



June 2019

FARMER'S MARKET FINDS

This month, blueberries, cucumbers, and mint are in season at your local farmers' market. Below are 3 facts you may not have known about these foods, a fun activity for kids to play at the farmers' market, and flip the page over to find 3 easy ways to eat (and drink) them!

Blueberries: Blueberries have been shown to reduce risk factors for heart disease.

Cucumbers: Made up of 96% water, cucumbers may help to improve hydration.

Mint: Mint is a good source of Vitamin A, which is critical for eye health and night vision.

Kid-Friendly Activity: Play "I Spy!" at the farmers' market. Start with the letter "A" and have your child(ren) find a food that begins with that letter. See how far you can get through the alphabet before someone gets stumped!

Featured Fruit,
Vegetable & Herb of
the Month!

Blueberries

Cucumbers

Mint

Learn about their
health benefits &
delicious ways to
eat them

**DC WIC FARMERS'
MARKET NUTRITION
PROGRAM**

June – October

dcgetfresh.com



Fruit & Cereal Smoothie

Ingredients

- 1 cup frozen unsweetened blueberries, pineapple chunks, mango chunks or halved strawberries
- 1 medium ripe banana, cut into chunks
- 1/2 cup milk
- 1/2 cup frosted wheat cereal

Instructions

1. In food processor bowl or blender container combine all ingredients. Cover and process until smooth.
2. Pour into two 10- to 14-ounce glasses. Serve immediately.



Source: ebtshopper.com

Cucumber Salad

Ingredients

- 2 large cucumbers, thinly sliced
- 1/3 cup green onions, minced
- 1/4 cup white vinegar or lemon juice
- 1/2 teaspoon sugar
- Salt & pepper to taste
- **Tip:** Try adding chopped tomato or avocado for a more colorful salad.

Instructions

1. Combine all ingredients together in a bowl.
2. Chill and serve.



Source: texaswic.org

Berry Mint Spritzer

Ingredients

- 1 1/2 cups seltzer water or Perrier water
- 1/2 cup 100% juice
- 1/2 cup berries, stemmed and quartered
- 4 mint leaves
- Optional: citrus (lemon, lime, grapefruit, etc.)

Instructions

- Combine seltzer water, juice, berries, and mint in a pitcher.
- Refrigerate for 30 minutes before serving.
- Pour into glasses with ice.



Source: sandiegowic.org