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/seasonalproduce-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 MarketHip 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

https://www.choosemyplate.gov/ten-tips-smart-shopping

https://www.fns.usda.gov/ebt/snap-and-farmers-markets

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

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







Try these fruits and vegetables during the Spring Season!

Apricots

Avocado

Bananas

Collard Greens

Mushrooms

Pineapple

Radishes

Strawberries

Find more information and recipes including these foods at:

https:// snaped.fns.usda.gov/ seasonal-produce-guide

Ways to Enjoy Carrots!

- Dip 'em in vegetable dip, hummus, or low-fat dressing
- Power smoothie blend carrots, pineapple juice, low-fat yogurt and honey into a bright orange concoction
- Sweet and spicy combine sweet carrots with stimulating spices to get an irresistible surprise for your taste buds http://www.fruitsandveggiesmorematters.org/top-10-ways-to-enjoy-carrots

Orange Glazed Carrots

Ingredients

- 1 pound carrots
- 1 cup orange juice
- 1/4 teaspoon salt
- 1/2 teaspoon dried basil
- Pinch ground black pepper

Materials

- Colander (strainer) •
- Cutting board •
- Large pot •
- Measuring cups
- Measuring spoons
- Medium bowl
- Medium skillet
- Sharp knife
- Vegetable peeler

Instructions

1. Fill a large pot half-full with water. Bring to a boil.

2. While waiting for water to boil, rinse, peel, and slice carrots into 1/4-inch slices.

3. In a medium skillet over medium heat, heat orange juice until liquid thickens and reduces by about ³/₄. Watch carefully after it reduces by ¹/₂ so that it does not boil dry in the pan. Juice may take up to 20 minutes to reduce. 4. Add carrots to boiling water. Cook until slightly soft but still a bit crunchy, about 7-10 minutes.

5. In a colander, drain carrots. Rinse under cold water.

6. In a medium bowl, add carrots, salt, basil, black pepper, and orange juice sauce. Toss until carrots are fully coated. Taste and adjust seasonings as needed.

kingmatters.org/recipes/orange-glazed-carrots

'Orange Glazed Carrots' content contributor: Janice Hartman Hamilton county Agent

Visit us at www.tnstate.edu/snap-ed to learn more about our program and upcoming events!

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For more information, please contact your local County Extension Office:

Davidson: (615) 862-5995 Hamilton: (423) 855-6113 Lauderdale: (731) 635-9551 Rutherford: (615) 898-7710 Shelby: (901) 752-1207

Nutrition Facts Serving Size 3/4 cup (176g) Servings Per Container 4 Amount Per Serving Calories from Fat 5 Calories 80 % Daily Value* Total Fat 0g 0% 0% Saturated Fat 0g Trans Fat 0g 0% Cholesterol 0mg Sodium 230mg 10% Total Carbohydrate 18g 6% 12% Dietary Fiber 3g Sugars 11g Protein 2g Vitamin A 380% Vitamin C 40% Calcium 4% Iron 2% *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 Le Saturated Fat Le Cholesterol Le Sodium Le Total Carbohydrate Dietary Fiber 65g 20g 300mg 2,400mg 300g 80g 25g 300mg 2,400mg 375g Less than Less than Less than Less than

25g

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

30g