

SHOPPING AT FARMERS' MARKETS

- ◆ Bring your own bag(s) or basket to market. Place the heavier, firmer produce (fresh fruits and vegetables) on the bottom of the bag or basket.
- ◆ Shop early in the day to find the best selection of fresh produce.
- ◆ Take a quick look around the market to compare prices and offerings by the different vendors.
- ◆ Choose fruits and vegetables that are not bruised or damaged.
- ◆ Always open up the egg carton and make sure no eggs are cracked before buying.



UNIVERSITY OF ILLINOIS
EXTENSION
FOOD STAMP NUTRITION EDUCATION
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

**University of Illinois * United States
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FARMERS' MARKET NUTRITION PROGRAM

Food Safety



STORING PRODUCE

- ◆ On hot days have a cooler in your car to keep produce fresh for a long ride home.
- ◆ Store produce in plastic bags in the refrigerator. **Wait to clean produce until just before preparation to serve.** Keep produce away from raw meats in the refrigerator.
- ◆ Produce that needs refrigeration should be put away promptly upon returning home. Some foods do not need refrigeration like onions, tomatoes, bananas, and potatoes.
- ◆ Fresh cut and peeled produce should be refrigerated or kept cold on ice.
- ◆ Produce that has been peeled and cut should not be left at room temperature for more than 2 hours. (On hot days with temperatures at 90° F or greater refrigerate produce within 1 hour.)



PREPARING & SERVING PRODUCE

- ◆ Wash your hands before preparing produce.
- ◆ Clean produce by rinsing with clean, running water.
- ◆ Scrub produce that has tougher skins like potatoes, carrots, melons and citrus fruits with a vegetable brush. Rinse with fresh, running water.
- ◆ Leafy greens should be placed in the sink with enough water so the greens can float. Move the greens about in the water so sand and soil falls to bottom of the sink. Remove greens and rinse sink. Then wash each individual leaf under running water. Blot dry or use a salad spinner to remove excess water.
- ◆ Use clean cutting board and utensils to prepare produce.



Nectarine & Peach Fruit Salad

1 6-oz. container nonfat peach yogurt
1 tsp. cinnamon
2 peaches, sliced
2 cups seedless grapes
4 nectarines, sliced

1. Combine yogurt and cinnamon
2. Clean and cut fresh fruit; stir into yogurt and cinnamon.

Serves 6

Nutrition Facts (per serving): Calories 110
~ fat 0 g ~ calories from fat 0 ~ sodium 15 mg
~ total carbohydrate 26 g ~ fiber 3 g

Easy Pasta Salad

1 pound package pasta
1 cup cherry tomatoes
1 cup shredded carrots
2 baby zucchini squash, raw
3/4 cup fat free ranch dressing
1/2 cup plain low fat yogurt
1 Tbsp. dried dill weed

1. Cook pasta according to package directions; drain and cool.
2. Clean and cut fresh vegetables into bite size pieces.
3. In a small bowl, mix together the ranch dressing and plain yogurt.
3. In a serving bowl, mix pasta, veggies and dressing. Add dill weed, to taste, and stir together.

Serves 12

Nutrition Facts (per serving): Calories 180
~ fat 1 g ~ calories from fat 10 ~ sodium 195 mg
~ total carbohydrate 36 g ~ fiber 2 g