



WIC, Senior & SNAP Accepted

Many markets accept federal food benefits including the WIC and Senior Farmers' Market Nutrition Program vouchers, and SNAP, sometimes called EBT or Foodstamps.

To learn if your nearest market accepts these benefits, visit www.FarmersMarketsNM.org or call the New Mexico Farmers' Marketing Association at 1-888-983-4400.



To apply for WIC or senior benefits, contact the New Mexico Department of Health at **1-866-867-3124** or visit the website, www.health.state.nm.us



To apply for SNAP benefits, contact the New Mexico Human Services Department at **1-800-283-4465** or visit the website, www.hsd.state.nm.us/isd

What's in Season?

New Mexico Harvest Calendar

This calendar is only a rough guide to what's available! Conditions vary greatly throughout New Mexico - some regions have much longer growing seasons than others due to warmer weather and lower elevations. Late frosts and heavy hail can destroy fruit crops. Please ask at your local market to find out what will be available.

FRUITS & NUTS	SPRING			
	EARLY	SUMMER	June-mid July	FALL
Apples			X	X
Apricots	X	X	X	
Blackberries		X	X	
Cherries		X		
Figs		X		
Grapes			X	X
Melons			X	X
Nectarines		X	X	X
Peaches		X	X	X
Pears			X	X
Pecans			X	X
Pistachios			X	X
Plums		X	X	X
Raspberries			X	X
Rhubarb	X			
Strawberries	X	X		
Watermelons			X	X

VEGETABLES	SPRING			
	EARLY	SUMMER	June-mid July	FALL
Arugula	X	X		X
Asparagus	X			
Beans (green, wax, purple, string)		X	X	X
Beets		X	X	X
Bell Peppers			X	X
Black-eyed Peas			X	
Broccoli	X			X
Cabbage			X	X
Carrots		X	X	X
Cauliflower	X			X
Chile (green)			X	X
Chile (red)				X
Corn			X	X
Cucumbers		X	X	X
Eggplant			X	X
Fennel		X	X	X
Flowers	X	X	X	X
Garlic		X	X	X
Greens (kale, chard, collards)	X	X	X	X
Herbs	X	X	X	X
Kohlrabi		X	X	X
Leeks			X	X
Lettuce	X	X	X	X
Okra			X	X
Onions		X	X	X
Peas (shelling, sugar snap)	X	X		
Potatoes			X	X
Pumpkins			X	X
Radishes	X	X	X	X
Salad Greens	X	X	X	X
Spinach	X	X	X	X
Squash (summer)		X	X	X
Squash (winter)			X	X
Sweet Potatoes			X	X
Tomatoes			X	X
Tomatillos			X	X
Turnips		X	X	X

Get the Family Involved in Healthy Eating



Photo courtesy of Lynn Walters, Cooking with Kids, Inc.

- ☺ When you include kids in food preparation, suddenly they're much more interested in trying new dishes.
- ☺ Making healthy food fun should be part of every family's daily routine.
- ☺ Even very young kids can take part in simple food preparation activities like measuring or stirring ingredients.
- ☺ Make healthy snacks easy for kids. Be sure that fruits and vegetables are within their reach.



Thanks to USDA's 2010 Community Food Project and the community members who participated in the New Mexico Farmers' Marketing Association's "Community Action Food Project."



**NEW MEXICO
FARMERS'
MARKETS**

Tips for Eating Local, Healthy and on a Budget



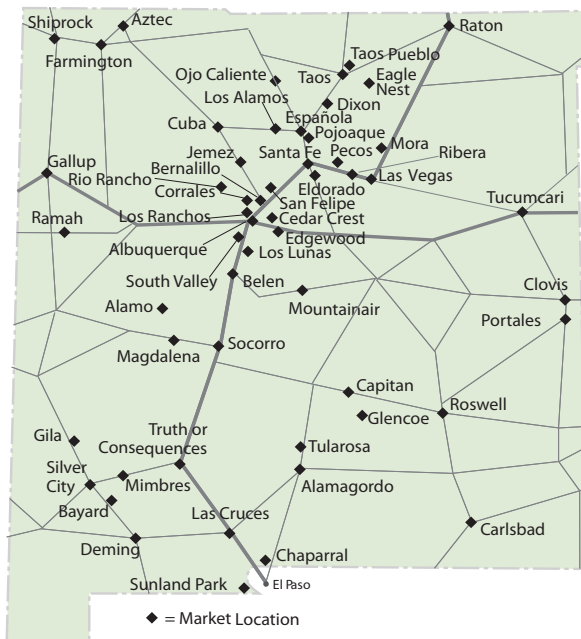
FarmersMarketsNM.org

Eat Fresh, Get Healthy!

Nothing beats the quality of fresh produce sold by the people who grow it.

When you shop at open-air growers' markets, farmers sell you food they have grown and picked themselves within 24 hours of your visit. It is the freshest, best-tasting food you can find, and it is often grown without pesticides or other chemicals. And, because it is so fresh, it will outlast similar foods purchased from the grocery store.

Find the Growers' Market Nearest You!



www.FarmersMarketsNM.org
or 888-983-4400 for locations & times

Budget Tips for Fresh Market Shopping:

It's important not to confuse value with price, but for those shopping on a budget, consider the following tips to stretch your market dollars.

- ⇒ WALK the entire market and compare prices before you start shopping. If you don't see pricing, don't be afraid to ask the farmer how much something costs (or what it is!)
- ⇒ LOOK for produce at its peak season—the more you see of an item, the more competitively it will be priced.
 - ⇒ LOOK for foods that can be used in their entirety—such as beets (the greens can be steamed or sauteed), baby bok choy (you eat the whole stem), broccoli (make soup stock with the stems), and carrots (the tops can be used in soup stock or like parsley).
- ⇒ STOCK UP when it's inexpensive—buy in bulk and put extra away by drying, freezing or canning. A little work up front pays dividends later!
- ⇒ BARGAINS can often be found near the end of the market day. Farmers don't want to bring home what they brought, so be sure to ask for a better price if you come late.
- ⇒ ASK the farmer about the best way to store your purchases so that they will stay fresh for as long as possible.
- ⇒ REGULAR market shopping will turn you into a pro. The more often you go, the more you will know about the farmers and the foods they bring.



Cook Your Way to Good Health

Buying fresh food is an investment in your health.

Eating healthy can mean taking a few minutes to prepare your food. It can be as simple as grabbing a fresh apple or slicing some peppers, onions and garlic into a pan.

When you cook for yourself, you can also control portion size and salt which helps maintain a balanced diet. Even if you're not an experienced cook, great tasting, fresh food often requires little preparation. Try these easy ideas:

- ✓ Cook simple foods like soups or stews that can be cooked ahead or in a crockpot while you are out.
- ✓ Cut up fresh vegetables like carrots, peppers or celery and keep in the refrigerator for easy snacks.
- ✓ Add vegetables into familiar dishes, such as spinach into mac & cheese, parsnips in mashed potatoes, squash in pasta sauce, etc.
- ✓ Choose a day when you have time to prepare for the busy week ahead. For example, cooking extra chicken on the weekend can easily be made into new meals during the week: make fajitas (add onions, peppers and garlic to the pan) or chicken salads (add greens and cucumbers). If you roasted the chicken (or bought a pre-roasted), throw the carcass into a pot of water with a carrot and bay leaf and make chicken stock while you do the dishes. Later in the week, the stock will become the base of a great soup. Try adding beans, green chile and corn, or vegetables and pasta or rice.