

SEPTEMBER 2019

FARMER'S MARKET FINDS



This month, apples, broccoli, and parsley are in season at your local farmers' market. Below are 3 fun facts you may not have known about these foods - and flip the page over to find 3 easy ways to eat them!

Apples

Apples are high in water and fiber, helping to fill you up and keep you regular.

Broccoli

Eating broccoli may support better blood sugar control in people with diabetes.¹

Parsley

Parsley is rich in vitamin K, which is needed for blood clotting and bone health.²

KID FRIENDLY ACTIVITY

Farmers' markets are a great place to sample unfamiliar fruits and vegetables. Encourage your child(ren) to experiment with new flavors and discover new foods they like! Challenge them to try three new things when you go to the market.

Featured Fruit,
Vegetable &
Herb of the
Month!

Apples

Broccoli

Parsley

Learn about
their health
benefits &
delicious ways
to eat them

DC WIC FARMERS'
MARKET
NUTRITION
PROGRAM

June – October

dcgetfresh.com



DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

¹<https://www.ncbi.nlm.nih.gov/pubmed/22537070>

²<https://www.ncbi.nlm.nih.gov/pubmed/26468402>

RECIPES

APPLE CELERY SLAW



INGREDIENTS

- 1 tbsp. apple cider vinegar
- ¼ tsp. mustard
- 2 tbsp. olive oil
- 3 apples diced (skin on)
- 2 large celery ribs, cut into ¼ inch thick pieces
- 2 cups raw cabbage, shredded
- ¼ cup nuts, chopped (optional)
- chopped parsley (optional)

INSTRUCTIONS

1. Whisk the vinegar with the mustard in a large bowl.
2. Add oil in a stream, whisking until blended.
3. Toss apples, celery, and cabbage with dressing.
4. Just before serving, sprinkle with nuts and parsley.
5. Refrigerate leftovers.

BROCCOLI STRAWBERRY ORZO SALAD



INGREDIENTS

- ¾ cup orzo pasta (uncooked)
- 2 cups fresh broccoli (chopped)
- ¼ cup sunflower seeds
- Lemon Poppy Seed Dressing:
- 1 tbsp. lemon juice
- 2 tbsp. apple cider vinegar
- 2 tbsp. olive oil
- 1 tsp. sugar (or honey)
- 1 tsp. poppy seeds (optional)

INSTRUCTIONS

1. Cook orzo pasta according to directions. Drain and rinse with cold water.
2. In a large bowl, combine orzo pasta, broccoli, strawberries, and sunflower seeds. Drizzle with lemon poppy seed vinaigrette and toss to combine.
3. Season with salt and pepper. Chill in refrigerator until ready to serve.

ROASTED POTATOES W/ PARSLEY



INGREDIENTS

- 1 pound potatoes (cubed)
- ½ cup onion (cubed)
- ½ cup green pepper (chopped into 1 inch cubes)
- 1 tsp. garlic (finely chopped)
- 1 tsp. vegetable oil
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 tbsp. parsley (chopped)
- ½ tsp. paprika (optional)

INSTRUCTIONS

1. In a medium-size bowl, mix potatoes, onions, green peppers, and garlic.
2. Add vegetable oil, parsley, salt, and pepper to bowl. If using paprika, add that too. Mix well.
3. Refrigerate bowl for 15 minutes.
4. Preheat oven to 350 degrees F.
5. Spread potato mixture evenly on a cookie sheet. Bake for about 35 minutes. Serve hot.