

SMART BITES

Eating Well Without Spending a Lot of Time or Money!

October 2009



Tips for Eating Local Foods

**Fall is the traditional harvest season!
It's a great time to enjoy the taste of locally grown fruits and vegetables.**

- ◆ Make a trip to your local farmers market. See the listing on the back for farmers markets in Orange County. Watch for announcements in your community for special activities or events happening at some of the farmers markets.
- ◆ Don't pass by the roadside stand. Some local farms have roadside stands where you can buy local produce.
- ◆ Some grocery stores feature local produce in season. Look for signs in the produce section of the store.
- ◆ Buy local produce at the peak of the season. This can help you get the best tasting and best priced fruits and vegetables.

Some items to look for in October include:

- ◆ *Vegetables:* beets, broccoli, Brussels sprouts, cabbage, cauliflower, carrots, greens, onions, potatoes, pumpkins, and winter squash. Orange County is a leading producer of onions.
- ◆ *Fruits:* apples, apple cider, pears, and grapes.
- ◆ Store winter squash in a cool, dry place between 55° and 60° F. Storage below 50° F (such as the refrigerator) will cause winter squash to spoil more rapidly. Store onions and potatoes in a cool, dry, and dark place. Store onions and potatoes separately. Potatoes will cause onions to sprout faster.
- ◆ Beets, broccoli, Brussels sprouts, cabbage, cauliflower, carrots, greens and apples, apple cider, pears, and grapes should be stored in the refrigerator. Do not wash fresh produce until you are ready to use it. Then always wash fresh produce with cool running water before cutting or peeling it. After a fruit or vegetable is cut, any leftovers should be refrigerated.



WELL
LOCAL
TOGETHER



Resource: Eat³ Campaign: Eat Well, Eat Local, Eat Together. Division of Nutritional Sciences, Cornell University. www.eat3.org

Eat Smart New York!



Cornell Cooperative Extension Orange County, Middletown, NY 10940 845-344-1234 www.cce.cornell.edu/orange

Eat Smart New York Nutrition Program Educators serve Newburgh, Middletown/Goshen, Port Jervis, & Monroe/Kiryas Joel

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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 a Food Stamp Program Office near you.

- ◆ Quarry Road, Goshen (845) 291-4000;
- ◆ 141 Broadway, Newburgh (845) 568-5100;
- ◆ 150 Pike Street, Port Jervis (845) 858-1420.

2009 Orange County Farmers Markets

Watch for announcements in your community for special activities at some of the Farmers Markets.

Bloomingsburg: Sundays 10:00 am - 2:00 pm.
Old Dutch Reformed Dutch Church,
112 Main St. (Enter from High St.)

Florida: Tuesdays 10:00 am - 6:00 pm.
Intersection of 17A & 94 , across from
Quick Chek.

Goshen: Fridays 10:00 am - 5:00 pm.
Village Square (Main St. and Church St.).

Middletown (Downtown): Saturdays 8:00 am
- 1:00 pm. Erie Way between Grove St. and
Cottage St. Across from Morse Funeral Home.

Monroe: Wednesdays 9:00 am - 3:00 pm.
Museum Village on Route 17M.

Montgomery: Fridays 11:00 am - 5:00 pm.
Clinton St. by Bank of America.

Newburgh/Downing Park:
Fridays 10:00 am - 5:00 pm. Downing Park,
corner of 9W and South Street.

Newburgh/Healthy Orange: Tuesdays 9:00
am - 2:00 pm. 130 Broadway WIC parking lot
behind DMV building.

Pine Bush: Saturdays 9:00 am - 1:30 pm.
Intersection of Main and New Street behind the
Cultural Center.

Port Jervis: Saturdays 8:00 am - 2:00 pm.
Front St. and Ball St. Municipal lot.

Sugar Loaf: Saturdays 11:00 am - 3:00 pm.
Romer's Alley at 1371 Kings Highway.

Tuxedo: Saturdays 9:00 am - 2:00 pm.
Tuxedo train station.

Walden: Thursdays 11:30 am - 4:00 pm.
Village Square, in front of Library.

Warwick: Sundays 9:00 am - 2:00 pm.
South Street parking lot.

West Point/ Highland Falls:
Sundays 9:00 am - 2:30 pm. Across the street
from the West Point Visitor's Center.

SMART BITES Recipe of the Month

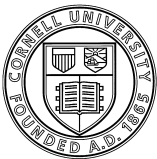
Spinach Pesto Pasta

8 ounces (half a box) of fettucine pasta
1 tablespoon olive oil
1 garlic clove
3 cups fresh spinach (stems removed)

1 cup fresh basil leaves, stems removed
¼ cup grated parmesan cheese
½ cup chicken broth
(look for low-fat, low-sodium)

1 15-ounce can of cannellini (white) beans,
rinsed and drained
1 cup red pepper, chopped

Cook pasta as directed on the package. In a blender, combine olive oil, garlic, spinach, basil, parmesan cheese, and chicken broth until smooth. Mix in blender until leaves are blended. Pour sauce over pasta. Mix until pasta is well coated. Add cannellini beans and red pepper. Lightly toss and serve. Makes 4 servings (1 cup each serving). Calories per serving: 360 (16 % from fat). Fat: 6 grams. Fiber: 8 grams. Resource: www.eat3.org



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