

**NORTHERN ILLINOIS UNIVERSITY**

**DeKalb Farmers' Market: Assessing Factors That Impact  
Participation and Developing Nutrition Information Materials Based on  
Market's Produce**

**A Thesis Submitted to the**

**University Honors Program**

**In Partial Fulfillment of the**

**Requirements of the Baccalaureate Degree**

**With Upper Division Honors**

**Department Of**

**Family, Consumer, and Nutrition Sciences**

**By**

**Anna Wells**

**DeKalb, Illinois**

**December, 2011**

## HONORS THESIS ABSTRACT

I worked with Re:New DeKalb, the organization that coordinates the DeKalb Farmers' Market. The purpose of the project was to provide Re:New DeKalb with information and fliers that they could use to improve and promote the market. My project had two parts.

The first part of the project was a survey that I created for community members to complete. After receiving Institutional Review Board approval, the survey was posted online and an e-mail was sent out through Re:New DeKalb. The survey asked questions to determine demographics of market patrons and non- patrons and their opinions and suggestions for the market. The responses to that survey were then analyzed.

For the second part of the project, I created twenty produce fact sheets featuring items sold at the Farmers' Market. These contain information about selection, storage, peak seasons, uses, recipes, fun facts and nutrition information for the featured produce item.

**HONORS THESIS ABSTRACT  
THESIS SUBMISSION FORM**

**AUTHOR:** Anna Wells

**THESIS TITLE:** DeKalb Farmers' Market Capstone Project

**ADVISOR:** Dr. Josephine Umoren

**ADVISOR'S DEPARTMENT:** Family, Consumer, and Nutrition  
Sciences

**DISCIPLINE:** Nutrition and Dietetics

**YEAR:** 2011

**PAGE LENGTH:** 11

**BIBLIOGRAPHY:**

**ILLUSTRATED:** No

**PUBLISHED (YES OR NO):** No

**COPIES AVAILABLE:** Hard copy

**ABSTRACT (100-200 WORDS):**

**DeKalb Farmers' Market Capstone Project: Assessing Factors That Impact Participation  
and Developing Nutrition Information Materials Based on Market's Produce**

**By: Anna Wells**

**College of Health and Human Sciences**

**Family, Consumer, and Nutrition Sciences**

**Northern Illinois University**

**Fall 2011**

## DeKalb Farmers' Market Capstone Project

A farmers' market is a place where local farmers and consumers come together without a middleman. This allows for produce to be sold at its peak freshness and for consumers to know exactly where their food is coming from. The DeKalb Farmers' Market is organized and run by Re:New DeKalb. The market is open eighteen weeks a year, from the beginning of June to the end of September. Currently, the market is open Thursdays from 12 pm to 6 pm in a lot of downtown DeKalb. There are five vendors who are currently a part of the market.

With the recent support in buying local and the slow food movement, farmers' markets across the country have been gaining support. In a study conducted by the USDA, they found that farmers' markets around the country saw an average increase of 301 customers per week from 1996 to 2000. "Fifty-seven percent of markets reported an increase in customers while only 14 percent reported a decrease" (Payne, 2002).

There is no official definition of what it means "buy local". Buying local is frequently defined not only by geographical region but by the marketing arrangement where farmers sell directly to the consumer (Martinez, et al., 2010). The term "food miles" was created to discuss the difference between buying local in a global market. "Food miles are the distance food travels from where it is grown to where it is

## DeKalb Farmers' Market

ultimately purchased or consumed by the end user" (Pirog & Benjamin, 2003). By buying locally, the total food miles are reduced. In Iowa, the average number of food miles for locally grown food is 57 miles, compared to the 1,494 miles of conventionally sold produce (Pirog & Benjamin, 2003).

Reducing food miles is beneficial for many reasons. Buying local supports the local economy. It uses less non-renewable resources and creates less pollution by decreasing transportation. By decreasing food miles, consumers have access to produce at their peak of freshness. When produce is at its freshest it is also at its most nutritious.

To help the DeKalb Farmers' Market be a bigger part of the local food movement, to attract more participants and increase patrons' satisfaction a survey was created to assess community members' current practices and their opinions about the market. The goal was to collect feedback from both current patrons of the farmers' market and those who had never attended before. That information could then be analyzed to determine attitudes and factors that affect participation of current patrons and make changes to bring in new customers.

### **Methods**

The purpose of this project was to provide useful information to Re:New DeKalb, through gathering community members responses to an online survey.

#### *Participants*

## DeKalb Farmers' Market

Thirty-two people from the DeKalb community and surrounding areas responded to the survey. An email list maintained by the Re:New DeKalb was obtain to recruit participants.

### *Materials*

A brief survey (Appendix) was created to get consumer feedback on the DeKalb Farmers' Market. This survey was created with the input of a representative from the DeKalb Farmers' Market. The survey was approved by the Institutional Review Board with a waiver of consent.

### *Procedure*

An e-mail was sent through Re:New DeKalb, the group in charge of the DeKalb Farmers' Market to an e-mail listserve of approximately 245 DeKalb County Residents. In the e-mail, recipients were asked to complete a short online survey using zoomerang to get consumer feedback and increase participation to the Farmers' Market. Recipients were told they would have two weeks to complete the online. One after the first e-mail was sent, another e-mail went out to remind recipients to complete the survey. When participants followed the link to the survey, they were given a brief introduction to the survey; it's purpose and what they could expect. By completing the survey participants were implying their consent.

### *Design*

This was a correlation design. Survey question answers were analyzed to determine any patterns, trends or correlations.

### Results

32 participants responded to the survey over the course of 16 days (see Figure 1) for a response rate of about 13%. The majority of respondents were female (n= 26, 81%) and from DeKalb (n= 24, 75%). Most of the participants (n = 18, 56%) who responded are between the ages of 36 and 55. Six of them (n = 19%) were between the ages of 26 and 35 and six (19%) were 56 years or older. The yearly household income for ten of the respondents (31%) was between \$75,000- \$100,000. Nine respondents reported an income of greater than \$100,000. The other 13 respondents (41%) earned less than \$75,000 with 4 people (n = 12%) making less than \$25,000. When asked about the number of residents in their household, five (16%) indicated that they were the only member of their household. Eleven people (34%) had two members, eight people (25%) had three members, two people (6%) had five members and one person (3%) had more than 7 members of their household.

Twenty-five respondents (78%) reported that their household ate 1-3 servings of fruit per person every day and five (n= 16%) reported that their household ate 4-7 servings of fruit per person every day. Only two of the participants (6%) reported to eating no fruit at all. For vegetable consumption, twenty-four respondents (n = 75%) reported that their household ate 1-3 servings per person and eight (n = 25%) reported that their household ate 4-7 servings per person.



## DeKalb Farmers' Market

Only one respondent had never attended the DeKalb Farmers' Market. That respondent also indicated that he lived in Naperville and did not attend because of the distance. All other respondents (n= 31) had attended at least once in the past 2 years with 26% having attended 6 to 9 times and 23% attending once per month.

Overall, ratings of the Farmers' Market were positive. 84% of respondents who had attended the market rated their experience(s) as very positive or somewhat positive. Three of the respondents (10%) rated their experiences as somewhat poor. Two of these respondents indicated that a Saturday time would be better for their schedules. The third respondent said that there are "not enough vendors to make the trip worthwhile". Five respondents in all commented on the number of vendors stating that they would like to see more.

Participants were asked what items they usually purchased at the farmers' market. Twenty-five (n= 81%) responded that they purchased vegetables and twenty people (n= 65%) said they purchased fruit. Eighteen (n= 58%) responded that they purchased baked goods. Eleven (n= 35%) responded that they purchased cheese. Nine (n= 29%) responded that they purchased wine. Other responses included plants (n= 7, 23%), herbs (n= 5, 16%), jams/jellies (n= 4, 13%) and crafts (n= 2, 6%).

