

# Nutrition Connection

The latest news and events from the Kendall Anderson Nutrition Center at Colorado State University

## Farmers' Market 101

A bounty of flavorful, high quality produce is grown in Colorado. Farmers' Markets allow us to select 'just picked' produce and try unique local offerings. With a wide variety of fresh and organic produce, you may also find other local trades like honey, homemade baked goods, nuts and eggs, among many others.

### Tips for Navigating the Farmers' Market

- **Arrive early.** Go to the market early for the best selection of produce and to avoid the summer heat.
- **Bring your own bag.** It is best to bring cloth bags as they can be sturdier and better for produce. Clean plastic bags can also be reused or bring an insulated bag for cold items.
- **Take care of your purchases.** Get home quickly after your shop to maintain the quality of your items. Be sure to have cold packs for perishable items and carefully pack delicate produce.
- **Bring small bills.** Smaller vendors may not be able to cash large bills, so have some smaller bills available. Also, some markets are now accepting credit cards and Electronic Benefit Transfers!
- **Comparison Shop.** Check out all the booths before making your selections as there is a variety of goods available and at a wide range of prices. Also, don't be afraid to ask farmers for advice on selecting the right produce.
- **Ask for seconds.** Most farmers will set aside bruised or lightly damaged produce (seconds) and offer it at a discounted price. It may not be visible, so ask for it. Use the seconds to make tomato sauce, apple sauce, or jam.
- **Share the Bounty.** Take a little extra produce, flowers, or goods to a friend or neighbor. If you have an abundance of produce, remember it can be frozen, dried, or canned, for enjoyment later on in the season!



**Better for you. Better for Colorado.**

### Colorado Proud Month

August is the month to show our Colorado pride and the Colorado Proud organization does just that by promoting food and agricultural products grown, raised, or processed in our state. The mission of Colorado Proud is to strengthen and advance Colorado's agriculture industry; ensure a safe, high quality, and sustainable food supply; and protect consumers, the environment, and natural resources.

## How to Choose the Best Produce

- ◆ **Apples:** In Colorado apples are most commonly available from mid-August to mid-October. Apples with firmness, free from physical and insect damage, crispness, and good color are desirable.
- ◆ **Berries:** Peak berry season in Colorado tends to run from August to mid-October, with the exception of strawberries that tend to be ready much earlier in summer. Choose berries that are free of visible mold, not bruised or smashed and relatively dry.
- ◆ **Cantaloupe:** Cantaloupe is also available August to October in Colorado. A melon with a stem indicates that it was picked too early. Ideally, cantaloupe should have an aroma, be symmetrical, and have a yellow undertone.
- ◆ **Peaches:** When selecting peaches, choose those that have fuzzy skins that are firm but give a little with gentle pressure, yellow-orange (or off-white for white peaches) with red blushing. The best time to buy Colorado peaches is between August and September.
- ◆ **Peppers.** There are an abundance of late and early pepper varieties in Colorado from July to October. You want to select peppers that are firm with no wrinkles and still have the stem intact.



Photo by: <https://flic.kr/p/9rcizK>

## Try Something New, Buy Local!

Buying locally allows the produce to ripen naturally and reach the highest nutritional value. When produce is shipped across country it is often picked prematurely and not able to fully ripen and create all of the nutrients that we value in our food selection. Most produce found at a farmers' market is picked within 24 hours of purchase. Being picked ripe also improves the flavor, ask any vendor at your local farmers' market for a sample and most of the time they will be happy to oblige. Try out a new food each time you are at the farmers' market—you may discover a new favorite!

### —Upcoming Events—

**August 22nd, Fort Collins Peach Festival:** With a 5k run/walk, live music, vendors, and delicious peaches, the 5th Annual Fort Collins Peach Festival is one you don't want to miss. Take the family out to Hughes Stadium and enjoy local Colorado produce at its best!

**September 5th, Ag Day at CSU:** Since 1981 Ag Day at CSU allows Colorado agricultural growers and producers to prepare Colorado's premier outdoor barbecue from quality Colorado food products. All proceeds of Ag day go towards scholarships for CSU agricultural science students.

### Find Your Local Farmer's Market

- Fort Collins Farmer's Market: 1001 E Harmony Rd, Fort Collins
- Larimer County Farmer's Market: 200 W Oak Street, Fort Collins
- Drake Road Farmer's Market, LLC: 802 W Drake Rd, Fort Collins

For more information visit:

<http://ams.usda.gov/farmersmarkets>

### Sources:

Colorado State University Extension: <http://www.ext.colostate.edu/pubs/foodnut/09379.html>

Colorado Farm to Table: <http://farmtotable.colostate.edu/eat-fresh-produce.php#.VbFN2GZ80Un>

Colorado Proud and Colorado Department of Agriculture: <https://www.colorado.gov/agmarkets/colorado-proud>



## Apple Spinach Peanut Salad

This flavor rich salad makes an excellent side dish to accompany your favorite meal!

*Number of Servings: 4*

### Ingredients:

- ◆ 1 (6 ounce) package fresh baby spinach
- ◆ 1 medium apple, chopped
- ◆ 1/4 cup dried cranberries
- ◆ 2 tablespoons peanuts, chopped
- ◆ 3 tablespoons olive oil
- ◆ 1 1/2 tablespoons agave nectar
- ◆ 1 1/2 tablespoons apple cider vinegar
- ◆ 1 1/2 tablespoons chutney
- ◆ 1 teaspoon curry powder
- ◆ 1/8 teaspoon salt or to taste



### Directions:

1. **Salad:** In a large bowl combine the spinach, chopped apple, cranberries and chopped peanuts.
2. **Dressing:** In a separate container, combine the remaining ingredients; whisk together. Drizzle over salad and toss to coat.

#### Nutritional Information/Amount per serving:

Calories	221 g	Protein	3.2 g
Total Fat	13.9 g	Total Carbohydrates	16.4 g
Saturated Fat	1.9 g	Dietary Fiber	3.4 g
Cholesterol	0.0 mg	Sodium	121.9 mg



## Scheduling Now!

### Spanish-Themed Summer Date Night Cooking Class

Bring a friend, colleague, or that special someone to a fun, interactive evening of cooking, learning, and dining featuring Spanish cuisine and our department's newly renovated test kitchen!

**VISIT:** <http://nutritioncenter.colostate.edu/classes/date-night.aspx>

**WHEN:** Friday, September 18th, 6pm-8pm

**WHAT:** Cooking class

**COST:** \$50 per couple

### Dining with Diabetes

Developed and led by Registered Dietitians, this program offers a proactive approach to teach you the most important things to help you take control of your life and your diabetes!

**WHO:** This Program is for those with...

- ◆ Pre-diabetes
- ◆ Type 1 Diabetes
- ◆ Type 2 Diabetes
- ◆ Gestational Diabetes
- ◆ Or a loved one with any of these!

**WHEN:** Tuesdays, October 6th-27th 5:30-7pm

**WHAT:** Educational program plus demonstration and meal provided weekly

**COST:** \$100 (discounts for CSU students and employees!)

### Tele-coaching

Get one-on-one nutrition coaching with our registered dietitians without leaving your house. Same rate as individual coaching here: <http://www.nutritioncenter.colostate.edu/programs-services/nutrition-counseling.aspx>

*Classes fill up fast, so sign up online or call soon to reserve your spot!*

Location for all activities: Room 114 Gifford building on the CSU campus

Like us on our [Facebook](#) page for weekly nutrition tips!

Visit our website for more information: [www.nutritioncenter.colostate.edu](http://www.nutritioncenter.colostate.edu)

