

Nutrition News

for Seniors

**EAT WELL**

Provided by the Nutrition Division of the Westchester County Department of Senior Programs and Services

Robert P. Astorino, Westchester County Executive

Mae Carpenter, Commissioner

Tips for Farmers Market Shopping

Summer is prime time for farmers markets. If you qualify for New York State's Senior Farmers Market Nutrition Program, remember to bring the coupons with you. They can be used at certified farmers markets, so just ask the farmers if they participate. You benefit by supplementing your meals with more fruits and vegetables. Also, the produce is locally grown and fresh because it was probably picked the same day you buy it.



Try This Advice When You Shop:

- **Take your time and have fun browsing.** Walk around the market and make note of stands of special interest before you buy.
- **Bring containers and shopping bags.** Although most farmers market vendors have bags, it is easiest if you bring your own reusable bags with handles.
- **Ask questions.** Ask questions when you see unfamiliar produce. Farmers love to share their knowledge and can even give you recipes and cooking tips.
- **Go early.** There is nothing better than strolling through a fragrant and colorful farmers market early on a summer morning. You will find the best selection if you show up early . . . or . . .
- **Go late.** Just before closing time, you will find some of the best deals because vendors do not want to take the food home. But remember that the selection could be limited and some vendors may be sold out.

Food in Focus: Wonderful, Sweet Watermelon

Watermelon is a popular summer picnic food. We eat it because it tastes good and is refreshing. But there 's more. Watermelon is full of vitamin C, vitamin A and lycopene -- an antioxidant that helps reduce certain kinds of cancer, cardiovascular disease and macular degeneration. Watermelon has the highest concentration of lycopene of any fresh fruit or vegetable. Also, one cup serves up to 21 percent of daily value for vitamin C and 18 percent of the daily value for vitamin A. The best melons have deeply colored seeds and flesh. If you want a whole melon, choose one that is heavy for its size with a smooth rind that is not too shiny or dull.

Food Safety: Keep a Clean Sponge

Just rinsing and squeezing out a sponge under running water will not make it safe from germs. Microwaving a wet sponge for one minute gets rid of a significant portion of the bacteria, but don't try to microwave sponges that contain metal. Always make sure they are wet because a dry sponge could catch fire. Running a sponge through the dishwasher kills almost all bugs. Another option is to keep a supply of clean dish cloths handy. Start out each morning with a fresh, dry one and at the end of the day toss the used cloth into the laundry.

Toxicology Science, 2010

In the Kitchen: Watermelon Kiwi Smoothie

1 cup seedless watermelon chunks
1 peeled and chopped kiwi
1 cup vanilla yogurt
1/2 cup ice

Place all of the ingredients in a blender and puree until smooth. Pour into glass.

Makes 1 serving.

Calories 206; Fat 1 gm; Sodium 136 mg; Fiber 3 g; Carbohydrates 42 g; Protein 11 g; Folate 45 mcg; Potassium 851 mg.

Source: www.watermelon.org

Adapted from Chef Charles Newsletter July 2011 Iowa Department of Public Health

Vegetable Riddles: Can you guess the answers?

(Answers, below)

I grow underground and am packed with potassium and vitamin C. To your surprise, I can even grow eyes.

I'm full of potassium and beta carotene, I grow in the ground like a downward-pointing arrow.

I am a tiny cabbage, and many of me grow on a single stalk. I have lots of potassium and vitamins A and C.

Adapted by Region of Peel - Public Health, Community Food Advisor Program of the Ontario Public Health Assoc., March 2008

Answers: A potato, A carrot, A brussels sprout

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