When asked what they liked best about the farmers' market, responses included quality of produce/merchandise (n = 18, 62%), sense of community (n = 22, 76%), source for locally grown produce (n= 21, 72%) and convenient location (n= 21, 72%). Three people (10%) choose other. When asked what prevents participants from

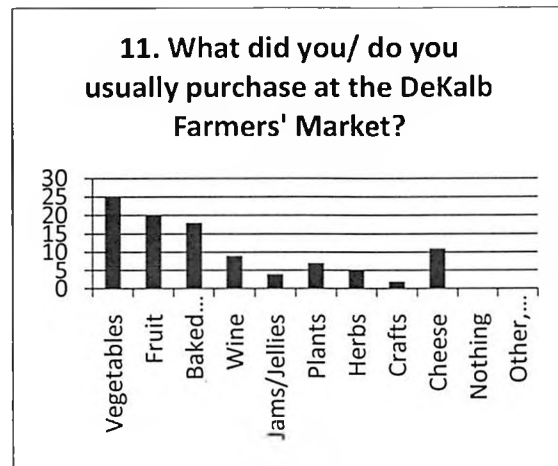
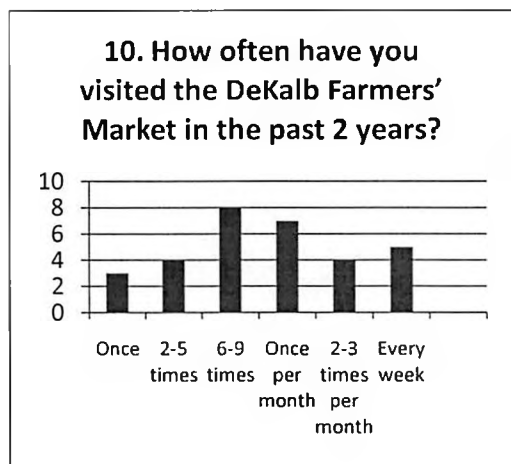
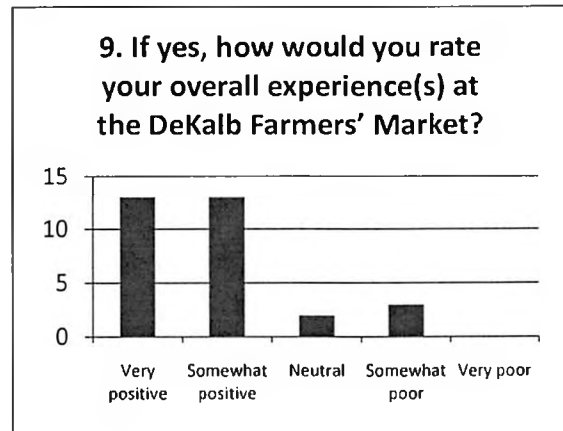
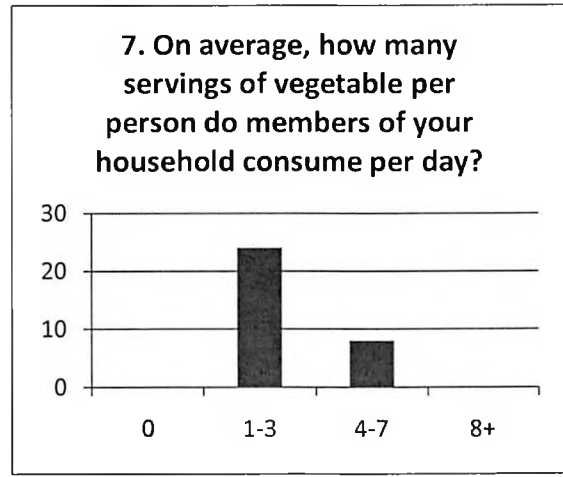
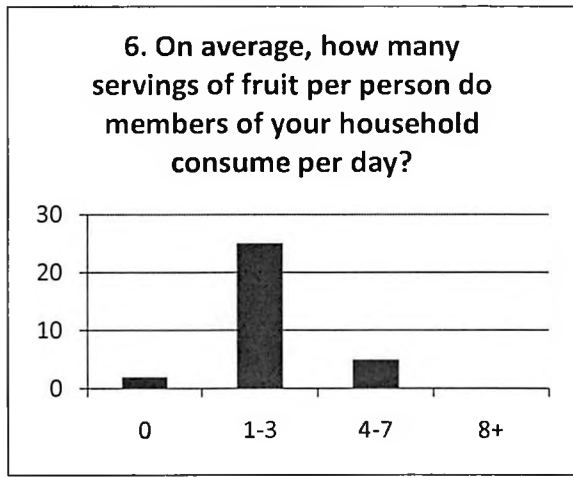
## DeKalb Farmers' Market

attending the market, the responses were as follows, want to attend but forget (n= 12, 38%), conflicts with the time of day (n= 8, 25%), feel that it might be too costly/ doesn't fit in your budget (n = 8, 25%), conflicts with the day of the week (n = 5, 16%), don't need anything offered (n = 4, 12%), and lack of interest (n = 1, 3%). Nine people (n = 28%) also filled in other responses.

Twenty-eight ( 88%) of the respondents indicated that the current 12 pm - 6pm time was the most convenient time for them. Three ( 9%) selected 9 am - 1pm and one ( 3%) selected 10 am - 2 pm as more convenient times for them.

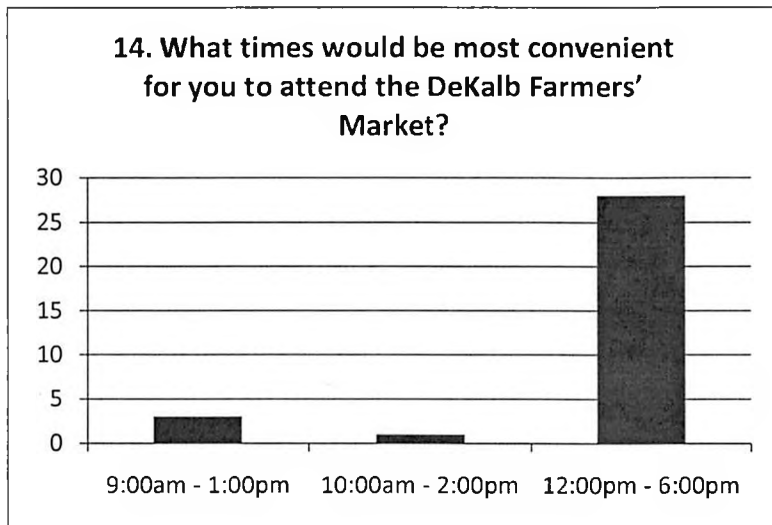
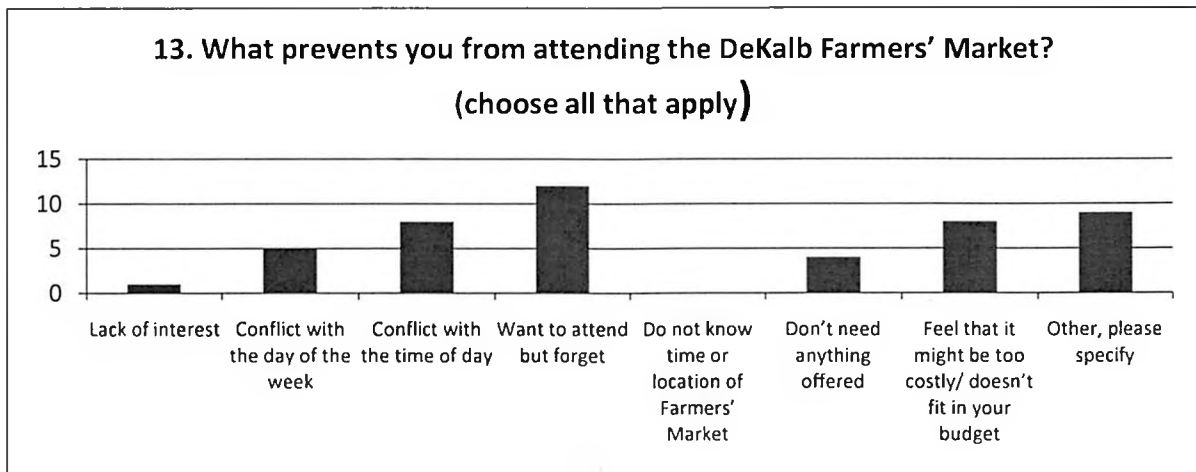
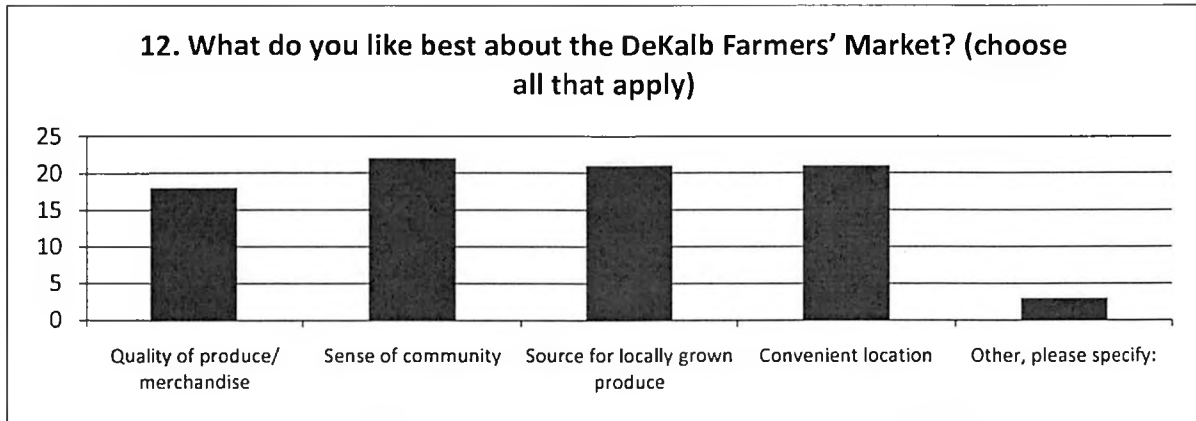
To help increase community participation, respondents offered a variety of suggestions. There were several themes that showed up. The first theme was the need for more vendors. More vendors could attract a larger crowd. The second theme was that a weekend time might be better than the current Thursday time. The third theme was having the market on the weekend would make it easier for people who work full time jobs make it to the market on a regular basis. The fourth theme was about prices. Four participants commented on the price in some way. One participant said they would like to see vendors who accept food cards. Another said that they would like prices to be listed on all products. Two of the participants said that they think prices are a bit expensive and that there are not enough reasonably priced items.

