



July 2019

# FARMER'S MARKET FINDS

*This month, cherries, peppers, and cilantro 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!*

**Cherries:** Cherries can help to reduce inflammation and muscle soreness.<sup>1</sup>

**Peppers:** Eating peppers may help to improve your eye health and lower your risk of cataracts.<sup>2</sup>

**Cilantro:** Eating cilantro has been linked to lower blood sugar levels.<sup>3</sup>

## **Kid-Friendly Activity:**

Taste the rainbow! Challenge your child(ren) to find one fruit or vegetable for every color of the rainbow, then let them choose a few items to bring home and try. Explain that foods of different colors provide different vitamins and nutrients their bodies need.

Featured Fruit,  
Vegetable & Herb of  
the Month!

Cherries

Peppers

Cilantro

Learn about their  
health benefits &  
delicious ways to  
eat them

DC WIC FARMERS'  
MARKET NUTRITION  
PROGRAM

June – October

[dcgetfresh.com](http://dcgetfresh.com)



## Cherry Salad

### INGREDIENTS

- ½ cup sweet cherries
- 1 cup cantaloupe, cubed
- 1 cup green grapes, cut in half
- 1 medium banana, peeled and sliced
- ¼ cup orange juice (juice from 1/2 orange)
- ¼ cup flaked coconut (optional)

### INSTRUCTIONS

1. Wash all fruit before cutting.
2. Pit cherries by slicing them in half and removing the pit.
3. Mix the cut fruit together in a bowl.
4. Pour orange juice over fruit and stir in coconut if desired.
5. Refrigerate leftovers.



Source: foodhero.org

## Roasted Bell Peppers

### INGREDIENTS

- 4 bell peppers
- 2 tsp. vegetable oil
- ½ tsp. Italian seasoning
- ½ garlic powder
- Salt & pepper to taste

### INSTRUCTIONS

1. Preheat oven to 450°.
2. Wash bell peppers and remove tops and seeds. Cut peppers in half and rub with oil. Place cut side up on baking sheet and sprinkle with Italian seasoning, garlic powder, salt & pepper.
3. Roast until peppers are tender and blistered in spots, about 30 - 35 min.



Source: foodhero.org

## No-Cook Salsa

### INGREDIENTS

- 2 cans diced tomatoes (14.5 oz. cans, drained)
- 1 can diced green chiles (4.5 oz. can, drained)
- ¼ cup green onion, (sliced)
- ¼ cup fresh cilantro, (chopped)
- 2 tbsp. lemon or lime juice
- 1 pinch of pepper
- 1 garlic clove, (minced)

### INSTRUCTIONS

1. In a large bowl, stir together all the ingredients until well mixed. Cover and chill at least 4 hours.
2. Serve with tortilla chips or raw vegetables.



Source: Nebraska SNAP-Ed