



Healthy Eats WSU Farmers Market

A newsletter of SEED Wayne's Healthy Eats Project, Wayne State University
June 5, 2013

Wayne State Farmers Market Returns!

The WSU market is back for its sixth season starting June 5, at the usual time (Wednesdays, 11am-4pm) and place (5201 Cass Avenue, in front of Prentis Hall, across from the main branch of the Detroit Public Library). Customers will be able to park curbside for free while they shop at the market.

The market will accept cash, Bridge Card, and WIC Project FRESH and Senior Project FRESH coupons. Starting July 1, the market will match Bridge Card spending dollar for dollar with Double Up Food Bucks (DUFBS), up to \$20 per card per day, with DUFBS tokens to be spent only on Michigan-grown fresh produce. This is great news for our Bridge Card customers, as \$20 taken from the card becomes \$40 to spend at the market.

The market offers its usual mix of fresh fruits, vegetables, herbs, berries, flowers, and prepared foods including hot and cold lunches. This year, we will also offer weekly nutrition education, food demos, and related outreach. Activities in this

initiative, called the Healthy Eats Project, are described below.

There will also be chef's demos, music, and other performing arts, such as poetry-reading and street theater. Plus it is a great way to meet and catch up with your friends. There are so many reasons to get to the market each Wednesday. Whether you want to get lunch, shop for dinner, learn nutrition tips, catch a performance, or just hang out, the market has something to offer everyone. Come on down to your WSU Farmers Market!



Above: K. Mensah of D-Town Farm at the WSU Farmers Market

Mark your calendars!
WSU Farmers Market, Wednesdays,
11am-4pm, June 5 to October 30



Find us on Facebook

www.facebook.com/WSUFarmersMarket

Healthy Eats Project offers Nutrition Workshops at WSU Market

SEED Wayne's Healthy Eats Project will offer four main nutrition education activities at the WSU Farmers Market this summer.

1. Each market day, a Healthy Eats station in the Prentis Breezeway (center of the market) will showcase healthy recipes and offer tips on balanced nutrition and the benefits of fruits and vegetables.
2. During the lunch hour, a nutrition workshop and food demo showcasing seasonal fruits and vegetables from the market will be offered, along with tastings. Each workshop will start at 12 noon, and be repeated at 12:30 pm. The workshops are organized in four sessions over four weeks, each covering a critical topic related to healthy eating. Workshops have size limits: readers are encouraged to sign up soon to attend all four sessions at the Healthy Eats Project station.
3. This newsletter, *Healthy Eats @ WSU Farmers Market*, published every other

week, will be available at the market and distributed to midtown senior centers. It will contain market updates, nutrition tips, and healthy recipes.

4. Chef's Demos, offered at noon, July 10, August 14, September 18, and October 23.

The goals of The Healthy Eats Project are to increase participants' intake of fruits and vegetables (to at least five cups a day), and to encourage them to engage in at least 30 minutes of moderate-intensity physical activity on most days. A key project objective is that WSU Farmers Market customers who receive Bridge Card benefits (also called SNAP or food stamp benefits) achieve these outcomes.

Since February, the Healthy Eats Project has offered the USDA's 'Eat Smart Live Strong' nutrition education curriculum at four midtown senior sites, including Woodbridge Manor, Warren Plaza, Brush Park Manor, and Hannan House. These four-week workshops involved physical exercises, activities to support healthy

eating, and food demos with recipes.

The Healthy Eats Project team is diverse. It includes SEED Wayne director Kami Pothukuchi; Shaira Daya, nutrition consultant and evaluation manager; Tanya Troy, workshop leader and graduate student in public health; Monica Lee, a recent graduate with a major in nutrition and food science; and Hope Morrow, a second year undergraduate student. Daryl Pierson and Charles Lisee play supportive roles as needed.

The Healthy Eats Project is funded in part by the state of Michigan with federal funds from the USDA's Supplemental Nutrition Assistance Program (SNAP) by way of the Michigan Nutrition Network at the Michigan Fitness Foundation. Farmers Market Education workshops are modeled on the Stellar Farmers' Market Program of the New York City Department of Health and the New York State "Just Say Yes to Fruits and Vegetables" curriculum.

What's in season? Find It @The Market!

Strawberries

Looking to add something fresh, a little sweet, and a little tart to your plate? Strawberries are the perfect addition for June! They can be served in many dishes, cooked and uncooked, savory and sweet, and are wonderful all on their own.



Did you know?

- Strawberries are high in Vitamin C and Fiber. Just one cup of whole strawberries contains more than 100% of the recommended daily amount of Vitamin C (that's more than an orange!) and nearly 4 grams of Fiber.
- Nutrients in Strawberries help boost your immune system and keep you regular.
- Strawberries can help protect against chronic disease, such as cancer and heart disease.

Fun Fact! There is a museum in Belgium just for strawberries, Musée de la Fraise.

Spinach

Spinach is an extremely nutritious leafy green that can be served in many ways. Its nutrition varies depending on if it is raw or cooked. Cooking reduces the amount of vitamins available from the leaf, but cooking also boosts availability of antioxidants such as beta-carotene and lutein.



Did you know?

- Spinach is high in antioxidants, Vitamin A, C, E and K.
- Nutrients in Spinach are good for healthy skin and eyes.
- Choose spinach with crisp, dark green leaves. Rinse leaves well or submerge in a bowl of water to remove dirt.

Fun Fact! In the 1930's, the cartoon character "Popeye" was credited for a 33% increase in domestic spinach consumption.

Sources: www.urbanext.illinois.edu/strawberries/nutrition.cfm; www.ndb.nal.usda.gov; www.Cancer.org; www.jsyfruitveggies.org

Try This Recipe!

Fruit and Spinach Salad

(Makes four servings)

Ingredients:

- 4 cups fresh spinach, stems removed and torn
- 1 cup strawberries, sliced
- 1 cup raisins
- 1/4 cup oil
- 1 tablespoon lemon juice
- Salt and Pepper to taste

Directions:

1. In a large bowl, combine spinach and raisins. Toss gently.
2. In a small bowl, combine oil and lemon juice to make dressing. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and pepper to taste
4. Toss well and serve.
5. Refrigerate leftovers.

Source: Stellar Farmers Markets, New York Dept. of Health and Mental Hygiene

Tip: Try substituting finely sliced apples, apricots, or peaches for strawberries



SEED Wayne's mission is to collaboratively build sustainable food systems on the campus of Wayne State University and in Detroit's neighborhoods. For more information, browse: www.clas.wayne.edu/seedwayne
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