

# Family Nutrition In Action

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## Food Safety at Farmers' Market

### Fruit and Vegetables

- ◆ Wash thoroughly before using.
- ◆ Refrigerate within two hours after cutting.

### Milk and Cheese

- ◆ Make sure these foods have been pasteurized. Eating these foods raw may put you and your family at risk.

### Eggs

- ◆ Make sure that eggs are properly chilled at the market (45°F).
- ◆ Before buying, open the carton and make sure that all eggs are clean and the shells are not cracked.

### Meat

- ◆ Make sure the meat is properly chilled at the market.
- ◆ Bring an insulated bag or cooler with you to the market to keep meat cool on the way home.
- ◆ Keep meat separate from your other purchases.

SOURCE: FOODSAFETY.GOV

## FARMERS' MARKETS: FRESH, HEALTHY, LOCAL



Did you know that some food travels about 1500 miles before it reaches the grocery store? It can be helpful to know where your produce is coming from and even when it was harvested. You can do both when you visit your local farmers' market!

### Why should you shop at a Farmers' Market?

- All fruits and vegetables are picked fresh and are peak in both flavor and nutrients.
- There are unique items that grocery stores do not offer.
- It is a great place to be social. Meet your local farmers, learn about local foods grown in your area and catch up with friends and neighbors.
- You support your local farmers and keep the money you spend closer to your neighborhood.
- They are great places to let your kids pick out a new fruit or vegetable.
- SNAP EBT and WIC cards are accepted at many of them.
- They are easy to find! To find one close to you, visit: <http://florida-agriculture.com/consumers/crops/commfarmmkt/>

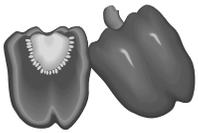
### How Can I Make the Most of My Trip to the Farmers' Market?

- Arrive early for the best selection.
- Ask for samples of unfamiliar fruit and vegetables.
- Talk with your local farmers to learn what seasonal items are on sale as well as what new foods to expect in the coming weeks.
- Ask the grower for ways to prepare the fresh foods they are selling.



For more information, contact your local County Extension Office:

SOURCE: USDA, WASHINGTON STATE UNIVERSITY EXTENSION, FARMERS MARKET COALITION



## VEGGIE CORNER BELL PEPPERS

Bell peppers have a sweet, mild flavor and tend to be crisp and juicy. Most bell peppers are green when immature and red when ripe. They can also be found in orange, yellow, and even purple. Bell peppers are an excellent source of vitamin C and provide some vitamin A, potassium, and fiber.

### How to Buy

- Look for firm, bright colored peppers with smooth, shiny skins and without soft spots.

### Cost

- Green peppers are the least expensive bell pepper because they are picked before they ripen.
- The average cost of green peppers is \$1.40 per pound or \$0.75 each.

### How to Prepare:

- Rinse peppers, then cut open to remove seeds.
- Cut peppers into strips and serve with your favorite dip or toss cut-up peppers into stir-fries, salads, and soups.

### Storage:

- Store unwashed peppers in a plastic bag in your refrigerator for 1 to 2 weeks.

SOURCE: FLORIDA DEPARTMENT OF AGRICULTURE AND CONSUMER SCIENCES, AGRICULTURAL MARKETING SERVICE

## SPICY STUFFED BELL PEPPERS

Makes 4 to 6 servings

### INGREDIENTS:

- 1 can diced tomatoes
- 4 to 6 bell peppers
- 1 pound lean ground hamburger or turkey meat
- 1 packet taco seasoning
- 1/2 cup onion, chopped
- 1 cup low-fat cheese

### STEPS:

1. Cut off just the top of peppers and clean out centers.
2. Fill each bell pepper half way with water, then microwave for 6-7 minutes.
3. Brown one pound ground beef with ½ cup of onion.
4. Stir in taco seasoning and add the diced tomatoes. Simmer for 10 minutes.
5. Drain the water from the bell peppers. Place the bell peppers in a loaf pan. Fill each bell pepper three-fourths full of the meat mixture.
6. Fill the rest of the bell pepper with cheese.
7. Cover with foil and bake for 20 minutes or until the bell peppers become tender.

SOURCE: UTAH STATE EXTENSION

### Nutrition Facts

Calories: 347  
 Fat: 11g  
 Carbohydrates: 11g  
 Protein: 30 g  
 Sodium: 393 mg  
 Fiber: 3g



## HOW MUCH DO YOU KNOW ABOUT BELL PEPPERS?

### 1. Bell peppers are an excellent source of this nutrient:

- a. Vitamin C                      b. Calcium                      c. Protein

### 2. Peppers should be stored:

- a. On the countertop  
 b. In a paper bag  
 c. Unwashed in a plastic bag in the refrigerator

### 3. Peppers turn this color when fully mature:

- a. Yellow                              b. Red                              c. Green

SOURCE: USDA, NATIONAL INSTITUTE OF HEALTH      Answers: 1a, 2c, 3b



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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