



Have Fun at the Farmers' Market

Have you ever visited a local farmers' market? If not, you're missing out! Farmers' markets are exciting places to be. They have lots of pretty colors, sweet smells, and yummy tastes! Farmers sell flowers, fruits, and vegetables that they have grown for a fair price. (Some farmers' markets even accept EBT or WIC checks). Visit the farmers' market with your family to buy healthy and tasty foods and have some fun too!

How can you have fun at a farmers' market? Here are several suggestions:

- **Make it a family event.** Children love going to the farmers' market to help pick out healthy foods. Let them choose fruits or vegetables of different colors!
- **Try something new!** Never heard of a rutabaga? Ask the farmer how he prepares it. Don't be afraid to try something you've never had before. You may find you and your family really like it.
- **Enjoy the wonderful sights and smells.** Admire the beautiful flowers and brightly colored fruits and vegetables (look for purple potatoes or yellow carrots), and smell the delicious fruit.
- **Eat!** The best part about going to a farmers' market is eating the fruits and vegetables you've bought. These foods are picked as soon as they are ripe meaning they have the best flavor.

To find a farmers' market near you, check out this link: To find a farmers' market near you, visit:

<http://www.visitmaryland.org/article/maryland-farmers-markets>

What's in Season at the Farmer's Market now?

Apples	Broccoli
Pears	Cauliflower
Watermelon	Kale
Pumpkins	Lettuce
Squash	Sweet Potatoes
Turnips	Tomatoes



Recipe

Apple Stuffed Acorn Squash

Ingredients:

- 1 acorn squash (1-2 pounds)
- 4-6 apples, washed and chopped
- 8-10 sprays of low- calorie butter spray
- 1 teaspoon ginger
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 tablespoon honey
- 2 tablespoon brown sugar

Directions:

1. Wash whole squash. Pierce squash several times with fork. Place on paper towel and cook 6 minutes per pound in microwave on high.
2. Cut squash in half and remove seeds.
3. Cook apples in microwave for 5 minutes.
4. Combine apples and remaining ingredients and mix. Fill each half of squash with apple mixture.
5. Cook 2 minutes more on high power in microwave. Stir apples and cook another 2 minutes on high power.

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