



# What's In Season



Crop	June	July	Aug.	Sept.	Oct.
Apples					
Artichokes					
Asparagus					
Beans					
Bell Peppers					
Berries					
Cabbage					
Carrots					
Cauliflower					
Cherries					
Corn					
Cucumber					
Eggplant					
Garlic					
Grapes					
Herbs					
Horseradish					
Leeks					

**Buying fruits and vegetables in season gives more flavor and saves money.**



Crop	June	July	Aug.	Sept.	Oct.
Lettuce					
Melons					
Nectarines					
Okra					
Onions					
Peaches					
Peas					
Plums					
Potatoes					
Potatoes (Sweet)					
Pumpkin					
Radishes					
Rhubarb					
Spinach					
Squash					
Strawberries					
Turnips					
Tomatoes					

\*Availability of fruits and vegetables may vary by location.

This institution is an equal opportunity provider.



# Temporada de:



Cosechas de	jun	jul	agos	sept	oct
Manzanas					
Alcachofas					
Espárragos					
Frijoles o Habichuelas					
Pimientos					
Fresas					
Repollos					
Zanahorias					
Coliflor					
Cerezas					
Maíz					
Pepino					
Berenjena					
Ajos					
Uvas					
Hierbas					
Rábano Picante					
Puerros					

Comprando las frutas y verduras o vegetales en temporada les da más sabor y ahorra dinero.



Cosechas de	jun	jul	agos	sept	oct
Lechugas					
Melones					
Nectarinas					
Quingombó					
Cebollas					
Duraznos / Melocotones					
Chícharos					
Ciruelas					
Papas					
Camotes o Batata					
Dulce					
Calabaza					
Ruibarbo					
Espinaca					
Calabacín					
Fresas					
Nabos					
Tomates					

\*La disponibilidad de verduras o vegetales y frutas puede variar dependiendo de la ubicación.

Esta institución es un proveedor que ofrece igualdad de oportunidades.

# **Fruit or Vegetable Tasting Activity**

## **Plan a Farmers' Market tasting at your Senior Center or Meal Site**

### **10 Steps to planning a successful fruit or vegetable tasting:**

*One to Two Weeks before Tasting Day*

- 1. Take a vote - Choose a fruit or vegetable OR both for the tasting.** You may also choose to have several types of similar fruits for the tasting such as “stone fruits” (i.e. plums, peaches, nectarines, apricots).
- 2. Pick a day & time for the tasting when the fruit or vegetable(s) are in season.** You could choose a day when that fruit or vegetable is also on the menu. The tasting could be “dessert” or served as an “appetizer” to the meal.

*One to Two Days before Tasting Day (for ripening purposes)*

- 3. Pick up the produce at your local Farmers' Market OR** look for produce with “local” signs in grocery stores if there is not a farmers' market close by.
  - a. For example, if tomatoes are the selected vegetable for the tasting, get a variety of tomatoes (heirloom, cherry, hydroponic, yellow, plum, etc.).
  - b. Ask the farmer at the market to describe the characteristics of each type (sweet, acidic, soft, firm, etc.) for the “display cards” (see. #4-c.) and write this information down!
- 4. Get set up - Gather preparation and serving utensils required for the tasting.**
  - a. Chose a table or designated space where the tasting will take place – may use a tablecloth or use baskets of whole fruit for display purposes.
  - b. Small plates, cups, forks, spoons, and napkins (depending on what fruit or vegetable you are sampling).
  - c. “Display cards” – place notecards or small pieces of paper labeled with each fruit or vegetable being displayed on the table where the fruit or vegetables will be.
    - i. **Tip: include a # for each of the items being sampled for convenience.**
    - ii. **Tip: write more than just “tomato” (as an example) on the card...include what type and its' flavor and texture characteristics.**
  - d. Add any additional items such as salt, pepper, etc. on the table so tasters are maybe more willing to try the fruit or vegetable.
  - e. **Optional:** Come up with a handout for tasters to document what they like/dislike about each of the items being tasted (OR use Rate That Fruit or Vegetable sheet on pg. 3)



# **Fruit or Vegetable Tasting Activity**

## **Plan a Farmers' Market tasting at your Senior Center or Meal Site**

### *The Day of the Fruit or Vegetable Tasting*

- 5. Make sure the fruits/vegetables are washed thoroughly prior to preparation.**
  - a. Unlike some produce from distributors that are washed and ready-to-eat, farmers' market produce is not.
- 6. Only cut up/prepare the amount of fruit or vegetables for the crowd you expect.**

Plan for bite sized portions.

