

Healthy Bites



Information to Improve the Selection and use of Foods In Your Home

Are You a Locavore? Celebrate our Local Foods

Spring 2010 - Vol. 1



The Farmers' Market season is upon us! Nothing beats walking through the local farmers' market and buying some fresh, in season, locally grown produce.

If you're new to shopping at farmers' markets, here are some helpful tips and resources for you.

- **Know your seasons.** If you know a bit of what to expect when you get there, making decisions at each stall is much easier. Learn what's grown in your area and when, and talk to the growers about what will be coming to market in upcoming weeks.

- **Go Early or Go Late.** For best selection, go early. Often the most popular items are gone within the first hour or so in some markets. For the best

deals, go late. Oftentimes, a vendor/farmer is willing to sell for less so that produce doesn't have to be taken back to the farm.

- **Bring big bags and small change.** A backpack or a sturdy canvas/nylon bag is best to carry home your produce. Purchases go faster if you have exact (or close to exact) change.
- **Plan for spontaneity.** Trying new things is part of the farmers' market experience.
- **Work in Volume.** The best deals at the market are had when you buy in bulk. Freezing, canning, and drying are some ways to preserve your purchases.
- **Get advice.** If you find a food that you're unfamiliar with, ask the farmer/vendor how *they* like to eat it.

Want to learn more about farmers' markets and using local foods? Here are some websites of interest:
<http://www.foodroutes.org/> <http://www.mountclemensfarmersmarket.com>

Did You Know?

Locally grown fruits and vegetables are usually sold within 24 hours of being harvested. Produce picked and eaten at the height of ripeness has exceptional flavor and, when handled properly, is packed with nutrients.

MAY 1st

Market opens for the season



Fresh rhubarb and maple syrup.
Flower and bedding plants..

JUNE

STRAWBERRY MONTH!

Also now in season:

Asparagus and cabbage.



JULY SWEET CORN!



The Market is in full season now!
You'll find: apricots, cherries, plums, raspberries, beans, carrots, cucumbers, peppers, potatoes and summer squash.

AUGUST MELONS ARE AVAILABLE!



In addition to the fresh fruits and vegetables found in July, visitors will now find pears, peaches, cauliflower, onions and tomatoes.

Let your kids be "produce pickers". Help them pick fruits and veggies at the market.

Kids take their lead from you. Eat fruits and veggies and your kids will too!!!

Healthy Eating Plan

Did you know that just 8 strawberries have more vitamin C than a medium orange or that strawberries are a good source of folic acid? Folic acid is important in fetal development.

Strawberries are very nutritious. This popular red fruit contains many vitamins and minerals that contribute to a balanced, healthy diet. Here is the average nutrition data for strawberries.

Serving Size: 1 cup sliced fresh strawberries (166 grams)

Calories 50

Protein 1 gram

Carbohydrates 11.65 grams

Dietary Fiber 3.81 grams

Calcium 23.24 mg

Iron 0.63 mg

Magnesium 16.60 mg

Phosphorus 31.54 mg

Potassium 44.82 mg

Selenium 1.16 mg

Vitamin C 94.12 mg

Folate 29.38 mcg

Vitamin A 44.82 IU



Equivalents:

1 1/2 pounds = 2 pints or 1 quart

1 small basket = 1 pint

1 pint = 3 1/4 cups whole berries

1 pint = 2 1/4 cups sliced berries

1 pint = 1 2/3 cup pureed berries

1 cup = about 4 ounces

Source: University of Illinois, Strawberries & More

Strawberry and Spinach Salad

This spring salad is teeming with Vitamin A and Vitamin C. The bright green of the spinach and contrasting red of the strawberries is beautiful and the flavors are excellent together.

1 pint fresh strawberries

2 bunches fresh spinach

1/2 cup sugar

1 1/2 tablespoons minced green onion

1/2 teaspoon Worcestershire sauce

1/2 teaspoon paprika

1/2 cup olive oil

1/2 cup balsamic or cider vinegar

2 tablespoons sesame seeds



Wash strawberries under cool running water. Remove caps and set aside to drain.

Wash spinach and remove large tough stems. Tear large leaves into small pieces. Drain.

In a medium bowl combine remaining ingredients and whisk together.

Slice strawberries into halves or quarters and place in a large bowl. Add dry spinach.

Pour dressing over all and toss.

Makes 8 servings.

Source: MSU Extension



Nutrition Classes: Learn how to stretch your food dollars, shopping basics, label reading and more. Income eligible clients can sign up for free nutrition education classes with the Expanded Food Nutrition Education program (EFNEP) offered through MSUE in Macomb County.

