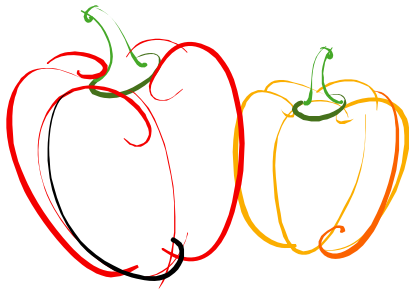


The logo consists of a light blue oval with a dark blue double-line border. Inside the oval, the text "Eat Right" is positioned on the top line and "Farmer's Market" is on the bottom line, both in a bold, black, sans-serif font.

Eat Right
Farmer's Market



Get the Most from Your Local Farmer's Market

- **Take a lap.** Take a few minutes to stroll around and check out the variety of picks. The freshest cantaloupe may be at the next booth.
- **Chat it up.** If you see produce you don't recognize, ask questions about it. Vendors and farmers love to share their knowledge and can even give you recipes and cooking tips.
- **Taste it.** If you can't tell if something is ripe and flavorful, ask for a taste and offer to pay for it. Buying one tomato may save you from buying a bushel of tasteless ones.
- **Try something new.** Challenge yourself to buy one thing each week that you've never had before. Ask the farmer the best way to enjoy it.
- **Pick wisely.** Ask when the produce was picked. This can be important since some foods, such as corn and peas, can lose their appealing sugars quickly.
- **Take a look.** Know that often the prettiest peach or apple may not be the tastiest. However, if anything is bruised, wilted, or tired-looking, don't buy it.
- **Size isn't everything.** Often the smaller ear of corn, zucchini, or green bean is sweeter. Remember, pickling cucumbers can be delicious eaten raw. They often have distinctive, especially appealing character.
- **Compare prices.** You can price shop at the farmer's market. The best buy might be down the next row.
- **Keep it cool.** If you plan to make your trip on your lunch break, be sure to take your picks back inside with you. For fruits and veggies best kept cool, toss some ice cubes from your freezer in plastic storage bags and keep your picks fresh in a cooler.
- **Go green and not just with your veggies.** Recycle grocery store plastic bags by bringing them with you and asking dealers to use them instead of theirs. Better yet, bring your own tote bags to the market.

**Get Moving:
Be Well Together**

**Eat Right:
For Better Health**

Have a Healthy Memorial Day Cook Out





During the month of May the sun is not the only thing that is coming out. May is the peak season for strawberries and blueberries in North Carolina! Berries are not only delicious but nutritious as well, and add lots of fun and flavor to many foods and beverages.

Did you know...?



Blueberries are high in potassium, which is essential for your body's growth and maintenance. Blueberries also contain vitamin C, which helps build strong bones and teeth and helps keep your immune system healthy!

Strawberries, like blueberries, contain potassium and vitamin C. In addition, they contain phosphorus, which is essential for bone and teeth development. Strawberries contain folate, which is used to help the body make healthy new cells.



How to use blueberries and strawberries:

- Add them to cereal, salad, or fat-free yogurt for a healthy snack or meal
- Bake them with whole grain muffins, or purée berries to make jam or jelly
- Eat berries dried or fresh as a snack

Blueberry/ Strawberry Smoothie Recipe

Ingredients:

- 1 cup frozen blueberries, unsweetened
- 1 cup frozen strawberries, unsweetened
- 1 cup pineapple and orange juice blend
- 1 cup fat-free plain vanilla yogurt
- 2 teaspoons sugar
- 6 ice cubes



Preparation:

Place the blueberries, strawberries, juice, yogurt and sugar into the container of a blender. Process until smooth. Add the ice cubes, and process until small enough to fit through a straw, but large enough to crunch on. Pour into glasses, drink through straws, and enjoy.



Mother's Day Salad

Strawberry, Melon & Avocado Salad

From *EatingWell Magazine* June/July 2005

NUTRITION PROFILE:

Low Calorie | High Fiber | Low Sodium | Low Sat Fat | Heart Healthy | Diabetes Appropriate

Makes 4 servings

ACTIVE TIME: 20 minutes

TOTAL TIME: 20 minutes

EASE OF PREPARATION: Easy

1/4 cup honey

2 tablespoons sherry vinegar or red-wine vinegar

2 tablespoons finely chopped fresh mint

1/4 teaspoon freshly ground pepper

Pinch of salt

4 cups baby spinach

1 small avocado (4-5 ounces), peeled, pitted and cut into 16 slices

16 thin slices cantaloupe (about 1/2 small cantaloupe), rind removed

1 1/2 cups hulled strawberries, sliced

2 teaspoons sesame seeds, toasted (see Tip)



1. Whisk honey, vinegar, mint, pepper and salt in a small bowl.
2. Divide spinach among 4 salad plates. Arrange alternating slices of avocado and cantaloupe in a fan on top of the spinach. Top each salad with strawberries, drizzle with dressing and sprinkle with sesame seeds.

NUTRITION INFORMATION: Per serving: 202 calories; 8 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 34 g carbohydrate; 3 g protein; 7 g fiber; 90 mg sodium.

Nutrition bonus: Vitamin C (100% daily value), Vitamin A (60% dv), Folate (18% dv).

2 Carbohydrate Servings

Exchanges: 1 vegetable, 2 fruit, 1 1/2 fat (mono)

TIP: Tip: To toast sesame seeds, heat a small dry skillet over low heat. Add sesame seeds and stir constantly until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.

MAKE AHEAD TIP: The dressing will keep, covered, in the refrigerator for up to 1 day.

http://www.eatingwell.com/recipes/strawberry_melon_avocado.html

Cooking Out Without Pigging Out

Cookout season has arrived. If you're trying to stay in shape, you don't need to avoid the summer gatherings or make a meal of lettuce leaves while everyone else enjoys the festivities. Follow these guidelines for healthier choices right from the grill.



Main Course

- Grilled hamburgers aren't your best bet, but if it's the only option available, comfort yourself by knowing that a lot of fat is eliminated in the grilling process.
- Remember that mayonnaise adds fat so opt for ketchup, mustard, and relish as condiments instead.
- To lower your fat intake, barbequed chicken is a better choice...without the skin, of course.
- If it's a pig roast, go for a lean slice, and throw away the skin.
- Hot dogs are usually over 80% fat, and generally not very nutritious. If possible, read the ingredient label. Once you are aware of what you're eating, hot dogs may be a little easier to resist.
- Vegetables are great on the grill, too. Try red peppers, zucchini, onions, and squash.

Side Dishes

- Three-bean salad, fresh veggie trays, or dill pickles are better choices than chips or potato or macaroni salad.

Dessert

- Fortunately, cook-out desserts usually include watermelon or other fresh fruit...a much better choice than cookies, cake, or cobbler.

For more nutritious information contact Kristen Shaben at 704-336-5336.