Figure 1 (see footnote<sup>1</sup>)



<sup>1</sup> All graphs show total number of responses of each questions answer choices

Figure 1 *Con't*



## Discussion

The information gathered in the survey is not generalizable to the general population because of a small sample size and only one participant had not attended the market. No comparison of attendees and non-attendees can be made from the data collected.

The reported average fruit and vegetable consumption of respondents who have attended the Farmers' Market was slightly higher than the average population.

According to the Center for Disease Control, only 32% of Americans eat fruit two or more times per day and only 27.2% eat vegetables three or more times a day (2010).

Encouraging farmers' market participation could help to increase fruit and vegetable consumption while decreasing food miles of the produce consumed by participants. As indicated by survey responses, the market can also help promote a positive sense of community for participants.

If given the chance to re-do this project, I would include a paper copy of the survey that I would pass out at various locations. I think that would help increase and diversify the participants allowing for more comparison. This would have required that the survey be completed and have gone through IRB approval much sooner. Now that I have experience, I think I could have completed this faster but with my inexperience I couldn't have.

**References**

- Centers for Disease Control and Prevention. (2010). *MMWR weekly: Fruit and Vegetable Consumption among Adults- United States 2005*. March 16, 2007. 56(10); 213-217.
- United States Department of Agriculture (2011). *Farmers Markets and Local Food Marketing*. November 19, 2011. Retrieved from <http://www.ams.usda.gov/AMSV1.0/farmersmarkets>
- Martinez, Steve, et. Al (2010). *Local Food Systems Concepts, Impacts, and Issue*. Rep. Vol. 97. USDA Economic Research Report. Print.
- Pirog, R., & Benjamin, A. (2003). Checking the food odometer: Comparing food miles for local versus conventional produce sales to Iowa institutions. *Agricultural Marketing*. Leopold Center for Sustainable Agriculture. Retrieved from [http://www.leopold.iastate.edu/pubs/staff/files/food\\_travel072103.pdf](http://www.leopold.iastate.edu/pubs/staff/files/food_travel072103.pdf)

**Appendix A**

## **DeKalb Farmers' Market Survey**

My name is Anna Wells. I am an undergraduate student in my last semester at Northern Illinois University. I am working towards my Bachelor of Science degree in Nutrition and Dietetics. This survey is part of my honors capstone project. I am working with Re:New DeKalb to study the extent of community participation and overall satisfaction with the DeKalb Farmers' Market. Based on your responses changes may be made to the Farmers' Market to improve quality and increase attendance. Please fill out this brief (10 minutes) survey to the best of your abilities. Participation in the survey is voluntary and all information will remain completely confidential. No names or other identifying information is required. If you do not feel comfortable, you may stop the survey at any time. Thank you for your time and support.



# DeKalb Farmers' Market Survey

Please circle the appropriate responses

## General Information

**Gender:** Male Female

**Age:** 18-25 26-35 36-45 46-55 56+

**City where you live:** DeKalb Sycamore Malta Creston  
Cortland Other \_\_\_\_\_

**Yearly Household Income:** \$0- \$25,000 \$25,000- \$50,000  
\$50,000-\$75,000 \$75,000- \$100,000 \$100,000 +

**Number of Residents in Household:** 1 2 3 4 5 6 7+

On average, how many servings of **fruit** per person do members of your household consume per day?

0 1-3 4-7 8+

On average, how many servings of **vegetable** per person do members of your household consume per day?

0 1-3 4-7 8+

## About the DeKalb Farmers' Market

1. Have you ever visited the DeKalb Farmers' Market?

Yes No (If no skip to question # 6)

2. If yes, how would you rate your overall experience(s) at the DeKalb Farmers' Market?

Very Positive Somewhat Positive Neutral Somewhat Poor Very Poor

3. How often have you visited the DeKalb Farmers' Market in the past 2 years?

Once 2-5 times 6-9 times  
Once per month 2-3 time per month Every week

Continue on next page →

4. What did you/do you usually purchase at the DeKalb Farmers' Market? (Circle all that apply)

Vegetables      Fruit      Baked goods      Wine      Jams/Jellies Plants  
Herbs      Crafts      Cheese      Nothing      Other (Please specify)\_\_\_\_\_

5. What do you like best about the DeKalb Farmers' Market? (Circle all that apply)

Quality of produce/ merchandise  
Sense of community  
Source for locally grown produce  
Convenient location  
Other (Please specify)\_\_\_\_\_

6. What prevents you from attending the DeKalb Farmers' Market? (Circle all that apply)

Lack of interest  
Conflict with the day of the week  
Conflict with the time of day  
Want to attend but forget  
Do not know time or location of Farmers' Market  
Don't need anything offered  
Feel that it might be too costly/ doesn't fit in your budget  
Other (Please specify) \_\_\_\_\_

7. What times would be most convenient for you to attend the DeKalb Farmers' Market?

9:00am-1:00pm      10:00am – 2:00pm      12:00pm- 6:00pm

Additional Comments: (What additional services would you like to see? What positive experiences have you had? What problems have you encountered? Ect.)

## Zoomerang Survey Results

DeKalb Farmers' Market Survey

Response Status: Completes

Filter: No filter applied

Nov 16, 2011 3:09 PM PST

1. Gender:		
Male	6	19%
Female	26	81%
<b>Total</b>	<b>32</b>	<b>100%</b>

2. Age:		
18-25	2	6%
26-35	6	19%
36-45	8	25%
46-55	10	31%
56+	6	19%
<b>Total</b>	<b>32</b>	<b>100%</b>

3. City where you live:		
DeKalb	24	75%
Sycamore	3	9%
Malta	1	3%
Creston	0	0%
Cortland	2	6%
Other, please specify:	2	6%
<b>Total</b>	<b>32</b>	<b>100%</b>

**4. Yearly Household Income:**

\$0- \$25,000	4	12%
\$25,000- \$50,000	3	9%
\$50,000-\$75,000	6	19%
\$75,000- \$100,000	10	31%
\$100,000 +	9	28%
<b>Total</b>	<b>32</b>	<b>100%</b>

**5. Number of Residents in Household:**

1	5	16%
2	11	34%
3	8	25%
4	5	16%
5	2	6%
6	0	0%
7+	1	3%
<b>Total</b>	<b>32</b>	<b>100%</b>

**6. On average, how many servings of fruit per person do members of your household consume per day?**

0	2	6%
1-3	25	78%
4-7	5	16%
8+	0	0%
<b>Total</b>	<b>32</b>	<b>100%</b>

**7. On average, how many servings of vegetable per person do members of your household consume per day?**

0	0	0%
1-3	24	75%
4-7	8	25%

	8+	0	0%
<b>Total</b>		<b>32</b>	<b>100%</b>

**8. Have you ever visited the DeKalb Farmers' Market?**

Yes	31	97%
No (If no skip to question # 13)	1	3%
<b>Total</b>	<b>32</b>	<b>100%</b>

**9. If yes, how would you rate your overall experience(s) at the DeKalb Farmers' Market?**

Very positive	13	42%
Somewhat positive	13	42%
Neutral	2	6%
Somewhat poor	3	10%
Very poor	0	0%
<b>Total</b>	<b>31</b>	<b>100%</b>

**10. How often have you visited the DeKalb Farmers' Market in the past 2 years?**

Once	3	10%
2-5 times	4	13%
6-9 times	8	26%
Once per month	7	23%
2-3 times per month	4	13%
Every week	5	16%
<b>Total</b>	<b>31</b>	<b>100%</b>

