

Eat Smart New York!



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Celebrate The First Vegetables Of Spring!

After a long Western New York winter, we look forward to spring arriving. In May, we are able to buy the first vegetables available for this year's growing season. Beginning this month, look for asparagus, lettuce, spinach, beet greens, parsnips, radishes, rhubarb and scallions (also called green onions). Farmers' markets that are open in May should have a variety of these vegetables, along with apples, potatoes and onions from cold storage. Although many of these vegetables are not the most common vegetables that we eat, they are all delicious, full of nutrients and worth trying with your family.

Asparagus

A member of the Lily family-look for stiff spears - thicker spears are the tastiest. Lots of folic acid, potassium, fiber, vitamins B6, C and A. Boil, steam, bake or roast.



Spinach

Wash well to remove sand or soil. Good source of calcium, folic acid and vitamin C. Steam, sauté or eat raw.



Parsnips

Look like long white carrots and have a stronger carrot flavor. Good source folic acid and vitamin C. Boil or roast.



Beet Greens

Look for dark colored leaves with red veins - not wilted or yellowed. Good source of vitamin C, calcium and fiber. Steam or sauté, can be added to a salad.



Radishes

Choose fresh, firm radishes. If greens are still attached, they should be fresh and not wilted. Have a peppery flavor, usually eaten raw.



Rhubarb

Use only the stalks. Must be cooked and sweetened with a sweetener as it is too tart to eat otherwise. Choose fresh, crisp stalks.

Strawberry Spinach Salad



Makes 6 servings

- 1/2 pound spinach (or one bag from supermarket), washed, stems removed, leaves torn into bite-size pieces
- 1 quart fresh strawberries, hull removed, sliced (about 2 cups sliced)
- 1 small red onion, sliced thinly
- 1/2 cup fat-free raspberry vinaigrette dressing

Directions:

1. Place prepared spinach in a large bowl.
2. Wash, hull and slice the strawberries. Add to the spinach.
3. Peel the onion and slice thinly. Add to the spinach and strawberries.
4. Pour dressing over salad and toss to combine ingredients.

**Nutrition Facts: Serving Size-1/6 of recipe (127g); 50 Calories; 0 Calories from Fat; 0% Calories from Fat; 0g Total Fat; 0g Saturated Fat; 0g Trans Fat; 0mg Cholesterol; 240mg Sodium; 11g Carbohydrates; 2g Dietary Fiber; 8g Sugars; 2g Protein; 70% Vitamin A; 70% Vitamin C; 4% Calcium; 8% Iron

Source: Cornell Cooperative Extension of Genesee County



Spring Vegetable Sauté

Makes 4 servings

- 1 teaspoon olive oil
- 1/2 cup sliced sweet onion
- 1 finely chopped garlic clove
- 3-4 quartered new potatoes
- 3/4 cup sliced carrots
- 3/4 cup asparagus pieces
- 3/4 cup sugar snap peas, or green beans
- 1/2 cup quartered radishes
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried dill



Directions:

1. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute.
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more.
5. Serve immediately.

**Nutrition Facts: Serving Size-1/4 of recipe (151g); 80 Calories; 10 Calories from Fat; 17% Calories from Fat; 1.5g Total Fat; 0g Saturated Fat; 0g Trans Fat; 0mg Cholesterol; 200mg Sodium; 14g Carbohydrates; 3g Dietary Fiber; 5g Sugars; 3g Protein; 90% Vitamin A; 35% Vitamin C; 4% Calcium; 6% Iron

Adapted From: 5-A-Day, www.5aday.gov, National Cancer Institute (NCI)

Parsnip Fries

Makes 4 servings

- 2 1/2 pounds parsnips
- 1 Tablespoon olive or canola oil
- Salt and pepper to taste



Directions:

1. Preheat oven to 450°. Peel parsnips, then cut off the tops and bottoms. Cut into French fry shaped pieces that are about the same size.
2. In a large bowl, toss parsnips with 1 tablespoon olive oil; season with salt and ground pepper. Spread in a single layer on two large rimmed baking sheets.
3. Roast until tender and golden brown, 25 to 30 minutes, rotating baking sheets and tossing parsnips halfway through baking time.

