



# Farmers Market Recipe Bingo

Bell Peppers	Zucchini	Tomato	Onion	Eggplant
Onion	Carrots	Mushrooms	Squash	Sweet potato
Cherry tomatoes	Bell Pepper	<b>FREE</b>	Garlic	Oregano
Fresh Basil	Eggplant	Bell Peppers	Tomatoes	Garlic
Garlic	Tomato	Apple	Parsley	Onion

## HOW IT WORKS

- Head to the market
- Use your farmers market and cash-value benefits to purchase produce until you get Bingo
- Try to get your family involved! Have your child find the ingredients or cross off the ingredients on the Bingo card.
- Head home and make a dish with your Bingo ingredients!
- Feel free to use some of the recipes we have provided- or get creative! We encourage you to try to make a dish of your own out of any of our Bingo recipes.

# Farmers Market Recipe Bingo

## COOKING METHODS

It can be very intimidating to hear "try and make up your own dish". This is why we want to provide you with some essential cooking methods and the produce that can be used with it to make your meals the best they can be.

### RAW

Fruits and herbs are best served raw as well as some leafy greens like lettuce and spinach.

### ROASTING

This dry heat oven method works very well for root vegetables like potatoes, yams, beets as well as peppers, zucchini, carrots, asparagus and eggplant. You can also throw fresh herbs in when you roast! The options for roasting are endless.

### SAUTÉ

This method uses heat from your stove top with a minimal amount of fat such as olive oil to cook the food. This works well with onions, mushrooms, peppers and garlic.

### BLANCH

Blanching is when a vegetable is scalded in boiling water for a short period of time then removed and placed in ice water to immediately stop the cooking. This is great for tough veggies like broccoli, asparagus, kale, and green beans.

### GRILL

Grilling uses direct heat to cook food very quickly. The best produce for grilling is similar to those you can roast and sauté. Try grilling fruits like melon, peaches or pears.

### STEAM

Steaming is a method that requires moist heat and uses steam to cook your produce. When steaming you would use a double boiler so the food is separate from the water. This method works well with vegetables that are sturdier so they don't turn into mush. This include broccoli, cauliflower, brussels sprouts, and green beans.