**11. What did you/do you usually purchase at the DeKalb Farmers' Market? (choose all that apply)**

Vegetables	25	81%
Fruit	20	65%

Baked goods	18	58%
Wine	9	29%
Jams/Jellies	4	13%
Plants	7	23%
Herbs	5	16%
Crafts	2	6%
Cheese	11	35%
Nothing	0	0%
Other, please specify:	0	0%

**12. What do you like best about the DeKalb Farmers' Market? (choose all that apply)**

Quality of produce/ merchandise	18	62%
Sense of community	22	76%
Source for locally grown produce	21	72%
Convenient location	21	72%
Other, please specify:	3	10%

**13. What prevents you from attending the DeKalb Farmers' Market? (choose all that apply)**

Lack of interest	1	3%
Conflict with the day of the week	5	16%
Conflict with the time of day	8	25%
Want to attend but forget	12	38%
Do not know time or location of Farmers' Market	0	0%
Don't need anything offered	4	12%
Feel that it might be too costly/ doesn't fit in your budget	8	25%
Other, please specify	9	28%

**14. What times would be most convenient for you to attend the DeKalb Farmers' Market?**

9:00am - 1:00pm	3	9%
10:00am - 2:00pm	1	3%
12:00pm - 6:00pm	28	88%
<b>Total</b>	<b>32</b>	<b>100%</b>

**15. Additional Comments: (What additional services would you like to see? What positive experiences have you had? What problems have you encountered? Etc.)**

15 Responses

3. City where you live:

Respondent #	Response
	1 Genoa
	2 Naperville

12. What do you like best about the DeKalb Farmers' Market? (choose all that apply)

Respondent #	Response
	1 The sellers are so friendly and know about the produce, that to me is really important. :)
	2 Live music
	3 Support local Farmers

13. What prevents you from attending the DeKalb Farmers' Market? (choose all that apply)

Respondent #	Response
	1 Sometimes just too busy to get there.
	2 I feel that the cost of the products are very expensive
	3 out of town on vacation
	4 Need more vendors. This year it was hardly worth coming compared to previous years.
	5 Customer's in my Store
	6 I live too far away
	7 never miss it :)
	8 if I have tyo work that day
	9 Not enough vendors with quality produce

15. Additional Comments: (What additional services would you like to see? What positive experiences have you had? What problems have you encountered? Etc.)

Respondent #	Response
	1 I would really like to see the market go til the end of October, I really miss the locally grown fall vegetables.
	2 Require that prices be shown for everything.
	3 Sometimes the booths aren't set up when they are supposed to be.

- 4 More vendors with more variety. Prepared foods.
- 5 saturday - people who travel and work outside of dekalb are not able to participate
- 6 It's hard for working people to make the hours that they are open. Very small option of vendors.
- 7 It's nice to eat my lunch while listening to live music. I know you want to promote the restaurants in the area, but time doesn't permit me to wait for an order and pick up at the restaurant. Would they consider a special menu/flyer for farmer's market? I bought from Rapp's stand last year because of the convenience and only having an hour
- 8 Saturday mornings 9-1 would be best. More crafts./homemade items items. Overall more vendors would be nice. And the utilization of palmer court for businesses for back door or sidewalk sales. And more vendor space.
- 9 I think you would get better attendance if it was on the weekend. Maybe another area in town would be better as it really dos'nt help downtown merchants get more traffic, everyone complains that there is no parking.
- 10 Need to work on getting more vendors. Invite local small businesses if needed but fill it up like in previous years.
- 11 More quality options at reasonable prices. Maybe packages to allow me to purchase more items and save a few dollars from the market price to keep it closer to a grocery store price.
- 12 I love the music during lunch time, when is when I usually go. I would love to have fresh deli sandwiches available during lunch. I went once this summer and none of the vendors knew where the food was-was there any this year?
- 13 We are now on the food card with limited income. Due to this, we didn't attend Farmers Market this year. I would like to see vendors accept the food card.
- 14 Love it and hope that it gets bigger and better each year!
- 15 More, more, more. Not enough vendors to make the trip worthwhile.



**Produce Fact Sheets:**

**DeKalb Farmers' Market Capstone Project**

By: Anna Wells

College of Health and Human Sciences

Family, Consumer, and Nutrition Sciences

Northern Illinois University

Fall 2011

## Produce Facts Sheets

I created twenty produce fact sheets to be used by Re:New DeKalb to promote produce available at the DeKalb Farmers' Market. These fact sheets may be featured on Re:New DeKalb's website, distributed at the farmers' market, or used in other ways as Re:New DeKalb sees fit. Re:New DeKalb is the organization that coordinates the farmers' market as well as organizing other events and city improvement projects.

An introductory sheet about fruits and vegetables, explains terms that will be used in later sheets. The other nineteen sheets each feature one fruit or vegetable. They contain information about selection, storage, peak seasons, uses, recipes, fun facts and nutrition information for the featured produce item.

**References Used for Creation of Fact Sheets**

"10. Appendix B: Additional Requirements for Nutrient Content Claims." *U S Food and*

*Drug Administration Home Page*. U.S. Food and Drug Administration, 09 Oct.

2009. Web. 09 Nov. 2011.

<<http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodLabelingNutrition/FoodLabelingGuide/ucm064916.htm>>.

"Discovery Health :: Truth About Food." *Disease, Treatment, Pregnancy, Fitness, Weight*

*Loss : Discovery Health*. Web. 03 Oct. 2011.

<<http://health.discovery.com/convergence/truth/foodarticles/>>.

*Epicurious.com: Recipes, Menus, Cooking Articles & Food Guides*. Web. 03 Oct. 2011.

<<http://epicurious.com>>.

*Fruits & Veggies More Matters*. Web. 3 Oct. 2011.

<<http://www.fruitsandveggiesmorematters.org>>.

"Veg Facts." *Wisconsin Fresh Market Vegetable Growers Association, Growers of Fresh Locally*

*Grown Vegetables Sold at Farm Stands, Farmers Markets, CSA's or Wholesale*. Web. 03

Oct. 2011. <[http://www.wisconsinfreshproduce.org/veg\\_facts.htm](http://www.wisconsinfreshproduce.org/veg_facts.htm)>.

# Fruits and Veggies

## Learn The Lingo:

- \* **Excellent Source:** If something is an “excellent source” of a nutrient, that means it has at least 20% of the daily recommended amount of that nutrient in one serving.
- \* **Good Source:** If something is a “good source” of a nutrient, that means it contains between 10-19% of the daily recommended amount of that nutrient in one serving.

## What is food made of?

- \* **Carbohydrates:** This is your bodies main source of energy (aka Calories). Total carbohydrates in a food includes sugar, fiber. Whole grains is the best source for healthy Carbohydrates.
  - \* **Fiber:** Fiber is a type of Carbohydrate. It is not digestible. It helps keep your digestive tract healthy. Whole grains, fruits, vegetable and legumes are all good sources of fiber.
  - \* **Sugar:** Sugar is another type of Carbohydrate. It is called a simple carbohydrate and it is easily digested. Sucrose, dextrose, corn syrup, high fructose corn syrup, cane juice, fructose, glucose, honey and maltodextrin are all words you might find in an ingredient list that mean sugar has been added to the product.
- \* **Protein:** Protein also provides energy for your body. But it is more commonly used by your body to build and maintain muscle. Protein is needed for growth and for repairs in your body. Meats and legumes are good sources of protein.
- \* **Fats:** Fat is an essential part of everyone’s diet but they should be limited. Try to consume mainly unsaturated fats like oils. For something to be considered fat free it must contain less than 0.5 grams per serving.



## What is a “Serving”?

Trying to get your 5 servings a day but not sure how much that is?

### 1 Serving of Fruit =

- \* 1/2 cup of fruit
- \* 1 medium piece of fruit (like an apple or orange)
- \* 1/4 cup dried fruit
- \* 1/2 cup of 100% fruit

### 1 Serving of Vegetables =

- \* 1 cup leafy vegetables
- \* 1/2 cup raw or cooked vegetables
- \* 1/2 cup 100% vegetable juice.

**Try to fill half your plate with Fruits and Vegetables!**

# Apples

## Did you Know?

- \* There are more than 7,000 varieties of apples in the world
- \* Apples and roses are part of the same family
- \* 25% of an apples volume is air– That’s why they float
- \* 1 apple tree can fill 20 boxes every year

Facts from: [agday.org](http://agday.org)

## Rosy Applesauce

Make your Own Applesauce. Try this unique twist on a family favorite!

- 4 pounds Golden Delicious apples (about 8), peeled, cored, and cut into 1-inch pieces
- 1 1/2 cups fresh or thawed frozen cranberries (6 ounces)
- 1/2 cup sugar
- 1 (3-inch) cinnamon stick

Cook apples, cranberries, sugar, and cinnamon stick in a large heavy saucepan, covered, over medium-low heat, stirring occasionally, until fruit is very tender and broken down into a sauce, about 45 minutes. Discard cinnamon stick. (For a smoother texture, force applesauce through a medium-mesh sieve or a food mill fitted with fine disk into a bowl.) Cool to room temperature or chill before serving.

