

Inside includes:
Celebrate the Season!
National food month and days
Ways to enjoy carrots!
Orange glazed carrots recipe
Your local County Extension Office contacts

National Food Month

April - Celery Month

May - Salad Month

June - Dairy Month

National Food Day

Picnic Day
 April 23

Orange juice Day
 May 4

Eat All Your Vegetables Day
 June 17

<https://snaped.fns.usda.gov/seasonal-produce-guide/holiday-observances>

TSU SNAP-Ed Tip:

April is a great time to start your own garden!

SNAP-Ed News TSU Cooperative Extension April - June 2017



Celebrate the Season!

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs. One way is to **Celebrate the Season** by using fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.

Farmer's markets across Tennessee accept SNAP benefits or provide incentives when you purchase fruits and/or vegetables. Check your local farmer's market to learn about the perks of using your benefits!



- Davidson County**
- 12 South Farmers Market
 - Carpenter's Square Farmers Market
 - East Nashville Farmers Market
 - Farmin In The Hall
 - Haynes Garden Market
 - Hip Donelson Community Farmers Market
 - West End Farmers Market
 - Amqui Station Farmers Market

- Shelby County**
- Church Health Center and Mifa Farmers Market
 - Cooper Young Community Farmers Market
 - Memphis Farmers Market
 - Overton Park Community Farmers Market
 - South Memphis Farmers Market

- Hamilton County**
- Brainerd Farmers Market
 - Chattanooga Public Market
 - Lookout Farmer's Market

- Rutherford County**
- Rutherford County Farmers' Market
 - Stones River Market

- Lauderdale County**
- Ripley Farmers Market

<https://www.choosemyplate.gov/ten-tips-smart-shopping>
<https://www.fns.usda.gov/ebt/snap-and-farmers-markets>

'Celebrate the Season!' content contributor:
 Tiffany Schmidt,
 Rutherford county Agent

