Fruits and Vegetables—Half Your Plate

With warm weather here and Farmers Markets in full swing, most of us will be eating more fruit and veggie dishes. Increasing fruit and vegetable intake is an important step toward making healthier food choices and achieving better health.

- Fruits and Vegetables are important sources of nutrients that many of us don’t regularly get, such as vitamins A & C, folate, potassium, magnesium and fiber.

- Eating generous amounts of fruits and vegetables reduces the risk of chronic diseases including stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

- Trying fruits and vegetables of different colors—dark green, yellow, blue, purple, white, red and orange provides the broadest range of nutrients.

- Substituting fruits and vegetables for higher calorie, higher fat foods should help with weight management.

Source: www.fruitsandveggiesmorematters.org

Carrots, Orange and Raisin Salad
Serves 6

Ingredients:
1 1/2 cups shredded carrots
1 orange, peeled and diced
1/2 cup raisins
1/3 cup low fat yogurt
6 lettuce leaves (optional)

Directions:
1. Stir carrots, orange pieces and raisins together in a mixing bowl.
2. Add the yogurt and stir.
3. Chill in the refrigerator.

Nutrition Facts:
68 Calories; trace fat; 2g Protein; 16g Carbohydrate; 2g Dietary Fiber; 1 mg Cholesterol; 21 mg Sodium.

Source: Eating Right is Basic Recipe Set
**Farmers Markets set to Begin**

Farmers markets are a great way for local producers to share their products with the public. This year, all produce at the markets, flowers etc. are growers only. That means that everything grown on the farm is the selling the product. There will be lots of flowers, greens and strawberries for the first market. Green onions, lettuce, radishes, perhaps beets, and new potatoes will be available in the first month of the markets. Local farmers markets are at the following locations:

- Cumberland: Downtown Mall will begin on Thursday, May 30 from 9:30am-2pm through Oct 10. Master Gardeners will be hosting plant clinics in conjunction with this market the second Thursday of the month 9am-12pm. June 13, July 11, August 8, September 12, October 10.
- Frostburg: Market street at City place will begin on Friday May 31 from 9:30am-1pm through Oct 11.
- Cumberland: Saturday at Canal Place will begin on June 8 from 9:30am-2pm through October 12.
- Cumberland: Tuesday at Country Club Mall will begin on June 4 from 9:30am-2pm through October 15.
- Cumberland: A Wednesday market at the hospital will begin on July 10 from 2-5pm through October 9.

**Drinks You Can Live Without**

**Soft Drinks**

- Have no nutritional value.
- Harms teeth.
- May contribute to diabetes.
- Can cause weight gain.

**Sports Drinks**

- High in sugar.
- Only needed if competing for 90 minutes or more in vigorous activities.

**Energy Drinks**

- Have twice the caffeine as soda.
- Can contribute to high blood pressure, increased heart rates and dehydration.

**Best Choice: Water!!**

Refreshes and quenches thirst like nothing else!

Source: NCES & Journeyworks handouts

**Summer Fun is Here!**

Who doesn't like to cool off in a homemade sprinkler!

All you need for this project are…

* A hose
* A 2-liter bottle
* Duct tape
* A nail

With an adult’s help, use the nail to push through the bottle at different places.

Then, duct tape the neck of the bottle to the end of the hose.

Gently turn the water on low pressure and you should have water squirting everywhere!

Source: http://mojosavings.com/diy-summer-fun-homemade-sprinkler/

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