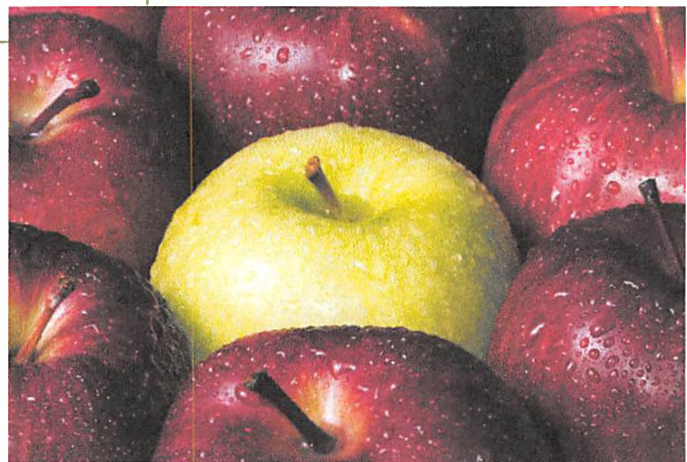
Recipe From: [epicourious.com](http://epicourious.com)

Help prevent your cut apples from turning brown by lightly coating them in lemon or lime juice.

## Nutrition Corner

**Apples are a good source of fiber.**

Apples are a good source of soluble fiber. Fiber helps you feel full longer and is an essential part of a healthy diet.





# Apricot

Did you Know?

## Gingered Poached Apricot and Raspberry Compote

Try this light, fresh dish by itself, over yogurt, ice cream or to make an apricot shortcake.

- 1/3 cup sugar
- 1/3 cup water
- 1 1/2 tablespoons fresh lemon juice, or to taste
- 2 teaspoons fine julienne strips of peeled fresh ginger root
- 3 fresh apricots, quartered
- 1/2 cup raspberries
- 1 tablespoon sliced almonds, toasted lightly
- mint sprigs for garnish

In a small saucepan stir together the sugar, the water, the lemon juice, and the ginger root and simmer the mixture, covered, for 5 minutes. Add the apricots, covering them with the syrup, and poach them, covered, over moderately low heat for 3 minutes, or until they are just tender. Stir in the raspberries gently, poach the mixture for 1 minute. Sprinkle the compote with the almonds, garnish it with the mint, and serve it warm or at room temperature. Serves 2.

Recipe from: Epicuriou.com

Apricots are frequently crossed with plums to get a variety of new fruits.

Equal parts Apricot + Plum  
= Plumcots

A little Apricot + A lot of Plum  
= Pluot

A lot of Apricot + a little Plum  
= Apriums

Select plump apricots that are free of bruises or discoloration. Skin should be wrinkle free.

## Nutrition Corner

**Apricots are an EXCELLENT source of Vitamins A and C!**

Just 1/2 a cup of apricots will provide you with about 30% of the recommended daily intake for Vitamin A. Vitamin A is important for maintaining good eye health.

Vitamin C is essential for keeping your immune system strong.



# Asparagus

Did you Know?

## Asparagus Made Simple

To prepare asparagus cut off at least 1 inch of the bottom. Drizzle lightly with olive oil and your favorite seasoning (garlic, pepper or lemon juice work well). Then you can grill, roast, steam, or even microwave it.

- \* **To grill**, place asparagus on skewers and grill for about 3-5 minutes on each side.
- \* **To roast**, preheat oven to 400° F. Place asparagus in a single layer on a baking sheet and bake for about 15-20 minutes.
- \* **To steam**, place in steamer and steam for 3 to 5 minutes.
- \* **Microwave**, place in microwave safe dish with a little water (about 2 Tablespoons). Cover, and microwave on high for 3 to 6 minutes stirring once.

Asparagus can be either green or white. While green asparagus is more common and more popular in the United States, white asparagus is the preferred variety in Europe. Green asparagus grows in shoots above the ground while white asparagus grown completely underground.

When cooking white asparagus it must be completely peeled first. Peeling is not necessary with green asparagus however.

Source: [health.discovery.com](http://health.discovery.com)

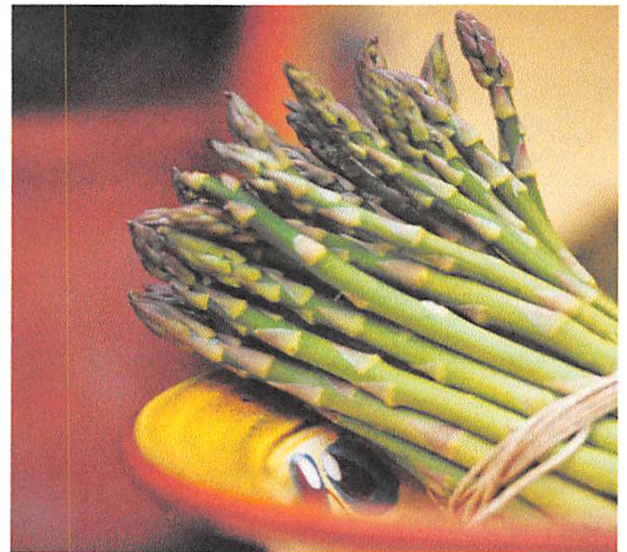
To store fresh asparagus wrap cut ends in a moist paper towel, place in a plastic bag and refrigerate for up to four days.

## Nutrition Corner

### Asparagus is as good source of Vitamins A and C.

Vitamin A is one of the four fat soluble vitamins. So eating your asparagus with a little olive oil or other source of fat will actually help your body absorb the Vitamin A better. Vitamin A maintains good eye health and is also good for your skin.

Vitamin C helps to keep the immune system strong.





# Beets

## Did you Know?

You can even eat the leaves! Beet leaves are edible and a great addition to a tossed salad. You can also steam or add them to any number of dishes including soups and stir-fry.

Don't let those leaves go to waste!

## What can I do with Beets? Try these tasty choices.

- \* **Bake Them!** Cut off the top (leaving about an inch of stem) and clean beets. Wrap them in aluminum foil. Bake at 400° F for 45 minutes to 1 1/2 hours depending on the size. Cool slightly and then peel, slice and serve.
- \* **Don't have to time to bake 'em?** Prick the outside of 2 or 3 smaller beets with a fork and place in a microwave safe dish with a little bit of water. Microwave on high for 8 - 15 minutes or until soft.
- \* **Top off a Salad!** Dice or shred raw beets and add them to a salad.
- \* **Add them to Kabobs!** Skewer beets and any other vegetables you want and grill until done (time will depend on grill temperature and veggies chosen). Add your favorite marinade for an extra kick of flavor.
- \* **Thirsty?** Using a juicer, juice a beet. Add the juice of one beet to 1 cup of 100% apple or orange juice.

For more ideas visit: [fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)

When cooking or baking with fresh beets it is often recommended to leave 1/2- 1 inch of the stem on so they don't "bleed" color or lose flavor.

## Nutrition Corner

### Beets are a good source of Folate.

Just half a cup of beets has almost 20% of the daily recommend amount of folate. Getting enough folate is important for everyone but it is particularly important for women who are pregnant or could become pregnant. Folate decreases the chances of brain and spine defects in the unborn child.





# Blueberries

Did you Know?

## Blueberry Crisp with Oatmeal and Almond Topping

3 1/2-pint baskets fresh blueberries  
 2 tablespoons plus 1/4 cup (packed) golden brown sugar  
 1/2 teaspoon ground cinnamon

1/2 cup quick-cooking oats  
 2 tablespoons all purpose flour  
 1/4 teaspoon salt  
 2 tablespoons (1/4 stick) chilled unsalted butter, cut into small pieces  
 1/4 cup sliced almonds  
 Nonfat vanilla frozen yogurt

Preheat oven to 350°F. Rinse blueberries. Drain, allowing some water to cling to berries. Place berries in 9-inch-diameter glass pie dish. Sprinkle with 2 tablespoons brown sugar and cinnamon; stir to blend. Let stand until sugar dissolves and coats berries. Stir oats, flour, salt, and remaining 1/4 cup brown sugar to blend in medium bowl. Add butter and rub in with fingertips or fork until moist clumps form. Stir in almonds. Sprinkle oat mixture evenly over blueberries. Bake crisp until berries are bubbling and topping is golden, about 35 minutes. Serve warm, each serving topped with a spoonful of frozen yogurt.

Recipe from: [epicurious.com](http://epicurious.com)

## You can freeze blueberries to use later!

Buying berries in season is cheaper and you get a better berry.

