

EXTRACTS OF THYME

July, August, September 2017

REASONS TO SHOP AT A FARMERS' MARKET

Why shop at a farmers' market?

Shopping at a farmers' market is a great way to get fruits and vegetables grown close to home. These fruits and veggies taste great because farmers are able to pick them from the field and bring them to the market often in the same day! Shopping at a farmers' market also helps to support the local economy by buying produce directly from the local farmer. Here are some reasons to shop at a farmers' market.

Farmers' markets are fun

Farmers provide fruits and vegetables that are grown and picked during the peak of season in the region. You may find some fruits and vegetables that you have never seen before. This is a great way to try a new food in one of your favorite recipes, also there may be events going on while you shop for delicious in season foods.



Meeting the farmers

Farmers know a lot of information about how produce is grown. Talk to the farmer to learn more about the fruits and veggies that you are buying and how to prepare them. You might be able to learn a new recipe or cooking technique.

Children involvement

Children are more likely to eat foods that they have helped to pick out or helped prepare. Allow them to pick out a fruit or vegetable and then they can help prepare the item.

Variety

There is a wide variety of fruits and vegetables offered because each farmer may have different techniques of growing their produce.

SNAP is accepted at some farmers' markets

To find a market near you and learn more about the foods that are in season go to: <https://www.ams.usda.gov/local-food-directories/farmersmarkets>

Source: <http://eatSMARTMD.blogspot.com/>

NEW KITCHEN PROGRAM COMING THIS FALL!

Are you always second guessing yourself if food has gone bad, or if your chicken is cooked enough? What about the old wives tale about putting hot food in a refrigerator? Come join Dr. Shauna Henley, and learn ways to improve your meals, no matter how long you've been preparing food. This 75 minute workshop will let you get your hands dirty and clean! Return home with the tools (give-a-ways for all participants), confidence, and knowledge to avoid a kitchen calamity. Kitchen Kaizen is a new program offered by the University of Maryland Extension. Never be satisfied, because change (kai) is good (zen).



This program is to keep everyday home cooks up-to-date on the latest science and techniques to best prevent unnecessary foodborne illness. Topics will include: 1) hand washing for the household; 2) calibrating a food thermometer; 3) myth busting food washing procedures, 4) refrigerator temperatures and what it means for food waste; 5) leftover longevity; 6) cleaning versus sanitizing; and 6) kitchen eye spy.

Shauna specializes in consumer food safety, and has diligently crafted this program for several years. To her, food safety is all about informed decisions, and she wants to make sure that your household is equipped to make the best decisions with how food is handled at home for your loved ones.

Source: Shauna C. Henley, PhD, Extension Educator, Family & Consumer Sciences, Baltimore County

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A handwritten signature in black ink that reads "Shauna Henley".

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If you have a disability that requires special assistance for your participation in a program, please contact the Carroll County Extension Office at 410-386-2760; fax 410-876-0132, two (2) weeks prior to the program.

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Please visit us online at <http://extension.umd.edu/carroll-county>

Today, some consumers are paying more than 10% of their income for health care. If your medical expenses are greater than 10% of your adjusted gross income, you can deduct them on your income taxes. This factsheet can help you understand what expenses can be deducted and the required steps you need to take. By tracking your medical expenses you can take advantage of this tax assistance and possibly keep more money in your pocket.

What Medical Expenses are Allowed to be Deducted?

Medical care expenses include payments for the diagnosis, cure, mitigation, treatment, or prevention of disease, or payments for treatments affecting any structure or function of the body.