Call 586-469-6432 for more information.

Spending Smart



First, where are you eating now, and how much did you spend?

Think about all the places where you buy food: grocery store, restaurants, school lunch, the soda machine at work, popcorn at the movies, coffee and Danish, and bottled water at the convenience store.

We buy and consume food in many locations; they all contribute to the cost of our food. To get a handle on your food dollar, keep track of what and where you spend for a month. After a month, your family will have a feel for how you spend money on food and can discuss how expenses can change.

TIP - Track your expenses by having everyone in the family put receipts in a jar with the names of who purchased it on the back. If you don't have a receipt, make a note of the amount, what, and where something was purchased.

At the end of the month, spread out all the receipts/notes and put them in stacks by location. Then look at how much you spent at the grocery, restaurant, vending, etc. If you want to make a change, the whole family, including children, needs to talk about the necessary spending changes, because these decisions affect all members.

- Does anything surprise you about your current food purchasing habits?
- Is all of your eating away from home really needed or is it a habit?
- Can you eat out at less expensive places?
- Do you need to learn new skills or get different recipes for more eating at home?

As the family talks about what is most important, be sure you are all listening to each other. If you want to know what your spending could be if you ate all your meals at home and with a minimum of "junk food," check out how much USDA estimates your family could spend on a low-cost diet that meets your nutrition requirements.

Go to: <http://www.extension.iastate.edu/foodsavings/fooddollar/>

Unit Pricing- Sometimes foods packed in the "giant" or "family" size may seem like the best buy. You may think that buying one large container will not cost as much as two or three smaller packages. But larger containers do not always end up costing you less than smaller ones. It is important to look at the cost per unit and compare this cost. The "unit price" tells you the cost per pound, quart, or other unit of weight or volume of a food package. It is usually posted on the shelf below the food. The shelf tag shows the total price (item price) and price per unit (unit price) for the food item. *Iowa State University*

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identify, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

This newsletter has been partially funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact the Center for Civil Justice, 1-800-481-4989



FAMILY (586) 469-5180

Jean Lakin, Family Resource Mgt Agent

Anger Management

4 week program

6:30 p.m. - 8:30 p.m.

May 4, 11, 18 & 25, 2010

MSU Extension

21885 Dunham Road

Clinton Township, MI 48036

Call 586-469-7614 to register

Living with Less

FREE Workshop

Thursday, May 20, 2010

6:30 pm-9:30 pm

MSU Extension

21885 Dunham Road

Clinton Township, MI 48036

Call 586-469-7614 to register

Better Budgeting

Free Workshop

Wednesday

6:30 pm - 8:00 pm

June 9th, 16th, 17th & 23rd, 2010

MSU Extension

21885 Dunham

Clinton Township, MI 48036

Call 586-469-7614 to register

HOUSING (586) 469-7614

Anne Lilla, Housing Program Coordinator

Macomb Homebuyers

Affordable Housing Seminar

- Renting vs. Buying
- Government & Bank Loan Programs
- Down Payment Assistance
- Saving Money & Cleaning Up Credit

Thursday, May 27, 2010

6:30 pm-8:30 pm

at Leaps & Bounds Community Center

Call 586-469-6430 to register now!

Money Management

8 Sessions, Wednesdays, 6:30 pm- 9:00 pm

May 15, 12, 19, 26,

June 2, 9, 16 & 23

2010

Eastpointe City Hall &

Eastpointe Community Center

Call (586) 469-6430 to register

Home Ownership Seminar

FREE 6 hour program

June 1, 8, 15

6:30 pm - 8:30 pm with a 1 hour lunch

MSU Extension

21885 Dunham Road

Clinton Township, MI 48036

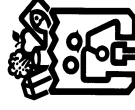
Call 586-469-7614 to register!

NUTRITION (586) 469-6432

Eileen Haraminac, EFNEP Agent

Expanded Food & Nutrition Program
for income eligible families with children - 6 sessions

- ✓One-On-One Teaching
- ✓Menu Planning
- ✓Group Presentation
- ✓Stretch Your Food Dollars
- ✓Label Reading



MICHIGAN STATE
UNIVERSITY
EXTENSION

Food Service/Safety
Certification Training

For further information on class
schedules and locations log on to:

<http://web2.canr.msu.edu/servsafe/>

*** Volunteer Opportunities ***

Youth Mentor Program

Positive role modeling to
at-risk youth 11 - 15
4H Activities for families
with children 5-19



Call 586-469-6431 for more information