  - a. You can always have extra, whole fruits/vegetables on display in baskets on the tasting table behind the items being served for back up.
- 7. Place the fruit or vegetable "Display card" behind or next to the fruit/vegetable being tasted so that tasters can see the details about each item.**
  - a. Tip: Notecards work great if you bend them in half to prop them up like a tent.
- 8. Ask the seniors to rate which variety or fruit/vegetable they liked best** as they are sampling them and encourage them to discuss with each other.
  - a. This allows seniors the opportunity to provide feedback about fruits and vegetables that maybe they wouldn't feel comfortable providing otherwise.
- 9. Share Tasters Ratings** – After all tasters have sampled each of the items, use a tally system to track which fruit/vegetable samples were rated with "5-stars", "4-stars" and so on.
  - a. If your group is too large it may be easier to ask seniors to raise their hands if they rated "Sample #1 (include the name/variety of the fruit/veggie) as 5-stars" and do this for each of the fruit and vegetable samples.
    - i. Have a few people share why they rated that sample "5-stars" and a few share why they rated it only "1-star."
- 10. Have a group discussion about the fruits/vegetables sampled.**
  - a. Discuss ways to prepare or eat the fruits/veggies that were sampled to help increase their likeability.
  - b. Provide ideas and suggestions for future samplings/food tastings.
  - c. Provide feedback on the tasting activity itself.



**Rate that Fruit or Vegetable**

(Color in the # of stars to rate – 1 star for “least liked” & 5 stars for the “most liked”)

Sample #1      ☆ ☆ ☆ ☆ ☆

\_\_\_\_\_ (Name of fruit/veggie)

Sample #2      ☆ ☆ ☆ ☆ ☆

\_\_\_\_\_ (Name of fruit/veggie)

Sample #3      ☆ ☆ ☆ ☆ ☆

\_\_\_\_\_ (Name of fruit/veggie)

Sample #4      ☆ ☆ ☆ ☆ ☆

\_\_\_\_\_ (Name of fruit/veggie)

Sample #5      ☆ ☆ ☆ ☆ ☆

\_\_\_\_\_ (Name of fruit/veggie)

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## **Test Your Nutrition Knowledge (August Newsletter) – Activity for Seniors**

- 1. How often are the Dietary Guidelines for Americans updated?**
  - a. every 5 years
  - b. every 10 years
  - c. every 15 years
  - d. annually
  
- 2. When is the next 5 year set of the Dietary Guidelines for Americans supposed to come out?**
  - a. 2022
  - b. 2025
  - c. 2024
  - d. 2020
  
- 3. Which of the following is NOT a benefit of eating farmers' market produce?**
  - a. the fruits and vegetables taste the same as produce you can get in a grocery store
  - b. the produce comes from local crops, which means closer to home and quicker to reach your dinner table
  - c. the fruits and vegetables are picked at their peak of ripeness and are in season, which means they taste the very best
  - d. locally grown food helps our environment, our ecosystem, and our wildlife
  
- 4. Which statement about the Senior Farmers' Market Nutrition Program is NOT true?**
  - a. it provides fresh fruits, vegetables, and herbs to seniors at nutritional risk
  - b. the program expands awareness and use of farmers' markets
  - c. you can have an unlimited amount of produce
  - d. to be eligible a senior must be at least 60 years of age and have a household income of not more than 185% of the Federal poverty income guidelines
  
- 5. Vitamin A deficiency can result in irreversible blindness due to:**
  - a. a corresponding increase in retinoic acid.
  - b. hardening of the cornea.
  - c. follicular hyperkeratosis.
  - d. a failure of normal growth.



## **Test Your Nutrition Knowledge (August Newsletter) – Activity for Seniors**

- 6. Which of the following counts as a ½ cup equivalent of fruits?**
- a. 1 cup 100% fruit juice
  - b. ½ cup dried fruit
  - c. 1 cup canned fruit
  - d. A medium sized apple
- 7. Which is NOT an eye disease associated with aging?**
- a. Age-related macular degeneration (AMD)
  - b. Color blindness
  - c. Glaucoma
  - d. Cataracts
- 8. What food is a rich source of the antioxidant lutein?**
- a. Strawberries
  - b. Banana
  - c. Spinach
  - d. Onion
- 9. What food is a rich source of the antioxidant zeaxanthin?**
- a. Garlic
  - b. Raspberries
  - c. Celery
  - d. Kale
- 10. What is a lifestyle factor that can reduce a person's risk for age-related eye diseases?**
- a. Consuming a diet rich in fruits and vegetables
  - b. Quitting smoking
  - c. Exercising regularly
  - d. All the above



