

Inside includes:

- SNAP into your Farmers Market
- National food month and days
- Eat Right when the Money's Tight!
- Cucumber Salad recipe
- Your local County Extension Office contacts

### National Food Month

July - Baked Bean Month

August - Peach Month

September - Papaya Month

### National Food Day

Pick blueberries Day  
July 10

Trail Mix Day  
August 31

Macadamia Nut Day  
September 4

<https://foodimentary.com/today-in-national-food-holidays/>

Visit us at  
[www.tnstate.edu/snap-ed](http://www.tnstate.edu/snap-ed)  
to learn more about our program and upcoming events!

## SNAP-Ed News

### TSU Cooperative Extension

July - September 2017



## SNAP into your Farmers Market!

Using your SNAP benefits at your local Farmers Market is a breeze! Below, you can find a list of markets where SNAP benefits are accepted. Here are a few tips on preparing for your visit to the market:

- If you have a regular grocery list, take it along – you'd be surprised at what you can find at your local farmers market.
- Arrive at the market when it first opens for the best selection; be sure to preview the entire market before making purchases. Many vendors sell the same thing – and you may like the price or selection of one over another.
- Remember, your whole family – including children – is welcome. Some markets are even pet-friendly (call your local market to inquire first).

[http://snaptomarket.com/?page\\_id=39](http://snaptomarket.com/?page_id=39)



#### Davidson County

- 12 South Farmers Market
- East Nashville Farmers Market
- Hip Donelson Community Farmers Market
- Amqui Station Farmers Market

#### Shelby County

- Cooper Young Community 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.ams.usda.gov/local-food-directories/farmersmarkets>



Try these fruits and vegetables during the Summer season!

Bell Peppers

Cucumbers

Eggplant

Okra

Honeydew Melon

Kiwifruit

Cherries

Mango

Find more information and recipes including these foods at:

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

Like us on Facebook!

<https://www.facebook.com/TSUCNE/>

Try these tips to

## Eat Right when the Money's Tight!

- Plan your weekly meals and snacks. Preparing in advance will help you know what you need and also help you put leftovers to good use. See below for more on planning ahead.
- Have something to eat before you go shopping. It's easier to stick to your shopping list when you are not hungry.
- If you buy a large amount of fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.
- Buy only the amount of food you can use before it spoils. Remember, frozen, canned, or shelf-stable foods last longer!

<https://snaped.fns.usda.gov/eat-right-when-moneys-tight>

## Cucumber Salad

### Ingredients

- 1 Cucumber (large, peeled and thinly sliced)
- 2 tablespoons yogurt, low-fat
- 1 tablespoon vinegar
- 1 tablespoon vegetable oil
- 1 tablespoon water
- Dill weed (1 teaspoon, optional)
- Pepper (1 dash, optional)

### Directions

1. Peel and thinly slice cucumber
2. Mix all other ingredients in the mixing bowl
3. Add cucumber slices and stir until coated
4. Chill until serving

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-salad>

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>1 cup (177g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
% Daily Value*	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 0mg	<b>0%</b>
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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

Davidson: (615) 862-5995  
 Hamilton: (423) 855-6113  
 Lauderdale: (731) 635-9551  
 Maury: (931) 375-5313  
 Rutherford: (615) 898-7710  
 Shelby: (901) 752-1207

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