

This August, Celebrate National Farmers Market Week!

(the 2nd week of August)

Farmers markets are outdoor or indoor markets where usually the farmers themselves gather to sell their product whether it's fresh fruits and veggies, meat and dairy or even prepared foods and beverages.

Shopping at farmers markets has many benefits:

- Supports local economy- by purchasing your items at farmers markets, you're keeping the money in your community
- Fresh and tasty- produce from smaller farmers is usually seasonal which means the item is at its peak flavor
- Meet the maker- you have the opportunity to be in contact with the person growing or making your food. Have a question? Just ask them!

Going to farmers markets are a wonderful weekend activity that's fun for the whole family. Let your kids help you pick out items they want to try later on.



Tips to maximize your farmers market experience

1. Know your seasons: Farmers markets usually feature seasonal produce so by knowing what's in season in your local area, you'll know what to expect when you show up.
2. Bring your own bag: You'll already be doing good by Mother Earth by shopping at a farmers market, so keep the momentum going and bring reusable shopping bags.
3. Go early...or late: Go early to have a shot at the best selection. Go late and maybe you can make a deal with the vendor.

Recipe of the Month: California Grilled Veggie Sandwich



Ingredients:

- 1/4 c Mayonnaise
- 3 cloves Garlic, minced
- 1 Tbsp Lemon juice
- 1/8 c Olive oil
- 1 c Sliced red bell peppers
- 1 Small zucchini, sliced
- 1 Red onion, sliced
- 1 Small yellow squash, sliced
- 2 (4-x6-inch) focaccia bread pieces, split horizontally
- 4 slices of your favorite California cheese

Preparation

1. Mix mayo, minced garlic, and lemon juice in bowl. Set aside in the refrigerator.
2. Preheat the grill to high heat.
3. Brush vegetables with olive oil on each side. Brush grate with oil. Place bell peppers and zucchini closest to the middle of the grill, and set onion and squash pieces around them. Cook for about 3 minutes, turn, and cook for another 3 minutes. The peppers may take a bit longer. Remove from grill, and set aside.
4. Spread some of the mayonnaise mixture on the cut sides of the bread, and top with a cheese slice. Place on the grill, cheese side up, and cover with lid for 2 to 3 minutes. Watch carefully so the bottoms don't burn.
5. Remove from grill; layer with vegetables. Enjoy as open faced sandwiches.

Move of the Month: Push-ups



Why They Rock: Push-ups are compound movements using almost all the muscles of your upper body: chest, shoulders, triceps, back and abs.

How to Do It: Position yourself face down on the floor, on your toes or knees and hands. Your hands should be wider than shoulders, body in a straight line from head to toe. Don't sag in the middle and don't stick your butt up in the air. Slowly bend your arms and lower your body to the floor, stopping when your elbows are at 90 degrees. Exhale and push back up. Variations include incline, decline, wall pushups or, for those looking for an extra challenge, one-armed pushups. Do this move 2-3 non-consecutive days a week and add a rep each time you do the exercise.

Have you visited your local farmer's market lately?

Visit www.localharvest.org to locate a market near you. Schedule a time this week to visit it.

Make a meal with your purchased produce. For more recipe ideas, visit www.mealsmatter.org