Deductible medical expenses may include but are not limited to the following:

- Payments for insurance premiums you paid for policies that cover medical care or for a qualified long-term care insurance policy covering qualified long-term care services. However, if you are an employee, do not include in medical expenses the portion of your premiums paid by your employer under its sponsored group accident, health policy, or qualified long-term care insurance policy. Also, do not include the premiums that you paid under your employer-sponsored policy under a premium conversion policy (pre-tax), paid by an employer-sponsored health insurance plan (cafeteria plan) or any other medical and dental expenses unless the premiums are included in box 1 of your Form W-2 (PDF), Wage and Tax Statement. For example, if you are a federal employee participating in the premium conversion program of the Federal Employee Health Benefits (FEHB) program, you may not include the premiums paid for the policy as a medical expense since they are never included in your gross income.
- Payments of fees to doctors, dentists, surgeons, chiropractors, psychiatrists, psychologists, and nontraditional medical practitioners
- Payments for in-patient hospital care or residential nursing home care, if the availability of medical care is the principal reason for being in the nursing home, including the cost of meals and lodging charged by the hospital or nursing home. If the availability of medical care is not the principal reason for residence in the nursing home, the deduction is limited to that part of the cost that is for medical care.
- Payments for acupuncture treatments or inpatient treatment at a center for alcohol or drug addiction, for participation in a smoking-cessation program and for drugs to alleviate nicotine withdrawal that require a prescription
- Payments to participate in a weight-loss program for a specific disease or diseases diagnosed by a physician, including obesity, but not ordinarily payments for diet food items or the payment of health club dues
- Payments for insulin and payments for drugs that require a prescription
- Payments made for admission and transportation to a medical conference relating to a chronic disease that you, your spouse, or your dependents have (if the costs are primarily for and essential to necessary medical care). However, you may not deduct the costs for meals and lodging while attending the medical conference
- Payments for false teeth, reading or prescription eyeglasses or contact lenses, hearing aids, crutches, wheelchairs, and for guide dogs for the blind or deaf

- Payments for transportation primarily for and essential to medical care that qualify as medical expenses, such as payments of the actual fare for a taxi, bus, train, ambulance, or for transportation by personal car, the amount of your actual out-of-pocket expenses such as for gas and oil, or the amount of the standard mileage rate for medical expenses, plus the cost of tolls and parking

How Do You Deduct Medical Expenses?

You must use tax form 1040 and use Schedule A to itemize your deductions. One of the types of items that you can deduct includes expenses you paid that year for medical and dental care for yourself, your spouse, and your dependents. There are limits. You may deduct only the amount of your total medical expenses that exceed 10% of your adjusted gross income or 7.5% if you or your spouse is 65 or older. The 7.5% limitation is effective only from January 1, 2013 to December 31, 2016 for individuals age 65 and older and their spouses. To determine how to figure the amount you are allowed to deduct you use Form 1040, Schedule A. See IRS Publication 502 for updated information.

What if I am Self Employed?

If you are self-employed and have a net profit for the year, you may be eligible for the self-employed health insurance deduction. This is an adjustment to income, rather than an itemized deduction, for premiums you paid on a health insurance policy covering medical care, including a qualified long-term care insurance policy covering medical care, for yourself, your spouse, and dependents. In addition, you may be eligible for this deduction for your child who is under the age of 27 at the end of 2016 even if the child was not your dependent. For more information go to the IRS website and look up Chapter 6 of Publication 535 for eligibility information. If you do not claim 100% of your paid premiums, you can include the remainder with your other medical expenses as an itemized deduction on Form 1040, Schedule A (PDF).

What Is Not Considered a Medical Expense for IRS Purposes?

You may not deduct funeral or burial expenses, over-the-counter medicines (i.e., medicines or drugs that are not required to be prescribed), toothpaste, toiletries, cosmetics, a trip or program for the general improvement of your health, or most cosmetic surgery. You may not deduct amounts paid for nicotine gum and nicotine patches that do not require a prescription.

Can I Include Expenses for Which I Get Reimbursed by My Employer or Health Insurance Plan?

You can only include the medical expenses you paid during the year and you can only use the expenses once on the return. You must reduce your total deductible medical expenses for the year by any reimbursement of deductible medical expenses and expenses used when figuring other credits or deductions. This is true whether you receive the reimbursement directly or it is paid directly to the doctor, hospital, or other medical provider.

What If I'm Not Sure an Expense is Deductible or Have Other Questions?