**Nutrition Facts: Serving Size-1/4 of recipe (287 g); 240 Calories; 40 Calories from Fat; 17% Calories from Fat; 4.5g Total Fat; 0.5g Saturated Fat; 0g Trans Fat; 0mg Cholesterol; 30mg Sodium; 51g Carbohydrates; 14g Dietary Fiber; 14g Sugars; 3g Protein; 0% Vitamin A; 80% Vitamin C; 10% Calcium; 10% Iron

www.pbs.org/everydayfood/recipes

Beet Greens

Makes 4 servings

- 1 pound beet greens
- Cooking spray
- 1/4 cup chopped onion
- large garlic clove, finely chopped
- 3/4 cup water
- 1 tablespoon sugar
- 1/4 teaspoon crushed red pepper flakes
- 1/4 cup cider vinegar



Directions:

Wash the greens very well in cold water to remove sand and dirt. Tear into bite-size pieces. Set aside.

Spray a large pot or frying pan with cooking spray. Add onions, cook over medium heat 5 to 7 minutes, stirring often, until onions soften and start to brown. Stir in garlic. Add water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and red pepper flakes. Continue cooking until mixture boils. Add greens, reduce heat. Cover and simmer for 10-15 minutes. Stir in vinegar.

**Nutrition Facts: Serving Size-1/4 of recipe (187g); 40 Calories; 0 Calories from Fat; 0% Calories from Fat; 0g Total Fat; 0g Saturated Fat; 0g Trans Fat; 0mg Cholesterol; 240mg Sodium; 9g Carbohydrates; 2g Dietary Fiber; 5g Sugars; 2g Protein; 140% Vitamin A; 60% Vitamin C; 6% Calcium; 10% Iron

Adapted from Simply Recipes <http://simplyrecipes.com>

Roasted Potatoes and Asparagus

Makes 6 servings

- 1/2 cup light Italian dressing
- 1/3 cup Dijon mustard
- 2 pounds small red potatoes, unpeeled, quartered
- 2 cups fresh asparagus (snap off woody end, then cut in 1 inch pieces)
- 2 cups grape or cherry tomatoes, cut in half
- 1/3 cup sliced green onion



Directions:

1. Mix together Italian dressing and mustard and stir until blended.
2. Toss 1/4 cup dressing mixture with potatoes in a medium bowl.
3. Spray a large baking pan with nonstick spray. Arrange potatoes on pan. Bake in a preheated 350-degree oven 20 to 25 minutes. Remove from oven; add asparagus to the pan.
4. Continue to bake 10 to 15 minutes or until potatoes are tender when pierced with a fork and asparagus is lightly browned.
5. Put potatoes and asparagus in a large bowl. Stir in tomatoes, onion and remaining dressing mixture. Serve warm or at room temperature.

**Nutrition Facts: Serving Size-1/6 of recipe (285g); 170 Calories; 30 Calories from Fat; 18% Calories from Fat; 3.5g Total Fat; 0g Saturated Fat; 0g Trans Fat; 0mg Cholesterol; 490mg Sodium; 32g Carbohydrates; 4g Dietary Fiber; 5g Sugars; 5g Protein; 15% Vitamin A; 40% Vitamin C; 4% Calcium; 15% Iron

From www.asparagus.org with minor adaptations

Start A Family Vegetable Garden

Did you know you can use your EBT card to buy vegetable plants and seeds? You can buy these at any store that accepts your EBT card and who sells plants and seeds (grocery stores, big box discount stores). Live in an apartment or a home with little or no yard? Not a problem! Many vegetables can be grown in pots on your porch or patio.

See the next page for advice and ideas!

For more information on vegetable gardening, talk with the Master Gardeners at your local Cornell Cooperative Extension office.



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The Family Garden

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Eat Smart New York

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Some Things to Consider:

- Plants will need at least 6 hours of sunlight to grow.
- You will want to plant your plants near a water source so they are easy to water.
- If using pots or containers, you will need to buy potting soil. Using dirt from the ground to fill a pot will not work as the dirt will be very hard and may not drain well.

What vegetables to choose:

- What does your family like to eat? This should be your first consideration when choosing plants or seeds.
- Does the vegetable grow more easily from a plant than a seed? Tomatoes, sweet bell peppers and hot peppers, cucumbers, winter or summer squash and pumpkins grow best from plants. Green and yellow beans, spinach, lettuce, Swiss chard, carrots and beets all grow well from seeds.

When to plant:

Some vegetables like lettuce, spinach, beets, and Swiss chard can tolerate colder temperatures and light frost. Vegetables like tomatoes, beans and peppers need to be planted after the last frost date in your area (usually around Memorial Day).

Why a garden:

- Great stress relief and physical activity.
- Spend time as a family and learn about plants.
- Eat foods you grew yourself.
- Teach your children about where vegetables come from.



As part of your gardening project, read City Garden by Dyanne Disalvo-Ryan. It's the story of a neighborhood turning a vacant lot into a beautiful garden. Talk with your children about the similarities and differences in the steps your family took to start a garden and the steps the neighbors in the book took.

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