

EFNEP Newsletter

Produced by Cornell Cooperative Extension July 2023

For more information about this and other Oswego County programs, call 315-963-7286.



Let's Talk Summer Veggies and Fruit

Summer Vegetables

- ◆ In-season vegetables taste better, smell fresher, have beautiful colors and can be enjoyed fresh or cooked.
- ◆ Are easy to find in grocery stores, farmers' markets, and farm stands.
- ◆ Find varieties of favorite vegetables that are not available when it is not the growing season.
- ◆ Eating a rainbow of colors is easier with the wide selection available.

Summer Fruit

- ◆ Summer fruit is the best tasting fruit you will find all year!
- ◆ Look for varieties of your favorite fruit that are new to you. Have you ever tried donut peaches or late summer strawberries?
- ◆ Eat fruit for dessert, include it as part of your lunch, add it to your breakfast or enjoy fruit as a snack.
- ◆ Fruit is the original grab and go snack.
- ◆ Ask your children to choose a fruit that looks good. Eat it together and talk about what you like about the fruit.

Farmers' Market Nutrition Program (FMNP), WIC Vegetable and Fruit benefits and Double Up Food Bucks all can help you afford the season's best.



EFNEP provides FREE nutrition education to income eligible families with children.

Are you eligible? Do you:

- have children who attend Early Head Start and/or Head Start?
- use your SNAP EBT card to buy food?
- receive WIC?
- have children who eat free meals at school?

EFNEP helps you make healthy food choices while saving money at the store.

Learn to:

- eat more fruits and vegetables and how to afford them
- drink fewer sugar sweetened beverages
- take control of your weight
- be more physically active

EFNEP offers a FREE series of hands-on, interactive, and supportive classes. Join us in-person for group classes or one-on-one visits, virtually by Zoom or by phone. Call to schedule your sessions today!

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

Cornell Cooperative Extension of Oswego County
315-963-7286 ext. 300

KORNER

IDS

Find a free summer reading program at the public library in your town. Summer reading programs offer a variety of programs and entertain for youth while encouraging them to read. When you are at the library, borrow “On the Farm, At the Market” by G. Brian Karas. Read the book with your children before shopping for vegetables and fruit at your local market.

Collard Greens with Black-Eyed Peas & Tomatoes **Makes 8 1-cup servings**

Ingredients:

- 1 large bunch collard greens, chopped (about 4 cups)
- 2 tablespoons olive oil
- 1 green or red bell pepper, chopped
- 1 large onion, chopped
- 4 cloves garlic finely chopped
- 2 14 1/2-ounce cans low sodium crushed or diced tomatoes
- 1 14 ounce can black-eyed peas, drained and rinsed
- 2 tablespoons brown sugar
- 2 tablespoons cider vinegar
- 1 tablespoon diced hot chilis, or hot pepper sauce to taste
- 1 teaspoon dried thyme
- 1 teaspoon black pepper

Directions:

- 1) Wash collards, remove stems, and slice leaves into strips. Cut across strips to cut leaves into bite-size pieces.
- 2) Heat oil in a large pot over medium heat. Add bell pepper, onion and garlic. Cook for 3-4 minutes.
- 3) Stir in collards to coat with oil and cook for about 5 minutes, stirring regularly. (Add water if collards start to stick to pot.)
- 4) Stir in tomatoes, cover and cook for another 10 minutes.
- 5) Add the black-eyed peas, brown sugar, cider vinegar, hot chilis, thyme and pepper.
- 6) Stir well, cover, and simmer on low heat until collards are tender.

Nutrition Facts for 1 cup: 180 calories, 4g total fat, 0.5g saturated fat, 0mg cholesterol, 70mg sodium, 2g total carbohydrates, 3g dietary fiber, 8g total sugars, 3g added sugars, 3g protein, 0mcg Vitamin D, 104mg calcium, 3mg iron, 286mg potassium, 28% calories from fat

Source: Modified from the “Let’s Get Cooking” Cookbook, United Way Success By 6, and Cornell Cooperative Extension of Onondaga County