

# Light Side

Issue No. 183

A free monthly publication from Skiff Medical Center, Newton, IA

## Ten Tips for Shopping Farmers Markets

Shopping at farmers markets is the easiest way to eat locally. You know where the food comes from—the grower is there and you can ask them. A bit of planning can keep weekly shopping for produce at a farmers market fun and make cooking a snap all week long.

### 1. Go Early

The best goods go first. Popular-but-limited items may even sell out before the day is done.

### 2. Bring Bags

Some vendors offer bags, but they tend to be thin and flimsy plastic ones that groan under the pressure of any substantial produce purchase. Make sure everything gets home without crashing onto the sidewalk or spilling onto the floor of your car by bringing your own sturdy canvas or nylon bags.

### 3. Know Your Seasons

If you know a bit of what to expect when you get there, making decisions at each stall is much easier. Learn what grows in your area when and talk to the growers about what will be coming to market in upcoming weeks.

### 4. Sketch Meals Ahead of Time

Since you know what you're likely to find at the market, you can do a bit of meal planning and shop accordingly. If local asparagus has just come into season and you can't get enough, you know you'll want to eat some steamed, some cooked into a soup, and some sliced raw in a salad. So you'll know both how many bunches of asparagus to buy and that you'll also need some spring onions or herbs to add to the soup and some salad greens.

### 5. Work In Volume

The best deals at the market are had when you buy in bulk. You'll enjoy the best flavors and the best prices when you buy lots of whatever is at its harvest



peak. How to use it all up? Try new recipes with favorite vegetables or learn the lost art of preserving food. Freezing, canning, and drying are just some of the ways you can save seasonal tastes for later in the year.

### 6. Think "Whole Foods"

Think in terms of how food grows and comes to the markets without being processed first. Carrots come whole and unpeeled. Beets still have greens (and dirt) attached. Learning to handle lettuce by the head instead of the pre-washed bag can take some getting used to, but the superior flavor is worth the adjustment.

### 7. Plan For Spontaneity

Yes, you'll fair better if you plan your trip to the market. However, you need to leave a bit of wiggle room for those cipollini onions you didn't know would be at market so early, or the golden raspberries you've never tried before. Trying new things is part of the fun of going to farmers' markets.

### 8. Get Advice

If you find a vegetable that's new to you and want to give it a try, ask the farmer how to prepare it. For the best tips specifically ask how they like to eat it.

### 9. Invest in Wheels

If you buy a lot every week, consider acquiring a wheeled cart or wagon (strollers make wonderful conveyances for fruits and vegetables) to get your haul in one trip.

### 10. Keep It Simple

You're buying ultra-fresh produce, let its natural flavor show when you cook it. Keep preparations simple and you'll make cooking easier, and you'll be likely to try (and eat) even more local foods next week.

## Newton Farmer's Market

- **Fresh Produce from Local Growers**
- **Homemade Baked Goods**
- **Fruit Pies**
- **Hot Barbeque**
- **Kettle-Korn**
- **Plants**
- **Artists' Table**
- **Local Vendors**

### New Location!

Corner of W. 2<sup>nd</sup> St. N.  
& N. 5<sup>th</sup> Ave. W.  
(Next to Jasper Winery &  
Center for Arts and Artists)

### Every Tuesday

June 3 – Oct. 7  
**4:00-7:00 PM**

Skiff Wellness Dept.  
Cooking Demos:

- June 3
- July 8
- August 5
- September 2

For more info contact:  
Alice Richardson at  
792-7932



## Weighted hula hoops: Exercise gimmick or good idea?

It's not a gimmick. Weighted hula hoops or sport hoops, available at most sporting goods stores, are bigger and heavier than traditional hula hoops. You can use weighted hula hoops as one component of an overall fitness program or simply as a fun way to burn calories. In general, the bigger you are, the bigger the hoop should be. The weight of the hoop is up to you. Lighter hoops require more energy to keep them going. Heavier hoops are easier to keep going, which may lead to a longer workout. How do you get started? Hold the hoop against your back, slightly above your waist. Put one foot ahead of the other. Then push the hoop around your waist, and shift your weight back and forth from one foot to the other to keep the hoop moving. You may want to avoid using weighted hula hoops if you have a history of back problems.

For more information check out [www.sports-hoop.com](http://www.sports-hoop.com). This website offers hoops between \$30.00—\$40.00.

Regular activity, such as walking, can enhance everything from the ability to concentrate and make decisions to reaction time, memory, and mental alertness.

The body of research is growing. walking has been shown to build stamina and energy while reducing levels of stress, anxiety, and depression. As you set out on today's walk think about the good you're doing - you're improving your physical health, your mental strength, and your mood.



### Radish Dip 16 servings

2 cloves garlic, peeled  
6 radishes, quartered  
8 oz package fat free cream cheese

Place garlic in the container of a food processor, and pulse until finely minced. Add radishes, and mix. Add cream cheese, and mix until well blended. Transfer to a serving dish, and chill until serving.

Per 2 Tbsp:  
Calories: 15 Fat: 0  
Carbohydrates: 1g Fiber: 0  
Sodium: 80mg



### Raspberry Vinaigrette Dressing

*Use this on your fresh greens!*

1/4 cup apple cider vinegar  
1 Tbsp olive oil  
3 tbsp water  
1/3 cup raspberry preserves

Combine all ingredients in a cruet, shake well to mix. Refrigerate.

Calories: 80 Fat: 2.5g Sat fat: 0  
Carbohydrates: 14g Fiber: 0  
Sodium: 0



### Omega 3

The International society for the study of fatty acids recommends 200mg/day of omega 3 per day.

No more than 1000mg necessary per day.

The FDA suggests no more than 2 grams per day from supplements and that your total intake not exceed 3 grams!



*On the Light Side* is written by Registered Dietitian Jenny Thompson.

Interested in Skiff Medical Center Wellness programs? Contact 791-4303.