



# SHOP SMART Summer EAT WELL 2017

...a quarterly bulletin from the UC CalFresh Nutrition Education Program

## Experience the Farmer's Market

All grocery stores have fresh fruits and vegetables, so **why make a special trip to the farmer's market?**

- Get fresh local fruits and vegetables
- Try new produce—often you can taste before buying
- Family outing
- Support local farmers



With just a little bit of planning, weekly shopping at the farmer's market can be a great experience and make cooking easy all week long.

**Know what's in season.** If you know what you're likely to find, you can do some meal planning ahead of time. Once at the market, ask the kids to help you find some of the produce you will need.

**Go early.** For the best selection, go early. The best goods go first. For the best deals, go late.

**Walk around to compare quality and price.** There might be three vendors selling cherries. Price is very important, but not if the fruit is overripe and starting to spoil.

**Bring big bags.** Some vendors offer bags, but they tend to be thin plastic ones. Reusable cloth bags are a great way to carry your produce and help the environment.

**Get advice.** Ask farmers how to use new produce, or how to tell if it is ripe or in good condition.

# Experience the Farmer's Market (continued)

**Plan for spontaneity.** You will do better if you plan your trip ahead of time. However, leave some wiggle room for the strawberries you weren't expecting or the beets your kids wanted to try.

**Purchase enough, but not too much.** As tempting as all the fresh fruits and vegetables may be, only buy what you can use in a week.

**EBT is accepted at some Farmer's Markets  
in Placer and Nevada Counties.**

## Veggie Pasta Salad

Serves 5      Prep time: 20 minutes + chilling

### Ingredients

- 4 cups uncooked spiral pasta
- 4 cups assorted chopped vegetables (broccoli, cauliflower, carrots, celery, bell peppers, beets, summer squash, etc.)
- 1/4 cup green onions, chopped
- 1 can beans (black, kidney, garbanzo, etc.), drained and rinsed
- 1 cup vinaigrette or dressing of choice
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

**Optional items:** Grilled chicken, 1/4 cup parmesan cheese

### Directions

1. Cook pasta according to directions. Drain and rinse pasta in cold water until cooled; set aside.
2. In a large bowl, combine pasta, chopped vegetables, onions, beans, and optional items. Sprinkle with salt and pepper. Add dressing and toss.
3. Cover and refrigerate for at least 20 minutes. Toss again before serving.

*Adapted from <https://spendsmart.extension.iastate.edu/recipe/cheesy-pasta-summer-veggies/>*

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