**To freeze:** wash berries and put on paper towels to dry. Then place berries on a baking sheet. Try not to overcrowd berries as they will then form clumps. Place baking sheets in the freezer until berries are frozen. Remove berries and store in plastic bag for up to one year.

Defrost or use frozen in yogurt, cereal, pancakes, pies and more.

## Nutrition Corner

### Blueberries are a good source of Fiber and Vitamin C.

Blueberries are a good source of soluble fiber with 2 grams in 1/2 cup. Fiber helps you feel full longer and is an essential part of a healthy diet.

Vitamin C is essential for keeping your immune system strong.

Created By : Anna Wells, University Honors Student  
 Nutrition and Dietetic Undergraduate Student  
 School of Family, Consumer and Nutrition Sciences  
 Northern Illinois University



# Cabbage

## Cabbage Roll Casserole

Try this quick and easy dish to add more vegetables to your diet!

- 1 small onion, chopped
- 2 cloves garlic, chopped
- 1 teaspoon olive oil
- ½ head cabbage, cut into 1" squares
- 1 14-oz. can crushed tomatoes
- 1 tablespoon tomato sauce
- ¾ pound extra lean, ground turkey
- 3 cups cooked brown rice or quick cooking brown rice

In a large skillet over medium heat, sauté onion and garlic in oil until onion is almost soft.

Add turkey and brown, breaking up as needed.

Drain fat.

Add tomatoes, tomato paste and cabbage.

Cover and simmer until cabbage is soft, stirring occasionally.

Stir in rice and heat through.

Season with salt and pepper if desired.\*

Serves: 6

Per serving: 222 calories, 2.7 g total fat, 11% calories from fat, 33 g carbohydrates, 5 g dietary fiber, 19 g protein, 155 mg sodium

\*Nutrition information does not include extra salt and pepper.

Recipe From: [Fruitsandveggiesmorematters.org](http://Fruitsandveggiesmorematters.org)

Did you know?

There are many varieties of cabbage. Over 400 types of cabbage are eaten worldwide. Some of the most common varieties include: green, red, savoy, crumpled leaf and Napa, to name a few.

Because of cabbages light taste it can easily be added to other vegetables, soups, salads and sandwiches to add variety.

Choose cabbage heads that are compact and heavy for their size. Do not wash before storing.

## Nutrition Corner

**Cabbage is a good source of Vitamin A, Folate and Fiber.**

All types of cabbage are a good source of fiber about 2 grams per cup. Cabbage is also a good source of folate with about 10% your daily recommended intake in just 1 cup.

Purple cabbage has more Vitamin C than other varieties while savor cabbage has more Vitamin A.

Each type of cabbage has different amounts of nutrients but all are an excellent part of a healthy diet.





# Sweet Corn

## Did you Know?

### Some ways you haven't thought of (and some that you have) to use your sweet corn:

1. Having tacos? Add some corn to take your tacos to the next level.
2. Spice it up! Sprinkle some spices or herbs on your ear of corn for a something different. Try chili powder, chives, parsley or anything you want.
3. Add some kernels to your guacamole or salsa for a little extra flavor (and some extra nutrients!)
4. Grill it! Before grilling soak your unshucked corn in water. Then grill for about 15 minutes, depending on how hot the grill is. You can shuck the corn before or after you grill it depending on your preference.
5. Make a corn relish. All you need is corn, chopped vegetables, like onions, peppers, or whatever you have on hand, beans and a light vinaigrette. Eat it as a side dish, on chips or on a salad.

Sweet corn hasn't always been around. It may have come from a strain of wild corn. It wasn't until the 1700's that Native Americans began growing what we now know as sweet corn.

From: wisconsinfreshproduce.org

Sweet corn should be refrigerated and eaten as soon as possible (within 2-3 days). The longer after it has been picked, the less quality it has.

Try Something New!

### Nutrition Corner

Corn contains a phytochemical called Zeaxanthin. This is what gives corn its yellow color. Zeaxanthin is good for your eyes.

Corn is a good source of Vitamin C which helps support your immune system.



# Eggplant

Peak Season: August and September

## Did you Know?

Eggplants, especially large or overly ripe ones, can be bitter. To get rid of this bitter taste:

1. Cut off top of eggplant and then cut into slices (peeling is optional).
2. Sprinkle salt on both sides of every slice and leave in a colander or sieve for 30 to 60 minutes.
3. Rinse the slices thoroughly and blot dry.

This process not only removes bitterness but also helps to prevent the eggplant from soaking up too much of the oil used while cooking.

When selecting an eggplant, pick one that is heavy for its size for the best flavor.

## Baba Ganoush

This Middle Eastern favorite is tasty and easy to make!

- 1 large eggplant
- 2 teaspoons olive oil
- 2 tablespoons lemon juice
- 3 cloves garlic, minced
- 1 teaspoon onion powder
- ¼ teaspoon cumin
- 1 teaspoon fresh parsley, chopped

Slice eggplant in half, and roast in a pre-heated 400 degree oven for 45 minutes or until soft. Let cool.

Scoop out inside of eggplant, and discard skin.

Combine eggplant and remaining ingredients in a blender or food processor, and blend until smooth.

Serving Suggestions: Use as a dip for pita chips, or fresh veggies.

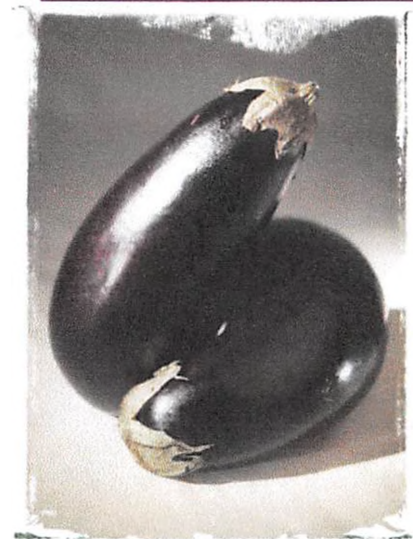
Source: [fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)

## Nutrition Corner

**Eggplants are low in calories and a good source of fiber.**

One cup of cooked eggplant only has about 30 calories.

Fiber is an essential part of a healthy diet. It helps your digestive tract stay healthy and it helps you stay full longer.





# Green Beans

## Green Beans with Toasted Walnuts and Dried Cranberry Vinaigrette

Tired of the same old green beans? Looking for a healthier replacement to green bean casserole? Well look no further.

1/3 cup extra-virgin olive oil  
 1/3 cup minced shallots  
 3 tablespoons plus 2 teaspoons Sherry wine vinegar  
 2 tablespoons chopped fresh mint  
 1 1/2 teaspoons coarse kosher salt  
 1 teaspoon sugar  
 1/2 teaspoon black pepper plus additional (for sprinkling)  
 1/3 cup dried tart cherries

1 1/2 pounds trimmed slender green beans  
 1/2 cup walnuts, toasted, chopped

Whisk first 7 ingredients in small bowl. Mix in dried cherries; set aside. *DO AHEAD: Vinaigrette can be made 1 day ahead. Cover; chill. Bring to room temperature; re-whisk before using.*

Fill large bowl with water and ice; set aside. Cook green beans in large pot of boiling salted water until crisp-tender, 3 to 4 minutes. Drain. Transfer to bowl with ice water; cool. Drain. *DO AHEAD: Can be made 1 day ahead. Wrap in paper towels; enclose in re-sealable plastic bag and chill. Let stand at room temperature 1 hour before continuing.*

Toss green beans, walnuts, and vinaigrette in large bowl. *DO AHEAD: Can be made 2 hours ahead. Let stand at room temperature. Transfer to platter and serve.*

*Recipe from: epicurious.com*

**Selecting:** Green Beans that are bright green. The bean should snap easily when bent.

**Preparing:** Snap off ends and either leave whole or snap or cut beans into desired length.

**Storing:** Green beans lose nutrients quickly after picking so the fresher the better. But they can be stored for up to a week



### Nutrition Corner

**Green Beans are low in calorie and high in fiber.**

A 3/4 cup serving has only 20 calories and 3 grams of fiber.

Because of their low calorie high fiber combination green beans will fill you up without adding a lot of calories.

# Honeydew

## A Few New Ways to Enjoy Honeydew!

- \* **Make Popsicles!** Puree chunks of honeydew adding sugar and lime juice (add as much or as little as you want). Pour mixture into molds and freeze. Enjoy this tasty treat on a hot summer day!
- \* **Go Natural!** Honeydew is good all by itself. Just cut it into slices or chunks. Try mixing it with other fruits for a refreshing fruit salad.
- \* **Fruit Kabobs!** Place chunks of honey dew and other fruits on skewers. Try dipping them in yogurt or fruit dip. You can also freeze the kabobs for a cold treat.
- \* **Wrap it!** Honey dew, and some other melons, are excellent with prosciutto (a salty ham). Wrap some prosciutto or ham around honeydew and enjoy a salty sweet snack. This also works great as a light appetizer.
- \* **Make Salsa!** Don't think of honeydew and salsa together? Try chopping up melon into small pieces. Mix with diced red onion, cilantro and a little lime juice. Eat this salsa with chips or try it on seafood.

