



# INDIANA'S FOOD FOR THE HUNGRY

A Newsletter for the Staff and Volunteers of the Emergency Feeding Programs

AUGUST 2009

## ASK THE EXPERT

### “How can farmer’s markets help our clients?”



#### Expert Answer:

Farmer’s markets are a great way to shop for locally grown produce. Many markets offer the freshest in-season produce. Supporting local markets helps to support local farmers.

Another great way to shop for local produce is to visit roadside stands. Many farmers set up roadside stands during peak harvest season because of the overabundance of produce in the fields. Some offer the opportunity to help harvest in exchange for product.

Farmer’s markets and roadside stands are inexpensive ways to purchase produce. Prices are most affordable when a product is in-season. Prime produce throughout the summer varies.

Eligible WIC participants can use their Farmer’s Market Nutrition Program (FMNP) coupons to buy eligible foods from farmers. To find a farmer’s market near you, check out: [www.inmarketmaker.com](http://www.inmarketmaker.com)

#### Hints for Successful Shopping at the Market:

- Shop early for the best selection.
- Shop late for bargains at the end of the market day.
- Shop for in-season produce and ask about freezing or storing for later use.
- Ask questions about the product or how to prepare it.
- Check out the local library or Extension office for inexpensive and creative ways to combine known and unique products and add nutritious value to meal items. Check out the farmer’s market fact sheet included as an insert in this newsletter or on-line at: [www.cfs.purdue.edu/extension/food\\_health/nutrition/produce.html](http://www.cfs.purdue.edu/extension/food_health/nutrition/produce.html)

#### Ask the expert:

Future questions for the newsletter can be mailed or e-mailed to:

Indiana’s Food for the Hungry  
700 W. State Street  
West Lafayette, IN 47907

E-mail: [safefood@purdue.edu](mailto:safefood@purdue.edu)

#### **\*\*Correction to June newsletter**

In the article regarding whole chickens, the source of information has changed since the newsletter was published. The information about thawed chicken is no longer correct.

“Once chicken is thawed in the refrigerator, it is safe to refreeze it without cooking.” FSIS: [www.fsis.usda.gov/Fact\\_Sheets/](http://www.fsis.usda.gov/Fact_Sheets/)

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# Washing Fruits and Vegetables



**Washing fruits and vegetables before you eat them can keep them safe!**

1. Remove outer leaves of fruit or vegetable.
2. Rinse under clean, running water just before preparing or eating.
3. Rub briskly with a clean brush to remove dirt and surface bacteria.
4. After washing, dry with a clean cloth or paper towel. Moisture left on produce may promote survival and growth of bacteria. Drying is critical if produce won't be eaten or cooked right away.
5. Cut away bruised and damaged areas.

## **Other Tips:**

- Bacteria on the outside of fruits can be transferred to the inside when the fruit is peeled or cut, so be sure to wash the outside peels of fruits such as cantaloupe and other melons under running water before cutting into them.
- Do not wash produce with detergent or bleach solutions. Fruits and vegetables are porous and can absorb the detergent or bleach, which is not intended for use on foods and can make you sick.
- Don't forget to wash homegrown fruits and vegetables.



## **What about pre-washed produce?**

Many pre-cut, bagged produce items like lettuce are pre-washed. If so, it will be stated on the packaging. This pre-washed, bagged produce can be used without further washing.

As an extra measure of caution, you can wash the produce again just before you use it. Pre-cut or pre-washed produce in open bags should be washed before using.

