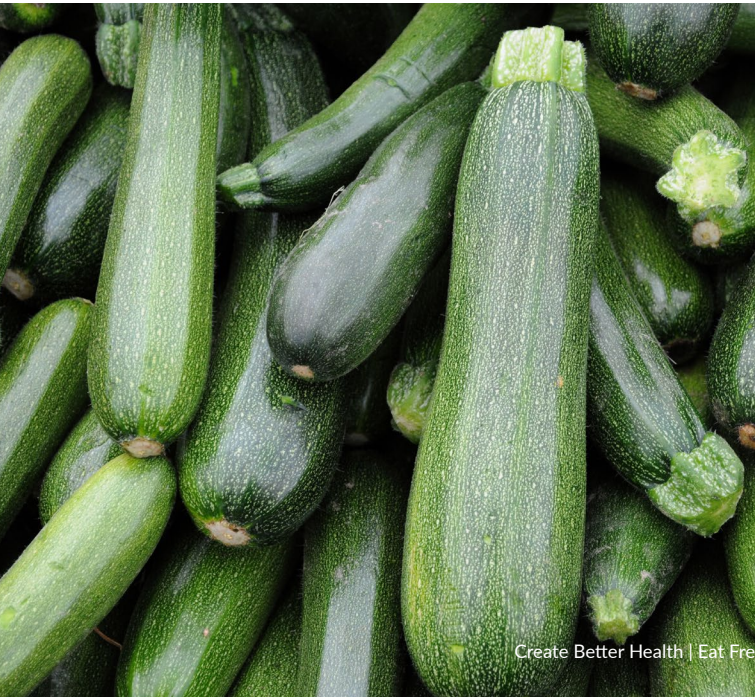
Nutrition Highlight

Zucchini is high in vitamin C and a good source of fiber.

Harvest Time: Summer & Early Fall

- 3-4 small zucchini or summer squash
- 2 tsp. olive oil
- ½ lemon
- 1 oz. parmesan cheese
- 2-3 tbsp. slivered almonds
- Salt and pepper to taste

Use a vegetable peeler to shave long strips of zucchini from one end to the other. Rotate the zucchini as you shave it until you get to the seeds at the core of the zucchini. Discard the core and repeat with each zucchini. Use a vegetable peeler to shave strips of parmesan cheese. Place the zucchini and parmesan cheese in a medium bowl; drizzle with olive oil and toss lightly. Squeeze ½ lemon over top and season with salt and pepper to taste. Top with slivered almonds.



ZUCCHINI

FRUIT AND VEGETABLE CONVE

Use these conversions to help you determine how much of a fruit or vegetable you need to purchase to make a recipe.



FRUIT OR VEGETABLE	RECIPE MEASUREMENT	WHOLE FOOD MEASUREMENT
Basil	1 cup fresh, chopped	½ oz. fresh or 14 g fresh
Beets	1 cup, sliced, diced, chopped, or grated	5 small or 3 medium
Cabbage	5 to 6 cups, shredded	1 medium head
Carrots	1 cup, thinly sliced 1 cup, shredded	3 medium carrots 2 medium carrots
Cauliflower	2 cups florets	1 lb.
Cherries	2 ½ cups	1 lb.
Cilantro	1 cup, chopped	1 bunch
Corn	1 cup kernels	3 to 4 ears
Cucumbers	1 cup, diced	1 small cucumber
Eggplant	2 ½ cups, diced and cooked	1 lb.
Green Beans	2 ½ cups, cut and cooked	1 lb.
Green Onions	1 cup, chopped	About 18 stalks
Kale	3 cups, cooked	1 lb.

CONVERSION CHART



FRUIT OR VEGETABLE	RECIPE MEASUREMENT	WHOLE FOOD MEASUREMENT
Melon	1 ½ cups	1 lb.
Mushrooms	1 lb.	20 to 24 mushroom caps
Onions	1 cup, chopped	1 small onion
Peaches	1 lb. peaches	3 to 4 peaches
Peppers	1 cup, chopped	1 medium pepper
Potatoes	1 lb.	10-12 small potatoes 3-4 medium potatoes
Radishes	1 lb.	12 radishes
Rhubarb	4 cups	4 large stalks
Spinach	4 cups torn leaves	1 ½ cups, cooked
Sugar Snap Peas	1 cup	14 pea pods
Swiss Chard	9 to 10 cups, raw	2 ½ cups, cooked
Tomatoes	1 cup, chopped	1 large
Winter Squash	1 ¼ cup, cooked	1 lb.
Zucchini	1 cup, cooked	3 medium

PRODUCE STORAGE TIPS

Fruits and vegetables lose quality quickly after harvest, some within just a few days. The chart below gives suggestions for storing your produce to keep it at its best.