For these ideas and more visit: [fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)

### Did you Know?

- \* Honeydew is a variety of muskmelon.
- \* Honeydew is often considered the sweetest of all melons.
- \* Honeydew takes longer than most melons to grow. It needs a long growing season to produce fruit.
- \* Ripe honeydew will have a sweet, fruity smell (if it isn't refrigerated)

Honeydew is best after sitting at room temperature for a few days. Only put melon in the refrigerator after cutting.

## Nutrition Corner

### Honeydew is a good source of Potassium and is low in calories

Honeydew is a good source of potassium with 194 mg or 6% of your daily recommended intake in just half a cup. Potassium helps your muscles and nerves work properly. It is an important part of a healthy diet.

Honeydew has a large amount of water in it. This makes it very low in calories while still high in nutrients. Half a cup just has 30 calories.



# Leeks

Peak Season: Spring and Fall

## Roasted Herbed Artichokes with Leeks

- 6 medium to large artichokes
- 1/3 cup lemon juice or white wine vinegar, divided
- 1/4 teaspoon salt
- 3 tablespoons olive oil, divided
- 2 medium leeks, trimmed, cleaned and sliced
- 1/2 cup each chopped fresh basil, mint and Italian parsley
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper

Rinse artichokes. Trim off and discard ends of stems and top third of petals. Cut stems off at base; set aside. Stand artichokes stem side down in large saucepot. Add water to fill pot almost half-way. Add reserved stems, 3 tablespoons of the vinegar and 1/4 teaspoon salt. Simmer, covered, until a petal pulls out easily, 30 to 35 minutes. Drain and cool slightly. Chop cooked stems; set aside. Preheat oven to 425°F. In large skillet over MEDIUM-HIGH heat, heat 2 tablespoons olive oil. Add leeks and cook until tender, 7 minutes. Remove from heat. Stir in chopped stems, herbs, salt and pepper. Using spoon, remove and discard fuzzy center of artichokes. Sprinkle remaining vinegar into center of artichokes. Divide leek-herb mixture among artichoke cups. Stand in 9x9-inch pan or baking dish. Brush with 1 tablespoon olive oil. Bake 10 minutes.

To eat, pull off outer petals and dip bases into herb mixture in center of artichokes, then cut the heart into bite-sized pieces.

Recipe from: [fruitsndveggiesmorematters.org](http://fruitsndveggiesmorematters.org)

### Nutrition Corner

**Leeks are an EXCELLENT source of Vitamin A and a Good source of Iron.**

Just one leek has about 30% of the daily recommended amount of Vitamin A! Vitamin A is essential for good eye health.

Iron deficiency is common, especially in women and children. Iron deficiency can cause fatigue, memory trouble and many other serious problems. Eating foods rich in iron, like leeks, is an important part of a healthy diet.

Created By : Anna Wells, University Honors Student  
 Nutrition and Dietetic Undergraduate Student  
 School of Family, Consumer and Nutrition Sciences  
 Northern Illinois University

### Did you Know?

Leeks are a member of the onion family but are sweeter and not as strong in flavor. Because of this leeks can be used in place of or in addition to onions in most recipes. Leeks can also enjoyed raw.

- \* Try adding them raw to a salad
- \* Put them in a soup (add them when you would add onions)
- \* After cooking, mash them and add to mashed potatoes.
- \* Add them to any vegetable dish.

Try something new and creative!

**To Prepare Leeks:** Trim off green top and any roots attached. Top is edible but not usually used. Cut remain part in half and fan leaves while rinsing (dirt can hide between layers)





# Onion

## Storage

### Onions too Strong for you? Try these tricks for preparing onions without the tears or fears

- \* Before cutting an onion, put it in the refrigerator for a while. This will help avoid those watery eyes.
- \* Another tear fighting trick is to cut the onion under running water. Or after cutting it in half or in slices rinse the onion before continuing to cut.
- \* If a strong onion taste has you worried, try a sweet onion, like a Vidalia. You still get a nice onion flavor without being so strong.
- \* If a sweet onion is still too much try green onions. They have a much milder taste than even the sweetest bulb onion.
- \* Sautéing onions, is another way to lessen that strong onion taste while still adding flavor and variety to any dish from, sandwiches, soups, pasta, and so much more.

### Storage Onion or Bulb Onions:

- \* These onions do not need to be refrigerated until cut. Store in a cool, dark place for 4 weeks or a couple of months.

### Green Onions:

- \* Wrap ends in a moist paper towel and store in the crisper drawer of the refrigerator for up to one week.

Onions are part of the allium family. They are close relative to scallions, shallots, leeks, and garlic.

### Nutrition Corner

**Onions are low in Calories and are a good source of Vitamin C.**

With just 32 calories and 1 gram of fiber in 1/2 a cup. Onions are a great way to add flavor that will fill you up without adding a lot of calories.

Onions are a good source of Vitamin C which helps support your immune system.





# Pears

## Varieties

### Love Pears?

#### Try these tasty ways to eat pears

- \* **Plain ol' Sandwiches?** Try adding thinly-sliced pears to a grilled cheese or hot Panini. Use a whole wheat bread for an extra healthy meal.
- \* **Preserve Them!** Never made preserves or canned anything? Give it a try. Then you'll have a healthy homemade treat anytime.
- \* **Got Pears?** Use pears instead of apples in any recipe. Make a pear cobbler or pie using your favorite apple recipe.
- \* **Skip the Sweets!** Try a pear and cheese tray for a light snack or dessert.
- \* **Poach those Pears!** Poached pears make an excellent dessert. Peel the pears, but leave the stem on. Then put into simmering water for 15-25 minutes. You can add sugar, juices, vanilla or spices to the water to suit your tastes.

There are more than 3,000 varieties of pears in the world. Some of the most common include:

**Green and Red Anjou:** Both varieties of Anjou show little change in color as they ripen. They are large, pears. Perfect for salads or snacks.

**Yellow Bartlett:** This is one of the most popular pears. It has a yellow skin that sometimes has pale red patches. These are good for anything from eating fresh, canning or baking.

**Bosc:** These are firm, dense pears with brown skin. These pears are excellent for baking.

Put unripe pears in a paper bag and leave on the counter for 1-3 days until ripe. Store ripe pears in the refrigerator.

### Nutrition Corner

#### Pears are an Excellent source of Fiber and a source of Potassium

One medium sized pear has approximately 5 grams of fiber. That's about 20% of the daily recommended intake of fiber. Fiber helps to keep you full longer and helps to regulate your digestive tract.

A pear also has about 9% of the daily recommended amount of potassium. Potassium is needed to keep your heart running. It also is used to help nerves cells communicate.



# Plums

## Selection

### Top Ways to Enjoy Plums

- \* **Make a fruit parfait!** Slice some plums (and other fruits if you want) into bite size pieces. Layer with vanilla or plain yogurt and top with your favorite granola.
- \* **Top off your salad!** Looking for a light but tasty meal? Make a fresh salad with a variety of greens and top with sliced plums, whatever berries you have on hand, almond slivers and light vinaigrette.
- \* **Skip the syrup, try plums instead!** Purée some fresh pitted plums with a dash of vanilla and a splash of fruit juice. Drizzle the purée over pancakes, waffles, oatmeal or yogurt.
- \* **Add them to Kabobs!** Make your kabobs a little extra special tonight by adding some sliced plums along with peppers, onions and chicken and brush with your favorite marinade or some light soy sauce and grill until the chicken is thoroughly cooked.
- \* **Just bite into one!** (after washing of course) Whole plums make a great snack. Take one on the go or enjoy at home.

Select plums that are firm but will give slightly when pressed. Plums should be plump with smooth skins.

Some plums may have a “bloom” on the skin. This is a light gray coloring over skin. Bloom is natural and does not lessen the quality of the plum.

Put unripe plums into a paper bag and leave it on the counter for a day or two, or until ripe. Ripe plums should be stored in the refrigerator.

### Nutrition Corner

**Plums are a good source a Vitamins K and C.**

Vitamin K has many uses in the body. It is essential for normal blood clotting. It also helps prevent bone loss which is especially important in older women.

Vitamin C helps maintain a strong immune system.