## Test Your Nutrition Knowledge (August Newsletter) – Activity for Seniors

### (ANSWER KEY)

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  - d. All the above**



## Ginger Peach Salsa

**Preparation Time:** 15 minutes **Number of Servings:** 6

### Ingredients:

- 1 medium red onion, chopped
- 1 small jalapeño pepper, seeded, minced (or ¼ cup bell pepper)
- 6 large ripe peaches, peeled and chopped
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon fresh grated ginger
- 2 tablespoons honey
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons fresh lime juice
- Black pepper, to taste
- Mrs. Dash salt-free table blend (optional)

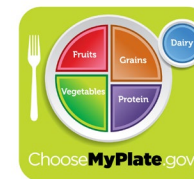


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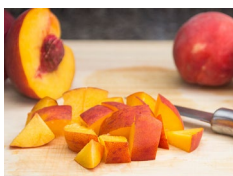


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## Ginger Peach Salsa

### Directions:

1. In a medium sized bowl, mix the red onion, jalapeno pepper (or bell pepper), chopped peaches, cilantro, and grated ginger until evenly distributed.
2. In a small bowl whisk together the honey, olive oil, balsamic vinegar, lime juice, and Mrs. Dash (if using).
3. Add the vinaigrette ingredients to the bowl of peach salsa and toss well to evenly coat.
4. Add cracked black pepper to taste and mix gently one more time.

### Tips:

- Pairs well with whole grain tortilla chips, pita chips, or as a zesty topping on fish such as cod, tilapia, or salmon.
- Add a yellow bell pepper for added crunch, color, vitamin C.

### Nutrition Facts (per serving):

**Calories:** 116 **Protein:** 1gm **Total Carbohydrates:** 20gm  
**Fiber:** 2.4gm **Total Fat:** 5gm **Cholesterol:** 0mg **Sodium:** 3mg

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## Peach Pie Oatmeal

**Preparation Time:** 10 minutes **Number of Servings:** 2

### Ingredients:

- 2 cups low-fat milk (you can substitute unsweetened soy milk or almond milk)
- 1 cup “old fashioned” rolled oats
- 2 ripe, fresh peaches (skins peeled, stones removed)
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- Pinch of ground nutmeg (optional)
- Optional: 1 tablespoon of honey, brown sugar, or sweetener of choice



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## Peach Pie Oatmeal

### Directions:

1. In a medium-sized saucepan, bring milk to a boil. Add oats and reduce the heat to medium.
2. Slice peaches and add to saucepan with the oats and milk.
3. After most of the liquid has absorbed, add the vanilla extract, cinnamon, nutmeg, and honey (if using).
4. Once the oatmeal reaches your desired consistency, divide evenly into two bowls. If you like your oatmeal creamy you can top with a splash of milk.

### Tips:

- Serve with sliced almonds or chopped walnuts for a more filling breakfast with added crunch.
- Add a tablespoon of Greek yogurt for a creamier texture.

### Nutrition Facts (per serving and includes 1 tablespoon honey):

**Calories:** 334 **Protein:** 14gm **Total Carbohydrates:** 60gm  
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## What is the WIC and Senior Farmers' Market Nutrition Program (FMNP)?

The purpose of the FMNP is:

- To provide fresh fruits, vegetables and herbs from farmers' markets to women, children and seniors at nutritional risk.
- Expand awareness and use of farmers' markets through increased sales.

In Illinois, the FMNP operates during the summer season.

## For more information contact the Illinois WIC and Senior Farmers' Market Nutrition Program (FMNP):

Monday - Friday during business hours  
1-217-782-2166  
1-888-261-2713 (NexTalk)

For our office locator, visit our website at:  
**[www.dhs.state.il.us](http://www.dhs.state.il.us)**

If you have questions about any Illinois Department of Human Services (IDHS) programs, you may call the automated helpline 24 hours a day at:

**1-800-843-6154**

1-800-447-6404 (TTY)