For additional information on medical expenses, including who will qualify as your dependent for purposes of the deduction, how to figure, and how to report the deduction on your return, see IRS Publication 502, Medical and Dental Expenses.

Adapted by Maria Pippidis, University of Delaware Cooperative Extension from IRS publication:
<https://www.irs.gov/taxtopics/tc502.htm> December 2016

It is the policy of the Delaware Cooperative Extension System that no person shall be subjected to discrimination on the grounds of race, color, sex, disability, age or national origin.

MARYLAND PRODUCE AVAILABILITY - VEGGIES

PRODUCE	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Asparagus	✓	✓	✓						
Beans (Green or Snap)			✓	✓	✓	✓			
Beans (Lima)				✓	✓	✓			
Beets				✓	✓	✓			
Broccoli				✓	✓	✓	✓	✓	
Cabbage			✓	✓	✓	✓			
Carrots				✓	✓	✓			
Cauliflower		✓	✓		✓	✓	✓		
Corn (Sweet)				✓	✓	✓			
Cucumbers				✓	✓	✓			
Eggplant				✓	✓	✓			
Garlic			✓	✓	✓	✓			
Kale			✓	✓	✓	✓	✓	✓	
Lettuce		✓	✓	✓	✓	✓	✓		
Okra				✓	✓	✓			
Peas (Blackeye)				✓	✓				
Peas (Green)			✓	✓					
Peppers				✓	✓	✓			
Potatoes (White)				✓	✓	✓			
Pumpkins						✓	✓	✓	
Salad Greens		✓	✓	✓	✓	✓	✓	✓	
Spinach		✓	✓	✓	✓	✓			
Squash (Summer)			✓	✓	✓	✓			
Squash (Winter)					✓	✓	✓		
Sweet Potatoes						✓	✓	✓	✓
Turnips					✓	✓	✓	✓	
Tomatoes			✓	✓	✓	✓	✓		

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. This Institution is an equal opportunity provider. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about Maryland's Food Supplement Program (SNAP), contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at <https://mydhrbenefits.dhr.state.md.us/>.



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Confetti Apple Slaw

Servings: 6
Serving Size: 1 cup

Ingredients:

- 2 Tablespoons orange juice concentrate, defrosted
- 1 apple, washed, cored and diced
- ½ head cabbage, washed, cored and diced
- 1 small red onion, washed and finely chopped
- 1 red or green sweet pepper, washed, seeds removed, chopped
- 3 Tablespoons raisins
- 1 Tablespoon reduced fat mayonnaise
- ½ cup plain low-fat yogurt
- ½ teaspoon dry mustard
- ½ teaspoon paprika
- ¼ teaspoon black pepper

Directions:

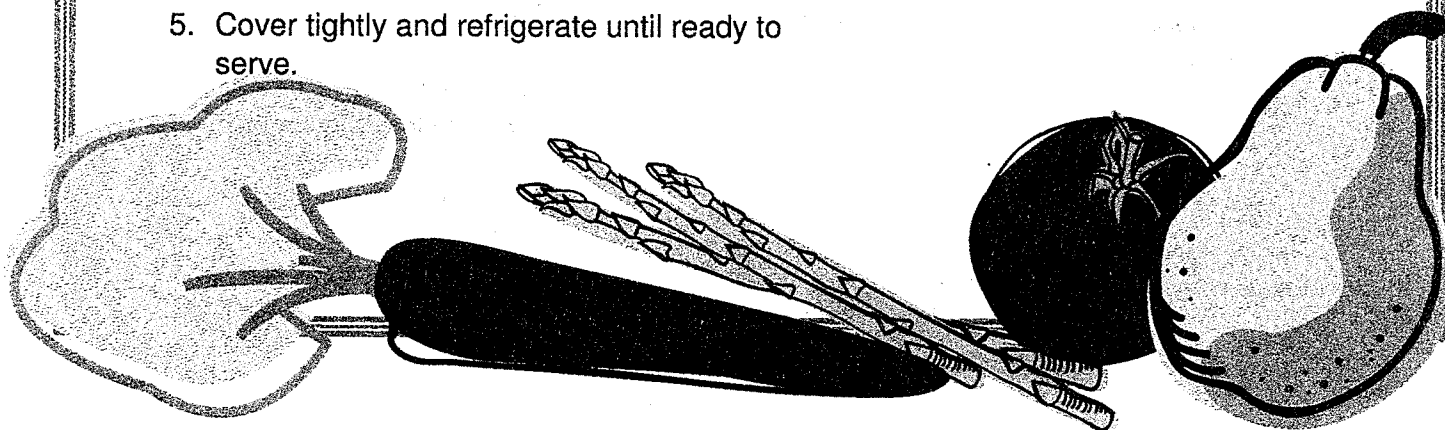
1. In a large bowl, stir together juice concentrate and diced apple.
2. Add cabbage, onion, pepper, and raisins.
3. In a small bowl stir together mayonnaise, yogurt, mustard, paprika, and pepper to make dressing.
4. Add to vegetable mixture to dressing and mix well.
5. Cover tightly and refrigerate until ready to serve.