# Pumpkin

## Pumpkins: Not just a Decoration anymore!

- \* **Pumpkin Seeds– a tasty snack!** You can even use the seeds of that soon to be Jack-o-Lantern. Scoop out the seeds and wash them off. Pat them dry and toss lightly with oil. Spread the seeds on a baking sheet and bake at 325° F for about 25 minutes. Stir after 10 minutes and check often so seeds don't get to dark.
- \* **Add to pasta sauce-** Add some pureed pumpkin to canned or homemade pasta sauce for extra nutrients. This is a great trick for picky eaters. Unless you add a lot of pumpkin you (or your kids) won't be able to taste it.
- \* **Stir up your Stir-fry.** When sautéing mixed vegetables try adding cubed chunks of fresh pumpkin. It takes it from boring to exciting and adds variety to your meals.
- \* **Spice up your morning!** Stir pureed pumpkin into hot oatmeal, add cinnamon (or nutmeg) and raisins for a new twist on an old classic.

## Cooking pumpkin may be a bit daunting at first but don't be scared!

Start by cutting the pumpkin in half and scooping out the "guts", including the seeds and stringy portion.

- \* **Bake:** place halved pumpkin cut side down on a baking sheet and bake at 35° F for about 30– 40 minutes. Poke occasionally with fork to test tenderness.
- \* **Steam:** Cut pumpkin into chunks (don't peel) and steam for about 20 minutes. Checking tenderness several times.

From either of these methods you can puree it, mash it or cut it into chunks. You can even put some in airtight containers and freeze to use later.

For pies, it is recommended to line a sieve with paper towels and put pureed pumpkin in it. Place sieve over a bowl and let sit to drain off excess water.

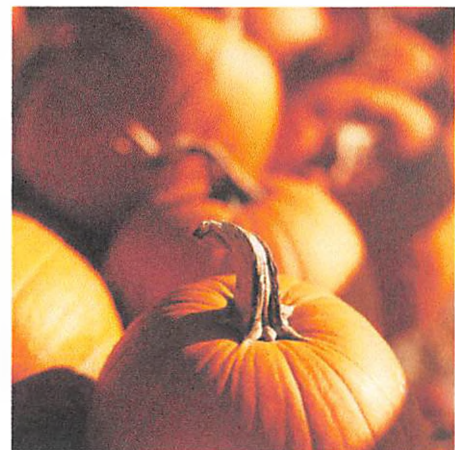
Smaller pumpkins (6 inches in diameter or less) are best for eating.

## Nutrition Corner

### Pumpkins are a good source of fiber and potassium.

Fiber is an essential part of a healthy diet. It helps your digestive tract stay healthy and it helps you stay full longer.

Potassium is needed by all the cells in your body. It is important to keep your heart, kidneys, nerves and muscles functioning properly.



# Raspberries

## Did you Know?

### Top Tips for Enjoying Raspberries:

- \* **Make 'em Saucy.** Puree raspberries, taste and add sugar (or fruit juice) to reach your desired sweetness. Strain to remove seeds (if you want). 2 cups of raspberries will make about 1 cup of sauce. Then pour over pancakes, waffles, yogurt, ice cream or anything you want.
- \* **Make a yogurt parfait!** Add raspberries to plain yogurt. Drizzle a little honey over it for added sweetness, sprinkle with granola and enjoy.
- \* **Freeze them.** Fresh berries don't last long but by freezing some you can enjoy them all year long. Just wash and dry berries then spread them on a baking sheet. Once frozen transfer them to a bag or container. Enjoy in yogurt, on ice cream or in your favorite raspberry recipe.
- \* **Garnishes galore!** Looking to jazz up your meal? Want to impress friends or family? Try using raspberries as a garnish for just about anything. It adds a pop of color (and flavor). For example, a few raspberries with some chocolate cake will make it go from boring to beautiful.

There are multiple varieties of raspberries, not just red. There are also black, purple and golden raspberries.

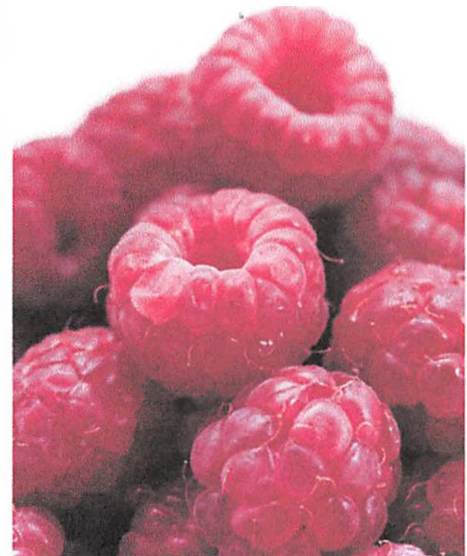
Only wash berries right before you are ready to eat them. Washing in advance will make berries mushy or worse moldy.

### Nutrition Corner

#### Raspberries are an Excellent source of Vitamin C and Antioxidants

Just 1 cup of raspberries has almost 50% of the daily recommended intake of Vitamin C.

Antioxidants are found in many types of produce and may help reduce risk of chronic diseases like cancer and arthritis. Raspberries are full of a variety of powerful antioxidants.





# Tomatoes

Did you Know?

## Top Uses for Tomatoes:

- \* **Make a Salad:** Try slicing tomatoes and mixing with fresh mozzarella, olive oil and basil for a traditional Italian salad. This salad is also good when served on toasted bread.
- \* **Stuff 'Em!** Wash and core your tomatoes. Then fill with your choice of tuna or chicken salad or cottage cheese. You can even use the pulp of the tomato when making your filling so you don't lose any nutrition or flavor.
- \* **Pizza Night?** Add thinly sliced tomatoes to your homemade pizza.
- \* **Make Your Own Salsa!** Dice tomatoes and your choice of peppers and onions. Also try adding black beans, corn, cilantro or olives. Get creative!
- \* **Top it Off!** Tomatoes are a great addition to salads and sandwiches. For salads try cherry or grape tomatoes.

## Here are some fun facts about Tomatoes:

- \* Tomatoes are a member of the nightshade family.
- \* They were thought to be poisonous until the 19th century.
- \* They are closely related to potatoes, peppers and eggplant.
- \* There are hundreds of varieties that can all be classified into 6 categories; cherry, grape, beefsteak, plum and pear.

Tomatoes have best flavor when stored at room temperature. Only put tomatoes in refrigerator if they will spoil before you can use them.

## Nutrition Corner

**Tomatoes are an Excellent source of Vitamin A and a Good source of Potassium.**

Vitamin A is important for maintaining eye health. It is also used by the body to keep skin healthy.

Potassium is essential for to keep many organs, including the heart and kidneys, functioning properly. It is also used by the nerve cells of the body.



University Honors Program

Capstone Approval Page

Capstone Title:

DeKalb Farmers' Market: Assessing Factors That Impact Consumer Participation and Developing Nutrition Information Materials Based on Market's Produce

Student Name: Anna Wells

Faculty Supervisor: Dr. Josephine Umoren

Faculty Approval Signature Josephine Umoren

Department of Family, Consumer, and Nutrition Sciences

Date of Approval: 8 December, 2011

# Zucchini

Peak Season: July - August

## Not quite sure what to do with Zucchini? Try these ideas:

- \* Make a veggie omelet! Sauté zucchini and any other veggies you have on hand. Add to omelet or scrambled eggs and top with a little cheese for a healthy and delicious start to your day.
- \* Add them to pasta sauce. Either dice or puree some zucchini and add it to homemade or store bought pasta sauce. It's an easy way to add more vegetables to your diet.
- \* Make it a side dish. Sauté zucchini with a little low-sodium soy sauce, minced garlic and until zucchini are tender. Serve hot.
- \* Make the most of your casseroles! Shredded or sliced zucchini can be added to most casseroles, including lasagna.
- \* Make a burger (a zucchini burger). Shred zucchini and form it into a patty. With a little olive oil lightly brown on each side. Serve as a side dish or like you would hash browns.

For these and other great ideas visit [fruitandveggiesmorematters.org](http://fruitandveggiesmorematters.org)

### Nutrition Corner

**Zucchini is an Excellent source of Vitamin C and a Good source of Manganese.**

One cup of sliced zucchini has about 35% of the daily recommended amount of Vitamin C. Vitamin C is important for maintaining a healthy immune system.

Manganese is an essential nutrient used in your digestive system to metabolize protein and fat.

Created By : Anna Wells, University Honors Student  
Nutrition and Dietetic Undergraduate Student  
School of Family, Consumer and Nutrition Sciences  
Northern Illinois University

### Did you Know?

- \* Zucchini is part of the summer squash family.
- \* The flower of the plant is edible too (try adding it to a salad or stir-fry)
- \* The word zucchini comes from the word "zucca" which is the Italian word for squash

Zucchini should be slightly prickly to the touch but look shiny.

To use: cut ends off but do not peel (unless recipe says to)

