

FRESH FROM THE FARM

Recipes & Cooking Tips | Healthy Eating for Seniors | Tools for Better Nutrition

Find a Sweet & Local Treat

Packaged foods at the grocery store come with lots of added sugars that are hard to recognize under names like **corn syrup, dextrose, and cane juice**. Next time you're looking for a sweet treat, try some fresh berries from the farm to satisfy your craving and keep processed, refined sugars out of your body.

Cooking as Comfort

Preparing a meal from scratch can seem like a daunting task, but you can approach it as a fun and creative activity! When you're cooking in the kitchen, try playing your favorite music or listening to the radio as a way to create an enjoyable and stress-free environment.

Sugar Substitutes

Instead of using refined sugar to sweeten your tea and baked goods, try using natural sweeteners like **honey** and **maple syrup**, which can be found at the Farmers Market.

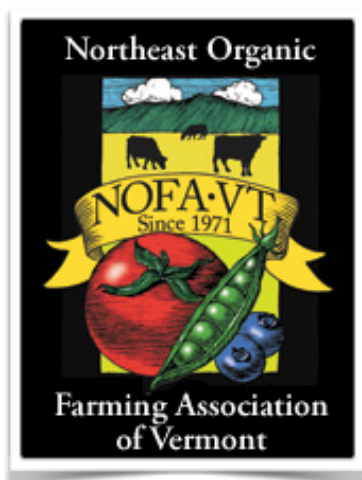
The Nutritional Power of Your Local Produce

There are many great reasons to get your groceries from direct markets. CSAs and Farmers Markets give you access to competitive prices, large varieties of produce, and a chance to



interact with community members and local farmers. With this kind of food production, you also get the optimal nutrition value from your food. Instead of having produce harvested prematurely and shipped across hundreds of miles, the fruits and vegetables from your local farmers are picked at their prime ripeness and put straight into your grocery bag. Look to your local farmers to find the most delicious and nutritious foods for your diet.





Summer Squash Super Food

For a dose of antioxidants, look no further than your CSA box! Summer squash is rich in nutrients, especially in the skin of the veggie. To maintain the nutrient content, steaming is the best method of cooking. Don't be afraid to store your squash in the freezer! Antioxidants are retained even after squash has been frozen.



Quick Tips:

- Store your leftover zucchini bread in the freezer to toast later and eat as a healthy [breakfast](#) or [snack](#)
- Serve with local butter or yogurt to add a [protein boost](#)



Savor the Summer Season with Zucchini Bread

You can enjoy zucchini and yellow squash in both sweet and savory dishes, so don't be afraid to experiment this season with some new recipes!

Ingredients:

- 1 1/2 cups whole wheat pastry flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 1 egg
- 1/3 cup expeller pressed canola oil
- 1/3 cup unsweetened applesauce
- 2 tablespoons nonfat plain yogurt
- 3/4 cup sugar
- 2 teaspoons vanilla extract
- 1 cup grated local zucchini
- 1/3 cup finely chopped walnuts

To Prepare:

- 1) Pre-heat oven to 325 degrees Fahrenheit
- 2) Spray 8 inch loaf pan with cooking spray
- 3) Stir together flour, salt, baking soda, baking powder, cinnamon, and nutmeg in a large bowl
- 4) In a separate bowl, whisk together egg, oil, applesauce, yogurt, sugar, and vanilla
- 5) Add flour mixture and stir until combined
- 6) Fold in zucchini and walnuts
- 7) Pour mixture into loaf pan
- 8) Bake for 50-60 minutes until loaf is golden brown and inserted toothpick comes out clean