Nutrition Facts	
Serving Size about 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 3g	
Vitamin A 4%	• Vitamin C 90%
Calcium 8%	• Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000		2,500	
Total Fat	Less than 65g	85g	80g	80g
Saturated Fat	Less than 20g	25g	25g	25g
Cholesterol	Less than 300mg	300mg	300mg	300mg
Sodium	Less than 2,400mg	2,400mg	2,400mg	2,400mg
Total Carbohydrate	200g	375g	375g	375g
Dietary Fiber	25g	30g	30g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



For more recipes: www.eatsmart.umd.edu

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MARYLAND PRODUCE AVAILABILITY - FRUITS

PRODUCE	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples					✓	✓	✓	✓	
Asian Pears					✓	✓	✓		
Black Raspberries			✓	✓					
Blackberries (Thornless)					✓	✓			
Blackberries (Thorns)				✓	✓				
Blueberries			✓	✓	✓				
Cantaloupes				✓	✓	✓			
Honeydew				✓	✓	✓			
Nectarines				✓	✓				
Peaches				✓	✓	✓			
Pears					✓	✓	✓		
Plums				✓	✓	✓			
Red Raspberries			✓	✓					
Red Raspberries (fall)					✓	✓	✓	✓	
Sour Cherries			✓	✓					
Strawberries		✓	✓						
Sweet Cherries			✓	✓					
Watermelons				✓	✓	✓	✓		
Watermelons (Sugarbaby)				✓	✓	✓			

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MARYLAND PRODUCE AVAILABILITY - VEGGIES

PRODUCE	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Asparagus	✓	✓	✓						
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Beans (Lima)				✓	✓	✓			
Beets				✓	✓	✓			
Broccoli				✓	✓	✓	✓	✓	
Cabbage			✓	✓	✓	✓			
Carrots				✓	✓	✓			
Cauliflower		✓	✓		✓	✓	✓		
Corn (Sweet)				✓	✓	✓			
Cucumbers				✓	✓	✓			
Eggplant				✓	✓	✓			
Garlic			✓	✓	✓	✓			
Kale			✓	✓	✓	✓	✓	✓	
Lettuce		✓	✓	✓	✓	✓	✓		
Okra				✓	✓	✓			
Peas (Blackeye)				✓	✓				
Peas (Green)			✓	✓					
Peppers				✓	✓	✓			
Potatoes (White)				✓	✓	✓			
Pumpkins						✓	✓	✓	
Salad Greens		✓	✓	✓	✓	✓	✓	✓	
Spinach		✓	✓	✓	✓	✓			
Squash (Summer)			✓	✓	✓	✓			
Squash (Winter)					✓	✓	✓		
Sweet Potatoes						✓	✓	✓	✓
Turnips					✓	✓	✓	✓	
Tomatoes			✓	✓	✓	✓	✓		

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