



August 2021



NATIONAL BREASTFEEDING MONTH

- The American Academy of Pediatrics recommends exclusive breastfeeding for about 6 months, and then up until 12 months alongside complementary foods.
- While breastfeeding, eat a variety of fruits and veggies to help keep your milk supply nutrient-rich- remember what you eat, your baby eats!
- August is the perfect month to add more fresh fruits and vegetables into your life since so many are in season!

NATIONAL FARMERS MARKET WEEK

The first week of August is National Farmers' Market Week! This week we recognize the special value that farmers' markets have to local communities. Farmers' markets promote sustainability, support healthy communities, and help make getting fruits and vegetables easier. Make sure to thank your farmers when shopping at the market this week and every week!



RECIPE - STUFFED PEPPERS

Ingredients

- 4 bell pepper
- 2 cups cherry tomatoes
- 1 onion
- 1 cup basil leaves
- 3 garlic clove
- 2 tsp olive oil
- 1/4 tsp salt
- 1/4 tsp pepper

Steps

- Preheat oven to 425°F.
- Oil a large baking pan.
- Cut peppers in half, lightly oil and lay peppers cut sides up
- Halve cherry tomatoes and chop onion, basil, and garlic.
- In a bowl toss tomatoes, onion, basil, garlic, olive oil, salt and pepper to taste.
- Spoon mixture into peppers and roast until peppers are tender, about 20 minutes.

Source: myplate.gov



DEBUNKING "DIRTY" PRODUCE

Sometimes produce from the farmers' market may look dirtier than what you see at the grocery store. This is because the produce you're getting is coming straight from your local farmer's soil. When you get home, just make sure to wash your produce thoroughly. Produce at the farmers' markets comes from the same place as grocery stores.



WHAT'S IN SEASON

Peaches: Rich in Vitamin A, C, and E. It goes great in a summer salad with arugula and other leafy greens. When shopping- smell your peach, it should be fragrant and slightly tender to touch.

Peppers: Peppers come in a wide variety of shapes, colors, sizes, and flavors. They should have glossy, firm skin with no brown spots on the surface. Peppers are high in Vitamins C and A.

Thyme: One teaspoon of thyme has calcium, iron, and Vitamin A. Whole sprigs of thyme can be added to sauces, beans, and soups. To remove herbs from stems hold the bottom of the twig with one hand, place the other at the top of the twig and slide your fingers down lengthwise. The leaves should slide right off!

Source: seasonalfoodguide.org



COMPOSTING 101

This month we are talking all about composting- what it is and how to do it. Composting can be overwhelming and confusing, but the District makes it easy for you!