

MASSACHUSETTS SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP)

What are Farmers' Market Coupons?

Your **\$50 booklet** can be used *through October 31st* to purchase produce and honey grown and **sold by local farmers at farmers' markets and some farmstands**. The coupons cannot be used at the grocery store.



What Can You Buy with the Coupons?

- Fruits
- Vegetables
- Fresh cut herbs
- Honey

Other items available for sale at the market cannot be purchased with senior farmers' market coupons. But you may purchase those items with cash and **many markets also accept SNAP and participate in the Healthy Incentives Program (HIP)**. Fruit and vegetable choices may differ from market to market and at different times during the season (see *What's in Season*).

This institution is an equal opportunity provider.

How to use your Coupons:

1. Find your market: Use the regional list of markets and farmstands distributed with your coupons.
2. Plan your visit: Check hours of operation and arrange transportation. You can ask a friend or family member to shop for you.
3. Watch out for signs: Look for the Farmers' Market Coupons Accepted sign to find an FMNP farmer.
4. Keep in mind: each coupon is worth \$5 and no change can be given. If your items cost more, you must pay the difference.
5. Remember to bring the following:
 - ✓ Your coupon booklet
 - ✓ SNAP/EBT card — Many markets accept SNAP and participate in HIP.
 - ✓ Reusable shopping bags
6. If you are at the farmers' market and have questions or are having a hard time navigating, don't worry! Find the market manager's tent, where there will always be someone who can help.

New in 2023

In past years, your coupon booklet was worth \$25. This year, thanks to a grant from USDA, **your booklet has 10 coupons worth \$5, for a total of \$50 for the season.** This means you can plan to enjoy even more fresh, locally grown fruits and vegetables!

Need Help with Food Assistance?

These organizations can help you find what you need:

Massachusetts Executive Office of Elder Affairs (EOEA)

www.mass.gov/elders • (800) AGE-INFO (243-4636) •
www.massoptions.org

Massachusetts Nutrition Program for Seniors

www.mass.gov/nutrition-program-for-seniors

SNAP Eligibility (formerly Food Stamps)

Find out if you are eligible for SNAP Food Assistance:

www.mass.gov/snap

Project Bread FOODSOURCE Hotline

For information about SNAP (food stamps), eligibility and emergency food, contact the Project Bread SNAP Hotline at 1-800-645-8333.

Nutrition Information for You

Information about nutrition facts as you age:

www.nutrition.gov/topics/nutrition-life-stage/older-adults

Fruits and Veggies: How Many Do I Need?

Most adults need about **5 servings of fruits and vegetables every day.**

Here's what counts as one serving:

- 1 cup raw leafy greens
- ½ cup chopped fresh, frozen, or canned fruit or veggies
- 1 small or ½ large ear of corn
- 1 medium piece of fruit
- ¼ cup dried fruit

Storing Fruits and Vegetables

Keep your fruits and vegetables fresh for as long as possible!

- Store tomatoes, fruit with pits, like avocados, peaches and plums, and bananas on the counter until ripe.
- Most other fruits should be kept in the refrigerator.
- Potatoes, onions and winter squash can be stored in a cool, dry place.
- Store most vegetables in the refrigerator in the crisper to keep them cool and moist.
- Make sure to store any cut fruit or vegetables covered in the refrigerator.
- To extend their life and avoid waste, you can freeze most fruits and blanched and drained vegetables that you won't be able to eat within a week or two!

What's in season?

May-July: Beets, cabbage, cauliflower, cucumber, greens, lettuce, peas, peppers, radishes, scallions, spinach, strawberries

July-August: Blueberries, cantaloupe, peaches, raspberries, watermelon, beans, beets, broccoli, cabbage, carrots, cauliflower, celery, corn, cucumber, eggplant, lettuce, onions, peas, peppers, potatoes, radishes, spinach, summer squash

August-October: Apples, cranberries, cabbage, lettuce, onions, pears, potatoes, pumpkins, winter squash, turnips

Healthy Cooking Tips:

- Wash fruits and vegetables before using.
- Keep the skin on fruits and vegetables! It's a good source of fiber.
- Try baking, grilling, roasting, boiling, steaming or broiling.
- Choose peanut, olive or vegetable oil instead of butter, margarine or lard.
- Reduce salt in recipes.
- Use garlic, ginger root, and fresh herbs like basil, parsley, thyme for more flavor.

PRODUCE SPOTLIGHT: ZUCCHINI AND SUMMER SQUASH

BROUGHT TO YOU BY UMASS EXTENSION NUTRITION EDUCATION PROGRAM

Produce Spotlight on Summer Squash

Summer squash is full of vitamin C, which can help prevent illness and heal cuts. The skin of summer squash supplies the most nutrients.

Shopping for Summer Squash and Zucchini

Look for squash that is slightly prickly and has shiny skin. The skin should be firm and free of cuts and bruises. Select small to medium-size squash that feel heavy for their size. Their peak growing season in Massachusetts is July and August.

Storage and Preparation

- Store in the refrigerator in open or perforated plastic bags. Use within 4 days.
- Before using, wash squash by gently rubbing with your fingers under cool running water. After washing, trim off and discard both ends. Unless the skin is blemished, there is no need to peel.
- You can also extend shelf-life by turning zucchini into baked goods or soups, or by freezing.
- To freeze: in a bowl, add 2 cups of ice water. Cut squash into thick slices and add to a pot of boiling water, cook for up to 3 minutes. Remove squash and add to the ice water to cool. Drain, blot dry, and add to labeled freezer bags. Freeze flat and use within 12 months.

Zucchini Bread Makes 2 loaves

Ingredients

- 2 cups zucchini, finely chopped or grated (not peeled)
- 3 large eggs, slightly beaten
- 1 cup vegetable oil
- 2 teaspoons vanilla extract
- 3 cups flour (2 cups white, 1 cup whole wheat)
- 2 cups white sugar
- 3 teaspoons cinnamon, ground
- ¼ teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- Vegetable cooking spray

Directions

- Preheat oven to 325° F.
- In a small bowl combine eggs, oil and vanilla. Mix well and stir in zucchini.
- In a separate large bowl, combine the dry ingredients and mix well using a fork. Gradually pour in the zucchini mixture and gently stir with a spatula into a thick batter.
- Lightly spray two loaf pans with cooking spray and divide batter between them.
- Bake for 1 hour. Bread will be done when a fork can be inserted and comes out clean.



Summer Squash Medley

This dish can be eaten as a side dish or serve over whole grain pasta or brown rice.

Serves: 6

Ingredients

- 1 onion, small
- 1 tablespoon olive oil
- 1 or 2 small yellow summer squash, sliced
- 1 or 2 small zucchini, sliced
- 1/4 teaspoon garlic powder
- Salt and pepper (to taste)
- 1 can diced Italian tomatoes (14.5 ounces)

Directions

1. In large skillet, heat oil.
2. To heated oil, add squash and onion. Cook on medium heat until tender, about 10 minutes, stirring often.
3. Add tomatoes and simmer 5 minutes.
4. Season with garlic powder to taste. Add salt and pepper, if desired.
5. Serve warm.



-- Recipe courtesy of MyPlate.gov