

Health Promotion in Motion

Why Buy Locally Grown Fruits and Veggies?

- **Fruits and Vegetables Are Fresher** Locally grown fruits and vegetables are usually picked within the last 24 hours. That freshness affects the taste and nutritional value.
- **It Preserves Open Space** Farms provide the fields, pastures and meadows that separate residential and business development. They also provide the views of hills, valleys and mountains that give New Hampshire its special character. When you buy local produce, you help preserve your local environment for today and the future.
- **It Keeps Farms and Communities Strong** Money spent by shoppers at local farms and by local farmers at local businesses stays in New Hampshire. It's good business for everyone.



Where to Find Locally Grown Fruits and Vegetables



NH has **over 80 farmers' markets** selling fresh herbs, fruits, vegetables and more. Some farms offer **farm stands**, **harvest-your-own options**, or **CSAs** (see below). Some **grocery stores** and **food coops** sell locally grown produce, too. To learn more, download these publications at the NH Dept of Agriculture, Markets & Foods website (<http://agriculture.nh.gov/publications/>):

- NH Farmers' Market Directory
- NH Farm Stand Directory
- NH Harvest-Your-Own Guide
- 2009 CSA Listing

Is Community Supported Agriculture (CSA) a Good Option for You?

- Over the last 20 years, CSA has become a popular way for shoppers to buy local, seasonal food directly from a farmer. In exchange for an annual membership fee, buyers receive a weekly box, bag, or basket of produce throughout the growing season. It may not be too late to sign up – some farms offer year-round memberships.
- Some CSAs may have two other options:
 - **Bulk Purchase** When the harvest is in full swing, some CSAs may sell fruits and veggies in bulk. It is a great way to shop for canning, freezing – or a big party or gathering.
 - **Fall Share Plans** run from October to Thanksgiving.
- To find a CSA near you, use the search function at this site: <http://www.localharvest.org/>



Harvest Times

It helps to know when different fruits and vegetables are harvested. Use the [Peak of the Harvest](#) chart to help you make your plans. Download a copy or call 271-4830 to request one.



Chameleon Salad

4 servings (4 cups vegetables per person)

Are you tired of eating the same old salad day after day? This is the recipe for you! Like a chameleon changing its color, you can change the flavor of this salad when you switch a few ingredients.

First, select one of the **Chameleon Dressing** recipes (to the right). Some recipes suggest a specific vinegar or oil. ★ **The last two recipes also suggest a change in the vegetables.**

- 4 cups raw spinach
- 4 cups romaine lettuce
- 2 cups chopped red, yellow, or orange bell pepper
- 2 cups grape or cherry tomatoes
- 1 cup chopped broccoli
- 1 cup chopped cauliflower
- 1 cup sliced yellow squash
- 1 cup sliced zucchini
- 2 cups sliced cucumber
- 2 cups chopped baby carrots

- Wash and chop all the vegetables.
- Mix vegetables together in a large bowl.
- Make one of the dressings.
- Add dressing and toss gently.

Chameleon Dressings

4 servings

Place all ingredients in covered jar and shake.

Classic Dressing 2 tablespoons olive or vegetable oil; 2 tablespoons balsamic or wine vinegar; 1-2 tablespoons water; ½ teaspoon salt; 1 clove crushed garlic; 1 tablespoon Dijon mustard; ¼ teaspoon dried thyme; pepper to taste.

Honey Mustard Dressing 2 tablespoons olive or vegetable oil; 2 tablespoons balsamic or cider vinegar; 1-2 tablespoons water; ½ teaspoon salt; 1-3 teaspoons ground hot dry mustard; 1 tablespoon honey.

Curry Dressing 2 tablespoons vegetable or olive oil; 2 tablespoons balsamic or wine vinegar; 1-2 tablespoons water; ½ teaspoon salt; ½ teaspoon curry powder; 1 tablespoon honey; ½ teaspoon ground dry ginger.

Asian Dressing 2 tablespoons sesame oil; 2 tablespoons rice vinegar; 1 clove crushed garlic; 1-3 teaspoons fresh grated ginger root; ½ teaspoon soy sauce. Try adding a small amount of orange juice and toasted sesame seeds.

★ Substitute fresh pea pods and canned sliced water chestnuts for some of the vegetables.

Walnut Dressing 2 tablespoons walnut oil; 2 tablespoons wine vinegar; 1-2 tablespoons water; ½ teaspoon salt; ½ teaspoon dried basil, oregano or winter savory.

★ Substitute chopped apples or pears and dried fruit for some of the vegetables. Add toasted chopped walnuts.

Nutrition Facts – using Classic Dressing (made with balsamic vinegar) Serving size: ¼ recipe. 180 calories, 8g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 460mg sodium, 25g carbohydrate, 8g dietary fiber, 6g protein.

Diabetic Exchanges: 4 vegetable, 1 fat.

Nutrition Facts – using Honey Mustard Dressing (made with balsamic vinegar) Serving size: ¼ recipe. 200 calories, 9g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 370mg sodium, 29g carbohydrate, 8g dietary fiber, 6g protein.

Diabetic Exchanges: 4 vegetable, 1 fat.

