Eat a Rainbow of Colors for Your Health

Why not make a rainbow with colorful vegetables as a part of your summer meals? These colors can jazz up your plate while improving your health. Try visiting our area Farmers’ Markets for freshly grown produce from your local farmers. (See times and locations on back.)

### Vegetable Noodle Stir Fry

Stir fry is a great way to beat the heat. All you need are fresh vegetables, cooked meat and noodles. Amount can vary depending on what you have on hand. Be creative. Here is an example of how this idea works: (Please note: if you don’t have the exact ingredients, just substitute or leave out.)

- 1/2 cup each: carrots, onions, broccoli, cauliflower, green peppers, or mushrooms (sliced thin)
- 1/2 cup each: peas, tomato (wedged)
- 1 teaspoon dried garlic or garlic clove (chopped)
- 1 teaspoon oregano
- 1 teaspoon basil
- 2 Tablespoons oil
- 4 cups cooked noodles (2 cups uncooked or 8 ounces)
- 3 Tablespoons Parmesan cheese
- 1 Tablespoon margarine

Put oil in fry pan. Add longest cooking vegetable first. Add peppers, onions, and garlic and fry for 3 minutes, stirring constantly. Add carrots, cauliflower and broccoli and fry for 5 minutes continuing to stir. Add mushrooms, tomato, meat, peas, and herbs. Stir for 2 minutes more or until all vegetables are tender.

Add Parmesan cheese, margarine, and noodles. Mix well and serve. Use leftovers as a cold dish, plain or by adding some Italian dressing or oil and vinegar to moisten.

### Grilled Mixed Vegetables

- 2 zucchini, sliced
- 2 tomatoes, sliced
- 1 onion, peeled and thinly sliced
- 4 teaspoons butter or margarine
- 4 teaspoons grated Parmesan cheese
- 1/4 teaspoon crushed dried thyme*
- 1/4 teaspoon crushed dried rosemary*
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon crushed dried oregano*
- 1 cup dry bread crumbs

*Substitute any favorite herbs.

Divide zucchini, tomatoes and onion among 2 pieces of aluminum foil.

In a saucepan over low heat melt butter; add Parmesan cheese, thyme, rosemary, pepper and oregano. Divide and pour over the vegetable mixture. Sprinkle with bread crumbs and seal each piece of aluminum foil tightly.

Grill over medium-high heat for about 15 minutes. Turn over and cook 20 minutes more. Open foil carefully and serve.

### Green Beans with Fresh Lemon

- 2 cups water
- 2 pounds green beans, stringed and left whole
- 1 lemon, juiced

In a large saucepan over high heat, bring water and green beans to a boil. Reduce the heat to medium and cook the beans for 5 to 10 minutes, or until tender-crisp. Drain. Toss the beans with the juice from one lemon.
**Food Safety**

- Don’t use soap or detergents to wash fruits or vegetables. Scrub firm produce, such as melons and cucumbers, with a clean produce brush. Clean soft fruit (like tomatoes or nectarines) by holding them under running water and rubbing them all over.

- Do not consume ice that has come in contact with fresh produce or other raw products.

- It’s safest to have two cutting boards: one for fruits, vegetables, breads and pastries and one for meat and poultry to avoid cross contamination.

- Mayonnaise Myth! Mayonnaise may prove not to be the culprit in foodborne illness involving summer salads. Cold salads can become carriers of foodborne illness because care was not taken to pre-chill all ingredients before mixing them together. Pre-chill **ALL** ingredients, including cooked items, before mixing them with cold foods, vegetables or condiments when making your salads. By doing this, you avoid exposing foods to the danger zone (between 40°F and 140°F), and prohibit bacterial growth leading to foodborne illness.

- **Stretching Your Produce Dollars**

  - When supplies are plentiful (in season), purchase fresh fruits and vegetables. Avoid fruits and vegetables with signs of decay, skin punctures, or other signs of spoilage.
  
  - Use up broccoli stalks by peeling first. Slice or make into sticks for fresh or cooked use.
  
  - Toss freshly cut fruit with lemon juice to prevent darkening.
  
  - Cantaloupes should not be green. They should smell fragrant and be slightly soft to the touch at bloom end when ripened to perfection.

**Herkimer County Farmers’ Markets**

- *Wednesdays: 3:00 - 6:00 pm, Middleville on Route 28 in the park across from the library*

- *Thursdays: 9:00 am - 1:00 pm, Herkimer in Hummel’s parking lot, West Albany Street*

- *Fridays: 8:00 am - 12:00 pm, Dolgeville in the Herkimer County Trust parking lot on Main Street*

- *Saturdays: 8:00 am - 12:00 pm, Little Falls in the Herkimer County Trust parking lot on Albany Street*

**Kid’s Corner**

Help your child learn how fruits and vegetables grow!

Place a moistened paper towel in a re-sealable plastic bag. Add a few black watermelon seeds. You can use different types of seeds such as apple, pumpkin, or bean. Seal the bag and hang it in a sunny window. Every few days, ask your children to check the seeds for signs of growth. Keep the paper towel moist. Once the seeds have sprouted, you may wish to let the children transplant the sprouts into pots and watch them grow!

Try these snack ideas:

**Rounds:** Slice carrots, cucumbers and zucchini into rounds. Let the children spread them with cream cheese, peanut butter, egg salad, etc.

**Sweet Carrot Sticks:** Cut carrots into sticks. Place in a container and pour in unsweetened pineapple juice to cover. Chill for an hour or more before serving.

**Free Nutrition Education Programs**

**Eat Smart New York!**

Nutrition Teaching Assistants are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

**Topics include:**

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

**Contact:**

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