	PRODUCE	STORAGE TIME	STORAGE RECOMMENDATIONS
GROUP 1	Apples	1-2 months	<ul style="list-style-type: none">• These items can be kept at room temperature to ripen.• Refrigerate (40°F) for a longer life. Do not refrigerate tomatoes until fully ripened.• Store these fruits away from other produce. They may cause other produce to rot.
	Apricots	1-2 weeks	
	Peaches	2-3 weeks	
	Pears	3-4 weeks	
	Melons	1-2 weeks	
	Tomatoes	1-2 weeks	
GROUP 2	Cherries	1-2 weeks	<ul style="list-style-type: none">• Keep these items refrigerated (40°F).• For higher quality, cover with a damp paper towel.• Do not wash until ready to use.
	Fresh Herbs	1 week	
	Leafy Greens	1-2 weeks	
	Raspberries	1 week	
	Strawberries	1 week	
GROUP 3	Beets	2-3 weeks	<ul style="list-style-type: none">• Keep these items refrigerated (40°F).• For better quality, these can be stored in an unsealed or vented plastic bag.• Other produce in this group includes oranges, celery, radishes, and parsnips.
	Carrots	2-3 weeks	
	Corn	1 week	
	Peppers	1-2 weeks	
	Summer Squash	1-2 weeks	
GROUP 4	Cucumbers	1-2 weeks	<ul style="list-style-type: none">• These items are easily damaged by cold.• Keep these items refrigerated (40°F), but check daily for signs of rot. The fridge door is best.• Do not wash until ready to use.
	Green Beans	1 week	
	Eggplant	1 week	
GROUP 5	Garlic	4-5 months	<ul style="list-style-type: none">• These items do not need refrigeration.• Store in a cool room (50-60°F).• For better quality, store these on a wire rack or hang in a net bag so air can flow.• Do not wash until ready to use.
	Onion	5-6 months	
	Potatoes	5-6 months	
	Winter Squash	4-5 months	

PRESERVING FRESH PRODUCE

The growing season for many fruits and vegetables is very short, but most can be processed at home so they can be enjoyed throughout the year. Freezing is the best way to preserve nutrients, but drying and canning can also be used for some types of produce.

PRODUCE	FREEZING	DRYING	CANNING
Apricots	Yes – blanched halves, quarters, slices, or jam	Yes – slices	Yes – halves, quarters, or jam
Apples	Yes – blanched slices, cubes, or jam	Yes – slices	Yes – quarters, slices, cubes, or jam
Beets	Yes – blanched cubes	No	No
Carrots	Yes – slices or blanched cubes	Yes – slices	No
Cherries	Yes – pitted whole or halves	Yes – halves	Yes – pitted whole, halves, or jam
Corn	Yes – blanched kernels	No	No
Cucumbers	Yes – grated	No	No
Eggplant	Yes – grated or blanched slices	No	No
Garlic	Yes – grated or pureed	No	No
Green Beans	Yes – blanched pieces	No	No
Herbs	No	Yes – whole leaves	No
Onions	Yes – sliced or minced	No	No
Peaches	Yes – blanched slices, cubes, or jam	Yes – slices	Yes – quarters, slices, cubes, or jam
Peppers	Yes – slices, rings, or cubes	Yes – slices or rings	No
Potatoes	Yes – cooked then grated	No	No
Raspberries	Yes – whole or jam	Yes – whole	Yes – whole or jam
Strawberries	Yes – halves, slices, or jam	Yes – slices	Yes – jam
Summer Squash	Yes – grated	No	No
Tomatoes	Yes – diced or cooked sauce	No	Yes – diced or cooked sauce

Freezing guidelines: Spread solids out on a cookie sheet in a single layer to freeze.

After frozen, transfer to a freezer bag or container. For jams and sauces, freeze directly in the container. Use within 1 year for best quality. **Drying guidelines:**

Spread out in an even layer on a dehydrator tray. Follow the manufacturer's instructions for drying times and temperatures. **Canning guidelines:** Follow the

USDA Home Canning Guidelines, available at your county Extension office or

nchfp.uga.edu/publications/publications_usda.html.



TIPS FOR PLANTING A FAMILY GARDEN

Planting a garden is a great way to increase your family's intake of fruits and vegetables. Creating and maintaining a successful garden takes work but is well worth the effort. Follow these steps, and you will be on your way to growing a healthy garden.

1 Decide what type of garden is best for your family.

Things to consider: family size, available land, cost of seeds/plants, time available to work in the garden, and experience.

2 Find the best place and design for your garden.

If planting in the ground, look for loose soil with little to no slope, an area that is close to a water source, and a place with good sun exposure.

