
**FARMERS’ MARKET WEEK**
August 7-13

**Why Should I Visit a Farmers’ Market?**

Shopping at a farmers’ market supports local farmers and is a great opportunity to find out where your food comes from, as well as meet other people in your community. You may learn more about the products that you’re buying and get tips on how to prepare them.

Food at the farmers’ market is always fresh and in season, which means that it will be at its peak in nutrition and flavor. There is also more variety from month to month, which means you’ll find new things to try.

Shopping at a farmers’ market can also help you to improve and expand your diet. MyPlate encourages making half your plate fruits and veggies. No single fruit or vegetable provides all the nutrients you need, so choose a variety of different colors. Aim for 5 servings of fruits and vegetables daily.

**What’s NEW To Eat?**

**Rhythm Superfoods**

**Data:** Rhythm Superfoods has a line of kale chips, beet chips, broccoli bites, and roasted kale. Their products come in many flavors and many are gluten-free, vegan, and either dehydrated or roasted.

**Nutrition Information:** Kale Chips - Cool Ranch (1 oz) 140 calories, 7 gm total fat (0.5 g saturated fat) 220 mg sodium, 13 gm carbohydrate, 3 gm sugar, 4 gm fiber, and 6 gm protein.

**Ingredients:** Kale, sunflower seeds, tahini (ground sesame seeds), carrot, cane sugar, apple cider vinegar, onion, sea salt, lemon juice, dill weed, garlic, white pepper.

**Conclusion:** This is a better alternative to some potato chips. It is low in saturated fat and has protein from the seeds. Each serving has 55% of the daily value for vitamin A, 9% for vitamin C, and 8% for calcium and iron.

Source: www.RhythmSuperfoods.com

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**August**

**Spotlight On Watermelon!**

**Did You Know?**

- 2 cups of watermelon have 90 calories.
- It’s fat free.
- Contains 1,700 IU of vitamin A and 24 mg of vitamin C in a 2 cup serving, which promote good eyesight and healthy skin.

Source: ndb.nal.usda.gov

Be sure to check out the reverse side for a fun watermelon recipe.

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**Nutrition Therapy**

Do you need help with a recipe or snack idea? Want to see something on the next E-Newsletter? Please write to us with any questions or concerns that you may have.

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Source: www.cuesa.org
Q: Are frozen and canned fruits and vegetables less healthy than fresh fruits and vegetables?

A: Frozen or canned fruits and vegetables can be a good option when you want something that is not in season, or if you find that some of your food spoils before you can eat it. They are also convenient on days that you’re short on time.

The nutrient content of frozen and canned foods is similar to that of fresh foods. Most frozen and canned fruits and vegetables are processed soon after harvesting and retain many of their nutrients. Something to keep in mind is that some canned items are lower in fiber, especially foods that are very soft and have the skin and seeds removed.

Canned foods have an even longer shelf life than frozen foods. However, these foods can have a lot of added sodium and sugar, so make sure you always check the label. Avoid fruit canned in heavy syrups, and look for low sodium canned vegetables.

However you choose to buy them, the most important thing is to eat at least 5 servings of fruits and vegetables a day.

Source: www.FruitsAndVeggiesMoreMatters.org

A Summertime Twist

Watermelon Salad with Feta and Cucumber

Yields 8

Ingredients:
For the Salad:
- 1 5-lb watermelon, peeled, cut into cubes (about 11 cups)
- 1 English cucumber, cubed (about 2 cups)
- 15 fresh mint leaves, torn
- 15 fresh basil leaves, torn
- 1/2 cup crumbled feta cheese

For the Vinaigrette:
- 2 tbsp honey
- 2 tbsp lime juice
- 1 tbsp olive oil
- Pinch of salt

Directions: Whisk together honey, lime juice, olive oil, and salt. Set aside. In a large bowl, combine watermelon, cucumbers, and herbs. Top the watermelon salad with the vinaigrette and gently toss. Top with the feta cheese and serve.

Nutrition Facts per serving, roughly 1 2/3 cups.
- Calories: 127
- Protein: 3 gm
- Dietary Fiber: 1 gm
- Total Fat: 4 gm
- Sodium: 107 mg
- Sugar: 19 gm