

## Summer 2016 NEWSLETTER

### Tips for Eating More Fruits and Vegetables

#### **Choose fruits and vegetables that are in season**

- Summer fruits and veggies include: cucumbers, eggplant, green beans, zucchini, blueberries, strawberries, mangoes, watermelon and more

#### **Be a role model, eat fruits and veggies each day**

- Eat fruits and vegetables as a family with meals and as snacks
- Try new fruits and vegetables together

#### **Plan meals around a vegetable main dish**

- Try vegetable stir fries and salads

#### **Have fruits and vegetables cleaned and cut for children to eat as snacks**

- Keep fruits and veggies where kids can reach them for a quick and easy snack

#### **Top your breakfast with fruit**

- Try banana or kiwi slices on a piece of whole grain toast with peanut butter

### **Visit the Eau Claire Downtown Farmer's Market and benefit from the Market Match program**

- For every \$1 of tokens purchased by FoodShare participants with their QUEST card receive an additional \$1, up to \$10 per QUEST card per week
- Use tokens to buy healthy, local, and fresh food at the market
- For more information visit [ecdowntownfarmersmarket.com](http://ecdowntownfarmersmarket.com)

#### **Adapted from**

[choosemyplate.gov/](http://choosemyplate.gov/)

“Tips to help you eat vegetables” and “Tips to help you eat fruits.”

Visit <http://goo.gl/iZdMIA> and <http://goo.gl/Sg8YS3> for more information.



Photo: Eau Claire Downtown Farmers Market

### **Chunky Cucumber Salsa**

#### **Ingredients**

- 3 cucumbers, peeled and chopped
- 1 cup fresh or frozen mango chunks
- 1 cup corn
- 1 sweet red pepper, chopped
- 1 red onion, finely chopped
- 3 garlic cloves, minced
- 2 Tablespoons white vinegar
- 1 Tablespoon minced cilantro
- 1 teaspoon salt
- 1 teaspoon sugar
- ¼ teaspoon cayenne pepper



Photo: Mary Hanson

#### **Directions**

1. In a large mixing bowl, combine all ingredients.
2. Cover and refrigerate for 2 to 3 hours.
3. Serve with whole grain baked tortilla chips.

**This recipe is from the kitchen of Carol Hollister,  
[ecdowntownfarmersmarket.com](http://ecdowntownfarmersmarket.com)  
FARMERS MARKET COOKBOOK**