If you don't have land available for planting, try growing your food in containers. You can plant in buckets, baskets, wooden boxes, or old washtubs. Remember to drill holes in the bottom of containers to drain excess water, and keep containers in the sun.

3 Choose the right size for your garden.

It is better to start small and gradually increase the size of your garden. Starting out too big can lead to frustration and lots of weeds!

4 Get to know your soil.

Plants, like people, need certain nutrients to grow. Feed your soil so it produces strong, healthy plants. Check with your local USU Extension office for more information on fertilizers, compost, and soil testing.

5 Choose foods that will improve your family's nutrition.

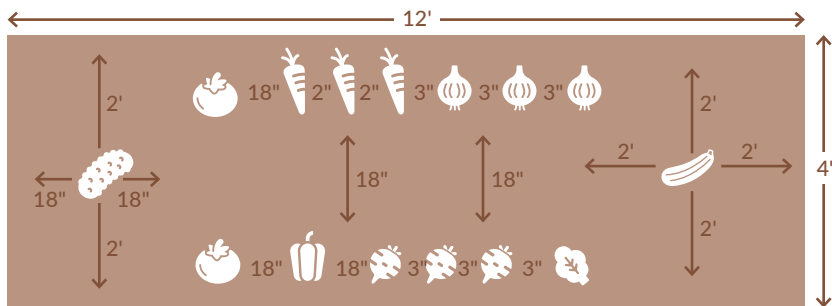
Make sure to plant your family's favorite fruits and vegetables in the garden. Also try planting new types of produce, and you may discover a new favorite!









For more gardening tips and resources from USU Extension go to:
garden.usu.edu.



SAMPLE GARDEN BOX

In order to give your plants the best chance of growing, it is important to space them properly within your garden box. This is an example of a planting format you can use, but feel free to use your own creativity.



VEGETABLE	WHERE	HOW
 Tomato	Plant tomatoes 4-6" apart with 18" between rows	Plant the tomato start deep in the ground. About 2/3 of the plant should be buried to assure strong roots.
 Zucchini	Plant zucchini in mounds with 4" between plants	Plant zucchini starts in a mound. Assure roots are covered in soil.
 Carrots	Plant carrots 2-3" apart with 12-18" between rows	Plant seeds 1/4-1/2" deep in soil.
 Cucumber	Plant cucumbers 12-18" apart with 4' between rows	Plant cucumber so all roots are covered. Thin plant to only 2 leaves.
 Onion	Plant onions 3-4" apart with 12" between rows	Plant onion seeds 1/4-1/2" deep.
 Spinach	Plant spinach 3" apart with 12" between rows	Plant spinach seeds 1/2-1" deep.
 Beet	Plant beets 3-4" apart with 12" between rows	Plant beet seeds 1/2-1" deep. Keep beets 3-4" apart.
 Bell Pepper	Plant peppers 18" apart with 18" between rows	Plant bell pepper start until about 1-2" of the plant stem is covered.

EAT FRESH BUY LOCAL

Benefits of Shopping at Farmers Markets

QUALITY

Fruit and vegetables (FV) are fresher and often have more flavor than those at stores.

SUPPORT THE LOCAL ECONOMY

Money spent at the farmers market stays in the local economy and fosters entrepreneurship in the community.

ENVIRONMENT

FV from farmers markets travel less, reducing the impact on the environment.

PRICE

Certain FV can be less expensive than traditional grocery stores. Focus on FV that are in season and plentiful.

VARIETY

Farmers markets often have unique varieties, like heirloom tomatoes, that are harder to find in the grocery store.

MARKET EXPERIENCE

Meet and mingle with a diverse mix of fellow community members. Some markets have live music and great food, making it a fun outing for the entire family.

HARVEST SCHEDULE

Although each growing season is different, here is a list of when you are likely to find some of your favorite items at the local farmers market. Chat with local farmers to find out exactly when certain items will be ready in your area.

CROP	MAY	JUNE	JULY	AUG	SEP	OCT	NOV
Apricots			X				
Arugula		X	X	X	X		
Basil		X	X	X	X		
Beets		X	X	X	X	X	
Cabbage			X	X	X		
Carrots		X	X	X	X	X	
Cucumbers		X	X	X	X		
Eggplant			X	X	X		
Garlic			X	X	X	X	X
Greens (Chard/Kale)	X	X	X	X	X	X	
Green Beans		X	X	X	X		
Melons			X	X	X		
Onions		X	X	X	X	X	X
Peaches				X	X		
Peppers			X	X	X	X	
Potatoes			X	X	X	X	X
Raspberries			X	X	X		
Summer Squash		X	X	X	X	X	
Sweet Cherries			X				
Sweet Corn				X	X	X	
Tomatoes			X	X	X	X	
Winter Squash				X	X	X	X

SNAP BENEFITS

The Supplemental Nutrition Assistance Program, also known as SNAP, is a federal program that assists low-income families and individuals in paying for food. SNAP was previously known as Food Stamps. As part of the SNAP program, many farmers markets nationwide have begun accepting SNAP benefits as payment for certain food items available at the markets. Many states also offer cooking and nutrition workshops, known as SNAP-Ed, to program participants. In Utah, the SNAP-Ed program is Create Better Health.

