



FARM TO PLATE

September 2021



FOOD PREPARATION

Food prep starts while you are at the market. Here are some of our best tips:

- Choose produce that is not bruised/damaged. If you do purchase bruised/damaged produce, cut it off when at home.
- Store perishable fruits and vegetables (strawberries, lettuce, herbs, mushrooms) in your refrigerator away from raw meat & seafood.
- Wash all produce under running water, avoid soap, and scrub firm produce such as melon and cucumbers.

Source: [fda.gov](https://www.fda.gov)



SEPTEMBER SMILES

The summer is coming to a close and school is starting back up, but farmers' markets in the District are still in full swing. September is a great month to use your checks on Labor Day meals and back-to-school lunches. See you at the market!



COOKING FLEXIBILITY

Cooking and following a recipe can often feel very scary, but it's important to be flexible in the kitchen. You do not have to follow a recipe word for word.

Feel free to swap out ingredients where you see fit. If a recipe calls for spinach and you have kale- just use that. Cooking should not have to be an activity with rules to follow- do what feels right and remember to have fun!



WHAT'S IN SEASON

Raspberries: Add these to your smoothies, yogurt, and salads. They are also great in savory dishes, pairing well with cheese and arugula. Raspberries go quickly, so try to eat these soon after purchase.

Corn: High in Vitamin B and iron, this veggie is a summer classic. Corn can be grilled, boiled, and steamed. Try corn in salsa or as a show-stopping side dish. :)

Cilantro: This herb has calcium and potassium and is a great garnish to your vegetables and even pairs well with summer fruits like melon.

RECIPE

CORN AND GREEN CHILI SALAD

Ingredients:

- 2 cups corn (frozen and thawed)
- 1 can diced tomatoes with green chilies (10 ounce)
- 1/2 tablespoon vegetable oil
- 1 tablespoon lime juice
- 1/3 cup green onion (sliced)
- 2 tablespoons cilantro (fresh chopped)

Steps:

- Combine all ingredients in a bowl, mix well!



Tip: Don't be afraid of misshaped fruits and vegetables! They are just as nutrient-rich as perfectly shaped produce and FUN for kids!!

GARDENING AT HOME

This month we are talking about how you can start a garden in your very own home. This is a fun activity to have your kids play along with too.