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Use your SNAP Benefits to get Fresh Produce this Season

Buying fresh produce can get pretty pricey. But what you may not have known is that you can use your SNAP benefits at local farmers markets to get the fresh picks of the season. For more information on which farmers' markets accept snap benefits in this area, turn to page 3 in your newsletter.



Some Things You Should Know About Zucchini

If you want a veggie that's extremely versatile, look no further than zucchini. Whether eaten raw or cooked, there's so many ways to enjoy it and still get a solid amount of a few vitamins and minerals you need. Zucchini actually falls under the umbrella of summer squash, which are squashes that get harvested before their rinds harden—unlike pumpkins and butternut squash.

Its super low in calories - Zucchini makes the perfect light side dish for a heavy meal: One cup of sliced zucchini has about 19 calories. That's 40 to 50% lower than the same serving size for other low-cal green veggies like broccoli and Brussels sprouts. And because it's so versatile, you can enjoy this low-calorie food in

many recipes, from baked fries to muffins. Of course, you can always grill zucchini with olive oil and fresh snipped herbs for some savory flavor, too. Zucchini can be used in a quiche, frittata, omelets, and added to stir-fries or to lasagna. No limit as to how to use it!



It may be good for your heart - Zucchini has a fairly good amount of potassium: 295 milligrams per cup, or 8% of your recommended daily value. According to the American Heart Association, potassium can help control

blood pressure because it lessens the harmful effects of salt on your body. Studies suggest boosting your potassium intake (while also curbing sodium) can slash your stroke risk and may also lower your odds of developing heart disease. Zucchini is also high in the antioxidant vitamin C, which may help the lining of your blood cells function better, lowering blood pressure and protecting against clogged arteries. One cup of sliced zucchini has 20 milligrams, or about 33% of your daily value. **You can substitute it for pasta** - Sure, you can add zucchini to your spaghetti recipes, but you can also use it in place of noodles altogether. So-called "zoodles" are a great pasta alternative, and they're easy to make

with the help of some kitchen gadgets. With a spiral slicer, you secure the zucchini on prongs and push the veggie toward the blades. Not only does it make things easy, but it's also kind of cool to see dozens of noodles cranked out at once.



What's Cooking in Gale's Kitchen?

Fresh, Healthy, Simple and Delicious ways to enjoy zucchini from Gale Cohen, RD, CDE

Zucchini is such a versatile vegetable as it can be used in both sweet and savory dishes or enjoyed raw.

Zucchini Muffins (Makes 12)

Ingredients:

1 ½ cups flour (I used ½ cup white, 1 cup whole wheat)

½ tsp salt

½ tsp baking soda

½ tsp baking powder

1 ½ tsp cinnamon

1/8 tsp nutmeg

2 eggs

¼ cup low-fat milk

¼ cup canola oil

¼ cup sugar

¼ cup brown sugar

Zest from half fresh orange

1 ½ tsp vanilla

2 cups grated zucchini

½ cup chopped walnuts

Directions:

- Preheat oven to 325 degrees. Grease and flour a muffin tin tray, for 12 muffins
- Sift flour, salt, baking soda, baking powder, cinnamon and nutmeg into a bowl.
- Beat eggs, milk, oil, sugar, zest,

and vanilla together in a large bowl. Add sifted ingredients, stir well with wooden spoon. Add zucchini and walnuts, stir until well combined. Pour batter into prepared muffin tin.

- Bake for preheated oven for 30 minutes until toothpick inserted in center of a muffin comes out clean. Cool in pan 15 minutes, remove and enjoy!

Each muffin provides: 170 calories, 16 grams carbohydrate, 3.5 grams protein, 9 grams fat (<1 gram saturated fat)

Easy Zucchini Pasta (for 4)

Ingredients:

8 zucchinis

4 tablespoons olive oil

1 cup of water

Salt and ground black pepper to taste

Directions:

- Cut lengthwise slices from zucchini using a vegetable peeler, stopping when the seeds are reached.

- Turn the zucchini over and continue peeling until all the zucchini is in long strips
- Discard seeds
- Slice the zucchini into thinner strips resembling spaghetti
- Heat olive oil in a skillet over medium heat
- Cook and stir zucchini in the hot oil for 1 minute

- Add water and cook until zucchini is softened, 5 to 7 minutes
- Season with salt and pepper, plate, and enjoy!



Fresh Zucchini and Vegetable Salad (for 4)

Ingredients:

4 zucchinis, diced

1 can of peas

1 can of corn

1 pint of cherry tomatoes

1 can of chick peas

Salt and ground black pepper to taste

4 tablespoons of olive oil

Directions:

- Cook diced zucchinis on medium heat for 5 minutes and add salt and pepper
- Remove from heat and place in

fridge to cool while salad is made

- In a large bowl add peas, corn, tomatoes, chick peas, and cooled zucchini
- Add salt and pepper and olive oil
- Serve and enjoy!

Use Your SNAP Benefits at These Local Farmers' Markets



427 Greenwood Ave, Trenton NJ

Open Mondays June 13 - Oct. 24

2 - 6 pm

To get more e for your buck, Greenwood Ave. Farmers Market offers to double your SNAP benefits.

Therefore:

For every \$1 in SNAP benefits you will receive \$2 worth of fruits and vegetables.

Tips from the FDA on Buying Produce

Buying Tips

Purchase produce that is not bruised or damaged.

When selecting fresh-cut produce - such as a half a watermelon or bagged salad greens - choose items that are refrigerated or surrounded by ice.

Bag fresh fruits and vegetables separately from meat, poultry and seafood products.

Storage Tips

Store perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) in a clean refrigerator at a temperature of 40° F or below.

Refrigerate all produce that is purchased pre-cut or peeled.

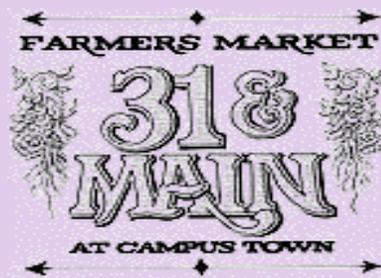
Preparation Tips

Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.

Cut away any damaged or bruised areas on fresh fruits and vegetables. Produce that looks rotten should be discarded.

All produce should be thoroughly washed before eating. Wash fruits and vegetables under running water just before eating, cutting or cooking.

Many pre-cut, bagged produce items



Located in the South parking lot of Campus Town, at the intersection of Route 31 and E Main Blvd in Ewing, NJ

Open Sundays June 12th - October 30th

10am to 2pm

Rain or Shine



960 Spruce Street
Lawrence Township, NJ 08648

Summer Hours:

Wednesday - Saturday 9am - 6pm

Sunday 10am - 4pm

like lettuce are pre-washed. If the package indicates that the contents have been pre-washed, you can use the produce without further washing.

Even if you plan to peel the produce before eating, it is still important to wash it first.

Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.

Scrub firm produce, such as melons and cucumbers, with a clean produce brush.

Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.

Backpack Bonanza!



School is just around the corner! Please fill out the form below and return it to JFCS as soon as possible to get your children all set for school!



Your Name: _____

1st Child's Name: _____

Gender: M / F

Age: _____

Grade: _____

3rd Child's Name: _____

Gender: M / F

Age: _____

Grade: _____

2nd Child's Name: _____

Gender: M / F

Age: _____

Grade: _____

4th Child's Name: _____

Gender: M / F

Age: _____

Grade: _____