SNAP benefits at the farmers market can be used to buy certain food including*:

- Breads and cereals
- Fruits and vegetables
- Meat, poultry, fish, eggs
- Dairy products
- Seeds and starter plants that produce foods

Items you cannot buy with SNAP benefits at a farmers market:

- Artisan items, including crafts, jewelry and home goods
- Body care items, including soaps, lotions, etc.
- Hot meals
- Prepared foods

**At each farmers market, individual vendors decide whether or not to accept SNAP benefits. Check with vendors before you make your purchase selections.*



HAVE A HORIZON EBT CARD?

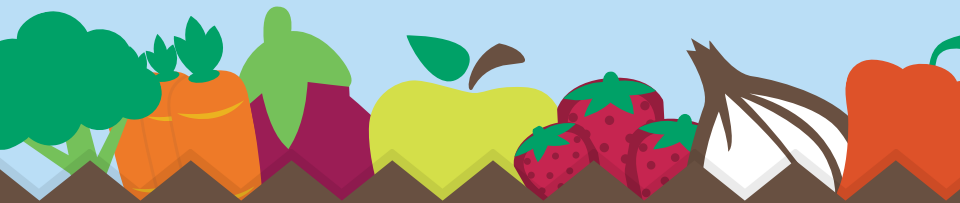
Get **FREE** fruits & veggies
with **DOUBLE UP FOOD BUCKS**



BUY \$1



GET \$1



**UP TO
\$20
PER DAY**

Visit the info table first to get started. Buy any SNAP eligible foods with your Horizon Card and get FREE Double Up Food Bucks to spend on Utah grown, fresh fruits & veggies.

Find a participating farmers market at www.DoubleUpUtah.org

Have questions? Call 1.800.453.3663 or visit DoubleUpUtah.org



For other food assistance, contact the toll free Utah Food Assistance Program Hotline: 1.800.453.3663

WHAT IS CREATE BETTER HEALTH?

Utah's SNAP-Ed (Supplemental Nutrition Assistance Program Education) is the Create Better Health Program which is part of the Utah State University Extension system. The program is designed to help low-income individuals or families obtain the best nutrition with the resources they have. Create Better Health offers free nutrition and cooking workshops throughout the state in group classes, grocery stores, schools, and farmers markets. Call your local USU Extension office for more information on classes offered in your area. Visit the Create Better Health website at CreateBetterHealth.usu.edu.

Testimonials from class participants and nutrition education assistants



"I had a family in my class that has very picky kids, so the mom was terrified to buy vegetables because she thought they would go to waste. In our class, we tried zucchini in several of our dishes, and her kids actually always wanted seconds!"

Nutrition Education Assistant



"I never even considered giving my daughter bell peppers because I just assumed she wouldn't like them. But she is loving them!"

Create Better Health Participant



"Weekly, we offer a sample and a recipe for the public to try. One lady comes by weekly. She is always eager to try out the sample and ask questions. She is snap eligible and excited about choosing foods that are good for her body but also tasty."

Nutrition Education Assistant



"I've tried to incorporate more fruits and vegetables in my diet since learning about MyPlate [in a Create Better Health class]."

Create Better Health Participant

GET IN TOUCH

USU CREATE BETTER HEALTH (SNAP-ED)

 CreateBetterHealth.usu.edu

 CreateBetterHealthUtah.org



EAT WELL UTAH

 facebook.com/eatwell.utah

 instagram.com/eatwellutah

 pinterest.com/eatwellutah

 twitter.com/eatwellutah

KIDS CREATE

 facebook.com/kidscreatefoodsense

 kidscreatesite.wordpress.com



To find a farmers market near you that accepts SNAP, go to **DoubleUpUtah.org**

For information on classes, please call our toll-free number **1-888-744-3232**

USU EXTENSION COUNTY OFFICES

Beaver 435-438-6450
Box Elder 435-695-2542
Cache 435-752-6263
Carbon 435-636-3233
Davis 801-451-3412
Duchesne 435-738-1140
Emery 435-381-2381
Garfield 435-676-1113
Grand 435-259-7558
Iron 435-586-8132
Juab 435-623-3450
Kane 435-644-4901
Millard (Delta) 435-864-1480
Millard (Fillmore) 435-743-5412
Morgan 801-829-3472

Piute 435-577-2901
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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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