

National Fresh Fruit & Vegetable Month: Eat Local!

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The month of June is recognized as National Fresh Fruit & Vegetable Month. What better way to get garden-fresh, flavorful produce than at a farmer's market? Purchasing produce from a farmer's market means that the produce was picked during peak ripeness, has far less travel time, and, therefore, costs less money. Better prices for better quality? Sounds like a combination you'd be foolish to pass up! While farmers' markets are great resources for the consumer, they also allow the consumer to mutually support local and sustainable food systems.

Find Farmers' Markets Near You:

It's as easy as a click away to find farmers' markets in and around your area!

- Visit LocalHarvest.org
- Click your area on the provided map
- And BAM! All farmers' markets in and around your area are listed. Here, you will find schedules, reviews, and products sold for each market.

Did you know? Buying local food has a positive, economic impact that is **THREE** times greater than buying food that's been imported!

Did you know? West Virginia ranks #14 in the nation on the 2015 Locavore Index! The Locavore Index measures how committed states are to locally sourced food. Not bad!

What Produce is in Season?:

Fruits: Apples, apricots, Asian-pears, blackberries, blueberries, cantaloupes, cherries, currants, grapes, melons, nectarines, peaches, pears, persimmons, plums, quince, raspberries, rhubarb, strawberries, watermelons

Vegetables: artichokes, arugula, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, collards, sweet corn, cucumber, daikon, edamame soybeans, eggplant, garlic, green beans, green onions, hot peppers, kale, kohlrabi, leeks, lettuce, mushrooms, okra, onions, parsnips, peas, potatoes, radishes, rutabagas, salad greens, salad mix, shallots, spinach, summer squash, sunchoke, sweet peppers, swiss chard, tomatillos, tomatoes, zucchini

A note to fellow RDs/RDNs: Take advantage of the season and encourage your clients to build their diets around the fresh fruits and vegetables available during this summer season. Inspire them to try new foods and to get creative with their dishes; this will help keep clients from getting bored with their diets. While on the subject, remind clients that half of their plate should consist of fruits and vegetables. Incorporating colorful fruits and vegetables doesn't always have to be time consuming- it's as simple as washing them, cutting them up, and throwing them on a sandwich or in a salad! Lastly, be sure that the client knows: "The darker the fruit/vegetable, the more vitamins and minerals available in it."

In-Season Summer Recipes:



Grilled Squash & Zucchini:

Ingredients:

Yields: 4 servings

- 1 summer squash, sliced
- 1 zucchini, sliced
- 1 lemon, zested and juiced
- 1 tablespoon unsalted butter, cut into chunks
- 1 teaspoon kosher salt
- 1 tablespoon ground black pepper, or to taste
- 1 teaspoon cayenne pepper, or to taste

Directions:

1. Preheat grill for medium heat and lightly oil the grate
2. Place summer squash and zucchini on a square of aluminum foil; sprinkle with lemon zest, lemon juice, and butter. Season with salt, black pepper, and cayenne pepper. Wrap the aluminum foil over the vegetables.
3. Cook vegetables on the preheated grill until tender, about 30 minutes.

Recipe derived from allrecipes.com

FROYO Bites:

Ingredients:

Yields: 10-12' cubes of each flavor

For pink, blend together in a food processor or blender:

- 1 cup vanilla greek yogurt
- 1 cup strawberries

For purple, blend together in a food processor or blender:

- 1 cup vanilla greek yogurt
- 1 cup blackberries or blueberries

Directions:

1. Using a small spoon, scoop yogurt into a mold or ice cube tray.
2. Freeze until ready to eat.

Recipe derived from: "Super Healthy Kids" on yummly.com



Rachael is currently a dietetic intern at Marywood University and plans to become a Registered Dietitian. As one of the nation's food and nutrition experts, she is committed to improving the health of her community. To find a registered dietitian in your area, visit www.eatright.org and click on "Find a Registered Dietitian."