SEED Wayne’s Healthy Eats Project will offer four main nutrition education activities at the WSU Farmers Market this summer.

1. Each market day, a Healthy Eats station in the Prentis Breezeway (center of the market) will showcase healthy recipes and offer tips on balanced nutrition and the benefits of fruits and vegetables.

2. During the lunch hour, a nutrition workshop and food demo showcasing seasonal fruits and vegetables from the market will be offered, along with tastings. Each workshop will start at 12 noon, and be repeated at 12:30 pm. The workshops are organized in four sessions over four weeks, each covering a critical topic related to healthy eating. Workshops have size limits: readers are encouraged to sign up soon to attend all four sessions at the Healthy Eats Project station.

3. This newsletter, Healthy Eats @WSU Farmers Market, published every other week, will be available at the market and distributed to midtown senior centers. It will contain market updates, nutrition tips, and healthy recipes.

4. Chef’s Demos, offered at noon, July 10, August 14, September 18, and October 23.

The goals of The Healthy Eats Project are to increase participants’ intake of fruits and vegetables (to at least five cups a day), and to encourage them to engage in at least 30 minutes of moderate-intensity physical activity on most days. A key project objective is that WSU Farmers Market customers who receive Bridge Card benefits (also called SNAP or food stamp benefits) achieve these outcomes.

Since February, the Healthy Eats Project has offered the USDA’s ‘Eat Smart Live Strong’ nutrition education curriculum at four midtown senior sites, including Woodbridge Manor, Warren Plaza, Brush Park Manor, and Hannan House. These four-week workshops involved physical exercises, activities to support healthy eating, and food demos with recipes.

The Healthy Eats Project team is diverse. It includes SEED Wayne director Kami Pothukuchi; Shaira Daya, nutrition consultant and evaluation manager; Tanya Troy, workshop leader and graduate student in public health; Monica Lee, a recent graduate with a major in nutrition and food science; and Hope Morrow, a second year undergraduate student. Daryl Pierson and Charles Lisee play supportive roles as needed.

The Healthy Eats Project is funded in part by the state of Michigan with federal funds from the USDA’s Supplemental Nutrition Assistance Program (SNAP) by way of the Michigan Nutrition Network at the Michigan Fitness Foundation. Farmers Market Education workshops are modeled on the Stellar Farmers’ Market Program of the New York City Department of Health and the New York State “Just Say Yes to Fruits and Vegetables” curriculum.
What’s in season? Find It @The Market!

Strawberries

Looking to add something fresh, a little sweet, and a little tart to your plate? Strawberries are the perfect addition for June! They can be served in many dishes, cooked and uncooked, savory and sweet, and are wonderful all on their own.

Did you know?

- Strawberries are high in Vitamin C and Fiber. Just one cup of whole strawberries contains more than 100% of the recommended daily amount of Vitamin C (that’s more than an orange!) and nearly 4 grams of Fiber.
- Nutrients in Strawberries help boost your immune system and keep you regular.
- Strawberries can help protect against chronic disease, such as cancer and heart disease.

Fun Fact! There is a museum in Belgium just for strawberries, Musée de la Fraise.

Spinach

Spinach is an extremely nutritious leafy green that can be served in many ways. Its nutrition varies depending on if it is raw or cooked. Cooking reduces the amount of vitamins available from the leaf, but cooking also boosts availability of antioxidants such as beta-carotene and lutein.

Did you know?

- Spinach is high in antioxidants, Vitamin A, C, E and K.
- Nutrients in Spinach are good for healthy skin and eyes.
- Choose spinach with crisp, dark green leaves. Rinse leaves well or submerge in a bowl of water to remove dirt.

Fun Fact! In the 1930’s, the cartoon character “Popeye” was credited for a 33% increase in domestic spinach consumption.


Try This Recipe!

Fruit and Spinach Salad
(Makes four servings)

Ingredients:

- 4 cups fresh spinach, stems removed and torn
- 1 cup strawberries, sliced
- 1 cup raisins
- 1/4 cup oil
- 1 tablespoon lemon juice
- Salt and Pepper to taste

Directions:

1. In a large bowl, combine spinach and raisins. Toss gently.
2. In a small bowl, combine oil and lemon juice to make dressing. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and pepper to taste
4. Toss well and serve.
5. Refrigerate leftovers.

Source: Stellar Farmers Markets, New York Dept. of Health and Mental Hygiene

Tip: Try substituting finely sliced apples, apricots, or peaches for strawberries.