



August 2019

FARMER'S MARKET FINDS

This month, peaches, okra, and basil 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!

Peaches: Peaches are a good source of fiber, which may help with digestion.¹

Okra: Okra is rich in vitamin C, which has been shown to alleviate asthma symptoms.²

Basil: Basil may help to reduce chronic stress.³

Kid-Friendly Activity: Let your child be in charge of purchasing something small – like a head of garlic, a large tomato, or a piece of their favorite fruit. They can even weigh their item and handle the money.

Featured Fruit,
Vegetable & Herb of
the Month!

Peaches

Okra

Basil

Learn about their
health benefits &
delicious ways to
eat them

DC WIC FARMERS'
MARKET NUTRITION
PROGRAM

June – October

dcgetfresh.com



Peach Salsa

INGREDIENTS

- 1 cup peaches, chopped
- 1 large tomato, chopped
- 1 bell pepper, chopped
- ½ cup onion, chopped
- ½ cup cilantro, chopped
- 1 tbsp. lime juice
- Salt & pepper to taste

INSTRUCTIONS

1. Wash all produce before chopping.
2. Combine peaches, tomato, bell pepper, onion, and cilantro in a large bowl.
3. Add lime juice, salt and pepper and gently mix.
4. Cover and refrigerate until ready to serve.



Source: mainesnap-ed.org

Okra and Greens

INGREDIENTS

- 1 small onion, finely chopped
- 2 tbsp. corn oil
- 6 cups greens (1 lb. shredded)
- 16 okra
- 4 chili peppers (finely chopped/crushed)
- 1 lemon
- ¼ cup water

INSTRUCTIONS

1. In a large heavy pan, sauté onions in oil until golden brown.
2. Add remaining ingredients and ¼ cup of water. Simmer over low heat, covered, until greens are tender.
3. Squeeze lemon juice before serving.



Source: foodhero.org

Pea Pesto

INGREDIENTS

- 1 cup peas (fresh, frozen, or canned)
- ½ cup grated parmesan cheese
- 1 cup basil leaves
- 1 cup spinach (fresh, frozen, or canned)
- ½ cup walnuts
- 2 cloves garlic
- ¼ cup olive oil
- ¼ cup water
- Salt & pepper to taste

INSTRUCTIONS

1. Add all ingredients into a food processor and blend until they form a thick sauce.
2. Place pesto in an airtight container and refrigerate until needed.



Source: whatscooking.fns.usda.gov

1 - USDA, 2019: <https://ndb.nal.usda.gov/ndb/>

2 - BMJ, 2000: <https://thorax.bmj.com/content/55/4/283.abstract?sid=aed91353-37b1-41b0-9adf-36c6a4ca2fd0>

3 - NIH, 2017: <https://www.ncbi.nlm.nih.gov/pubmed/28800278>