

GET FRESH!

The New York State Farmers' Market Nutrition Program

In eight highly engaging and informative 5-minute segments Get Fresh! gives viewers all they need to prepare delicious and nutritious dishes from foods available at your local farmers' market. The Get Fresh! video series was developed originally to be integrated into the federally funded WIC Farmers' Market Nutrition Program (FMNP) in New York State. The video includes tips on selecting, storing, and preparing the eight featured fruits and vegetables, including: apples, potatoes, broccoli, squash, peaches, kale, carrots and cabbage.

Step by step, from measuring ingredients to serving at the table, the video also shows how to prepare nutritious, easy-to-make recipes that families will enjoy. Children and adults enjoy watching together!

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[Watch Get Fresh Video](#)