Spring into Fruits and Vegetables!

Enjoy the freshest taste of NY by shopping at a farmers’ market! Asparagus, green garlic, garlic scapes, green onions, kale, scallions, lettuce, peas, sweet peas, spinach and radishes all appear early in the spring. As the weather warms up, fruit will begin to ripen – you will start to see strawberries, raspberries, peaches, plums and melons from local fields and orchards. Vegetables that will appear in farmers’ markets later in the season include broccoli, corn, cucumbers, eggplant, summer squash and tomatoes.

You can generally tell how fresh fruits and vegetables are by their great aroma and vibrant color. Fresh produce should be firm, not hard or mushy. When in doubt, ask the vendors at the farmers’ market. They can offer great tips for picking the freshest fruits and vegetables.

A whole season of delicious local eating has already started! Many farmers’ markets accept EBT cards, so enjoy the bounty from your local harvest by visiting a market that is convenient for you! To see more information about markets that are close to you, visit the website http://www.snaptomarket.com/

A is for Asparagus

Look for locally grown asparagus at your neighborhood farmers’ market or grocery store. The peak season for local varieties is late April to mid-June depending on weather conditions. The beauty of asparagus is that it’s easy to prepare – steamed, grilled, oven roasted... the choice is yours!

Asparagus is a nutrient dense addition to your diet, providing 114% of recommended daily allowance (RDA) per 1 cup serving of vitamin K, which is important for bone health, and nearly 66% RDA of folate, which helps maintain a healthy cardiovascular system.

Asparagus is best when used immediately. To store, wrap a wet paper towel over the ends and place in the refrigerator. To extend its life in the fridge, cut or snap about 1/2 an inch from the bottom ends, place upright in about an inch of water and cover loosely with plastic wrap.
Did you know?

SNAP benefits can be used to purchase vegetable seeds and food-producing plants.

This is an opportunity to try growing vegetables in your own backyard, or container garden on a deck, front porch, or other small space outside.

Gardening items and supplies are not allowable purchases.

Springtime Potato Salad

Ingredients:
- 3 Tablespoons olive oil
- 4 Tablespoons lemon juice or vinegar
- 4 Tablespoons mustard (e.g. Dijon)
- 3 pounds new red potatoes, halved (about 6 cups)
- 1 pound fresh asparagus, cut into 1-inch pieces (about 2 cups)
- 3 fresh radishes, chopped (about 1/2 cup)
- 2 scallions, chopped (about 1/4 cup)
- Salt and pepper to taste

Directions:
1. To make dressing, whisk together olive oil, lemon juice or vinegar and mustard in a heatproof bowl until well combined.
2. Bring 3 quarts of water to a boil. Add potatoes and cook until tender, about 10 minutes.
3. Add asparagus to water with potatoes and cook for 1 additional minute.
4. Drain water from potatoes and asparagus using a colander.
5. Add warm potatoes and asparagus to the dressing, and toss to combine. Season to taste with salt and pepper.
6. Allow to cool for at least 30 minutes. Refrigerate for up to 3 days.
7. Before serving, stir in chopped radishes and chopped scallions.

Make it a meal! Add hard-boiled eggs, drained water-packed tuna or cooked chicken breast.

Make it all summer! Substitute snap peas or green beans when asparagus season is over.

Nutrition facts (1/8 of recipe, about 1 cup): 150 calories, 5 g fat (1 g saturated), 0 mg cholesterol, 210 mg sodium, 3 g fiber, 4g protein, 10% Vitamin A, 30% Vitamin C, 4% calcium, 10% iron.