



MAKE YOUR FOOD DOLLARS COUNT

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Enjoy Your Local Farmer's Market

Farmer's Markets are full of wonderful sights, smells and tastes. Local markets can offer the freshest produce, often in better condition, and lower priced. Cook with what is in season to stretch your food dollars. Here are some ideas...

Vegetable Quesadillas

- 6 (6-inch to 8-inch) corn or flour tortillas
- 1 cup grated or finely chopped raw vegetables (any combination - broccoli, zucchini, pepper, onion, carrots, tomato, etc.)
- 1/2 cup shredded cheese (cheddar or other shredded cheese as desired)

Wash and grate/chop any combination of raw vegetables as desired. Mix vegetables together. Add shredded cheese to vegetable mixture and combine until cheese and vegetables are well mixed. Spread 1/4 cup of the vegetable mixture over half of a tortilla. Fold the other half of the tortilla shell over the mixture and place the folded tortilla on a flat heated skillet. Heat on medium heat for 2 to 4 minutes on each side. Remove from heat and serve whole or cut in wedges. Serve warm.

Variations

Spread 1/3 to 1/2 cup of the mixture over an entire tortilla and top with another tortilla. Heat on a flat skillet for 2 to 3 minutes, then flip and heat on the other side. Cut the quesadilla into wedges.

Place 6 tortillas flat on open pans (bar pans work well) and sprinkle with

1/2 cup cheese; 1 pound cooked ground beef, chicken, or turkey, or refried beans; onions; peppers; and olives. Bake at 375°F for about 10 minutes or until the cheese begins to melt. Take out of the oven and add salsa, or yogurt, then fold and eat.



Veggie Pita Pocket

- Whole-wheat or white pita bread cut in half
- Lettuce, cut or broken into small pieces
- Tomato, cut into small chunks
- Green pepper, cut into small pieces
- Onion, chopped
- Carrots, shredded
- Cucumbers, sliced very thin or chopped small
- Vegetable-flavored cream cheese
- Mozzarella cheese, shredded

Open one of the pitas and spread 1 tablespoon cream cheese on the inside. Add vegetables of your choice. Add 1 tablespoon mozzarella cheese to the top of vegetables. Microwave for 15 seconds or until mozzarella cheese begins to melt.

Veggie Lasagna

Spinach adds extra nutrition to one of our favorite foods: Shredded carrots and sliced mushrooms could also be added!

- 8 ounces lasagna noodles
- 28 ounce jar spaghetti sauce
- 8 ounces part-skim ricotta cheese
- 4 ounces shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 4 ounces frozen chopped spinach or 1 cup fresh, chopped

Cook lasagna noodles in boiling water, about 8 minutes. Drain water off noodles. If using frozen spinach, thaw and squeeze water out of spinach. Mix ricotta cheese, mozzarella cheese, Parmesan cheese and spinach together in a bowl. Start with a layer of sauce in a 9x13 inch pan. Add a layer of noodles, sauce and cheese mixture. Repeat layers until noodles are used. Top with remaining sauce and sprinkle with Parmesan cheese. Bake in 375° oven for 30 to 40 minutes.



Food Safety Tips

- * Wash all fresh fruits and vegetables with cool tap water immediately before eating. Don't use soap or detergents. Scrub firm produce, such as melons and cucumbers, with a clean produce brush. Cut away any bruised or damaged areas before eating.
- * Don't cross contaminate. Use clean cutting boards and utensils when handling fresh produce and a separate one for raw meat, poultry, and seafood.



Stretching Your Food Dollars at Farmer's Markets

- \$ Shop early in the day for the best selections. Some fruits and vegetables may sell out.
- \$ Take a basket or sturdy tote to make it easier to carry produce.
- \$ Bargain for lower prices at the end of the market day. Some farmers would prefer to sell at a lower price than to take their produce home.
- \$ Get to know your local farmers. They will let you know when produce is in season and when prices are lowest!
- \$ Buy only as much fresh produce as you will use within 3 to 4 days. Throwing away food is expensive.
- \$ When you find a good price on fruits and vegetables, buy extra and freeze for the winter.

Free Nutrition Education Programs

Eat Smart New York!



Nutrition staff are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

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Kid's Corner: Enjoy Veggies

Involve your child in shopping and preparing vegetables. They often like to eat what they help prepare. Here are some ideas:

- * Offer vegetables to your child at the beginning of a meal. Your child may be more likely to try the new vegetable when hungry. They will taste it and may like it!
- * Try raw peas, green beans, cherry tomatoes, or sliced cabbage.
- * Dip raw vegetables in salsa, dill dip, warm cheese dip or peanut butter.
- * Sprinkle cooked vegetables with shredded cheese.



Try visiting Farmers' Markets in Herkimer County for fresh produce from local farmers:

Middletown:	Route 28, next to Stewart's	Wednesdays (3 pm - 6 pm)
Herkimer:	Hummel's parking lot, W. Albany St.	Thursdays (8 am - noon)
Dolgeville:	Kinney's & SBU lot, 51 N. Main St.	Fridays (8 am - noon)
Little Falls:	SBU lot, Albany St.	Saturdays (8 am - noon)

Try Vegetables in New Ways

- * Dip raw snow pea pods, green pepper strips, red pepper strips and broccoli in low fat Ranch salad dressing.
- * Stir fry a bunch of Swiss chard or spinach with 1 teaspoon olive oil. Season with dash of vinegar.
- * Make a quick coleslaw. Mix together shredded carrots and cabbage with low fat Ranch salad dressing.
- * Top a baked potato with cooked broccoli and carrot slices. Sprinkle with shredded cheese.
- * Make an "All-In-One" salad: Start with dark green lettuce. Romaine, leaf lettuce and spinach have more nutrition than iceberg lettuce. The dark green color means more vitamins A and C, and folic acid. Toss in more vegetables - chopped tomatoes, bell peppers, cauliflower, broccoli, shredded cabbage or shredded carrots. Toss in a protein food - chopped ham, turkey, roast beef, chicken, sliced hard cooked eggs or cheese. Top with your favorite low fat salad dressing.

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