## **Sources:**

Cook IT Quick!, University of Nebraska Extension: <http://lancaster.unl.edu/food/ciq.shtml>

University of Maine Extension: [www.umext.maine.edu/](http://www.umext.maine.edu/)

FDA Center for Food Safety & Applied Nutrition: [www.foodsafety.gov/~dms/prodsafe.html](http://www.foodsafety.gov/~dms/prodsafe.html)

## **Food Recall Information**

For information about current and previous food recalls:

- FDA: <http://www.fda.gov/Safety/Recalls/default.htm>
- USDA (meat, poultry and egg recalls): [http://www.fsis.usda.gov/FSIS\\_RECALL](http://www.fsis.usda.gov/FSIS_RECALL)
- CDC's toll-free public inquiries hotline (1-800-CDC-INFO or 1-800-232-4636)

# Blueberries



## Storage

- Do not wash blueberries until you are ready to use them.
- Do not wash blueberries before freezing.

## Cooking

- When you are ready to use, remove the blueberries from the freezer, rinse with cold water and use immediately.
- There's no need to thaw blueberries for use in baked products, except for pancakes. Pancakes may not cook thoroughly in the center if the berries are frozen. Instead, microwave the amount needed to thaw.

## Serving Tips

- Layer blueberries with low-fat yogurt and granola
- Use as an ingredient in muffins and pancakes
- Sprinkle over hot or cold cereal
- Make frozen fruit kabobs
- Add to smoothies

Sources: Blueberry Basics, Clemson Extension, <http://hgic.clemson.edu>  
eXtension: [www.extension.org](http://www.extension.org)

## Blueberry Muffins

yield: 12 muffins

### Ingredients:

- |                                      |                           |
|--------------------------------------|---------------------------|
| 1/2 cup vegetable oil                | 2 teaspoons baking powder |
| 1 cup sugar                          | 1/2 teaspoon salt         |
| 2 eggs                               | 1 teaspoon vanilla        |
| 1/2 cup low-fat milk                 | 2 cups flour              |
| 2 cups blueberries (fresh or frozen) |                           |

### Directions:

1. Preheat oven to 375°F and grease the muffin pans.
2. In a mixing bowl, stir the oil and sugar until creamy.
3. Add eggs, milk and vanilla. Mix until blended.
4. In a separate mixing bowl, stir together the flour, baking powder and salt.
5. Add the flour mixture to the oil and sugar. Stir.
6. Stir in the blueberries.
7. Fill each muffin cup 2/3 full with batter.
8. Bake for 25 to 30 minutes.

Source: SNAP-Ed Connection Recipe Finder: [http://recipefinder.nal.usda.gov/index.php?mode=display&rec\\_id=404](http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=404)

## Blueberry Smoothie

yield: 1 smoothie

### Ingredients:

- |                                       |
|---------------------------------------|
| 3/4 cup 100% orange juice             |
| 1/2 cup fruit-flavored low-fat yogurt |
| 1 cup frozen blueberries              |

### Directions:

1. Blend all ingredients well in blender and drink!



Source: Blueberry Basics, Clemson Extension, <http://hgic.clemson.edu>



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Send comments and/or change of address to:  
Indiana's Food for the Hungry  
Department of Foods and Nutrition  
Purdue University  
700 West State Street  
West Lafayette, IN 47907-2059  
Phone: (765) 494-8791  
Fax: (765) 494-0906  
E-mail: safefood@purdue.edu

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IN THE NEWS

## Plant a Row for the Hungry

In 1995, the Garden Writers Association (GWA) launched a campaign known as *Plant a Row* (PAR) to encourage community gardeners to grow a little extra and donate the produce to local soup kitchens and food pantries serving the homeless and hungry.

*Plant a Row* is rooted in the tradition of gardeners sharing a bountiful harvest with others. All types of organizations can help make a difference by donating produce directly to food agencies.

Emergency food assistance programs can find out how to receive donations from local *Plant a Row* participants by contacting the PAR coordinator at: [par@gardenwriters.org](mailto:par@gardenwriters.org). The coordinator works to find local food agencies that wish to start a PAR garden.



Plant a Row  
for the Hungry 

Garden Writers Association Foundation  
[www.gardenwriters.org](http://www.gardenwriters.org)  
Call Toll Free: (877) 492-2727