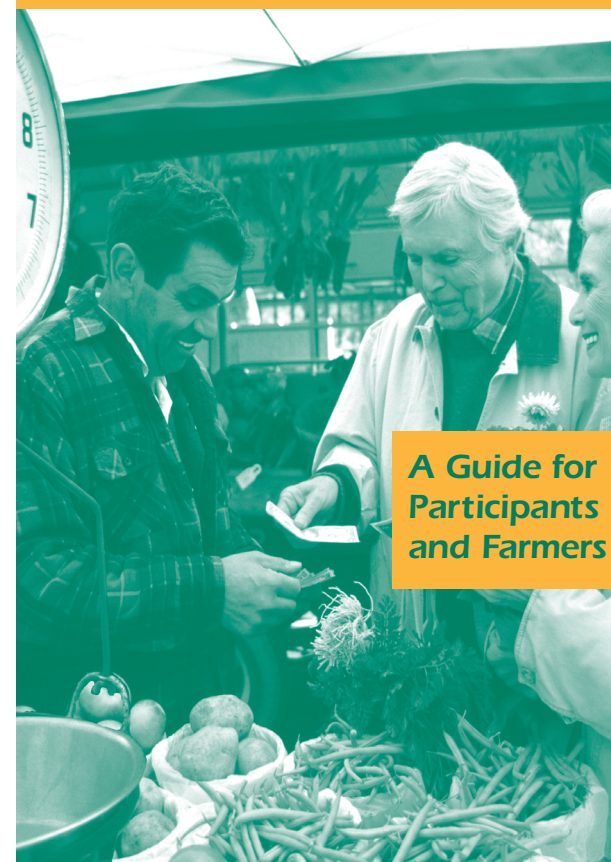


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State of Illinois  
Department of Human Services

## Illinois WIC and Senior Farmers' Market Nutrition Program (FMNP)



**A Guide for  
Participants  
and Farmers**



## Who can participate in FMNP?

- Eligible WIC Program Participants - Pregnant, Postpartum, Breastfeeding women, and children 1-5 years of age.
- Eligible seniors who are 60+ years old and who have household incomes of not more than 185 percent of the federal poverty income guidelines.







## FMNP benefits farmers

- Supports local agriculture by increasing sales at farmers' markets.
- Promotes growth of family farms by creating a market for fresh fruits, vegetables and herbs.
- Encourages growth of more varieties of fruits and vegetables.



## FMNP benefits participants

- Provides participants with a chance to improve their health by eating tasty and nutritious fresh fruits and vegetables.
- Introduces participants to farmers' markets and teaches them to select and prepare many different kinds of locally grown produce.



## How do you use your FMNP checks?

- Checks can be used during the summer season.
- Not all vendors take FMNP checks. Look for signs showing which stands accept FMNP checks.
- If you are unable to get to the market your proxy may use the FMNP checks. Please contact your agency to check on your proxy status.
- Lost or stolen FMNP checks cannot be replaced.
- No change can be given so be sure to use the full amount of your checks.
- If you go over the amount you must pay the difference.
- Sales tax cannot be charged or be a part of the price you pay for your FMNP produce.
- Only eligible foods may be purchased with your FMNP checks.



## Eligible foods for purchase with FMNP checks include:

### Fresh Vegetables

Artichokes	Mushrooms
Asparagus	Okra
Beans (all fresh varieties)	Onions
Beets	Parsley Root
Bok Choy	Parsnip
Broccoli	Peas
Brussels Sprouts	Peppers
Cabbage	Potatoes (all varieties)
Carrots	Pumpkins (edible)
Cauliflower	Radishes
Celeriac	Rhubarb
Celery	Rutabagas
Corn	Scallions
Cucumbers	Shallots
Eggplant	Spinach
Fennel	Sprouts
Garlic	Squash
Greens	Sunchokes
Herbs (edible)	Swiss Chard
Horseradish	Tomatoes
Kale	Turnips
Kohlrabi	Tomatillos
Leeks	Watercress
Lettuce	Zucchini

### Fresh Fruits

Apples	Melons
Apricots	Nectarines
Berries	Peaches
Cantaloupe	Pears
Cherries	Persimmons
Currants	Plums
Grapes	Rhubarb

### Other Items Allowed

Cut Herbs	Honey (Seniors Only)
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### Items Not Allowed

Popcorn	Any processed food item such as:
Nuts	Jellies/Jams
Dried beans/peas	Juices/Cider
Potted Plants/Herb Plants	Canned Vegetables
Eggs	Baked goods
Flowers	Fruit pies
Ornamental Pumpkins/Gourds/Corn	