

## Summer Seasonal Savings

Did you know that buying produce in season helps you save more money? Produce is abundant during the growing season. When there is plenty of a fruit or vegetables, it cost less to buy them. Stretch your food dollar and buy more in season fruits and vegetables this summer!



## IN THIS ISSUE

### SHOP:

Buying In Season Produce

### COOK:

Recipes In Season

### EAT:

Eating Seasonally

### ACTIVATE:

Follow that Bus!



Healthy Food. Healthy Moves. Healthy YOU.



Check out what's in season in your area!!



## SHOP: Buying In-Season Produce

Buying in season produce offers many benefits—to you and your community! Here are some tips for buying in season:



**Save money** – Buying “in season” produce often costs less and you get your produce at peak flavor.



**Know what's in season** – Check online what fruits and vegetables are grown in your area year around.

*[Check out what's growing in Tennessee!](#)*



**Visit your local farmer's market** – Farmer's markets will have fresh, in season, local produce for you and your family to try and buy! *[Find a Farmers' Market near you!](#)*



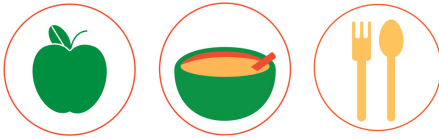
**Wonder if your produce is local?** – Look at the sticker on your fruits and vegetables – it will sometimes state where your produce was grown.

Adapted from <https://cookingmatters.org/tips/>



***What's the scoop!*** Check out our podcast episode " Shop, Cook, Eat Local" to get some insight from some your favorite Nutrition League Heroes about shopping for locally grown foods. Scan the code!





# COOK: Recipes In-Season

Check out these tasty recipes that are made with in-season produce!



**30 MINS.  
OR LESS**

**shop. cook. eat.**  
WITHIN YOUR BUDGET



## CABBAGE ROLL CASSEROLE

**WHAT TO DO:**

1. Clean kitchen surfaces before, during, and immediately after use when preparing food. Wash hands with soap and water for at least 20 seconds.
2. Brown ground beef in a skillet with onion and garlic. Drain off any fat.
3. Place meat in a large pot and add water, tomatoes, tomato sauce (or juice), and cabbage.
4. Cook until cabbage is almost tender.
5. Add minute rice and cook five minutes longer.
6. Serve and enjoy!

Refrigerate leftovers within 2 hours.

**WHAT YOU NEED:**

- 1/2 pound ground beef (90% lean)
- 1 onion (chopped)
- 1 garlic clove (minced)
- 1 can diced tomatoes, low-sodium (16 ounces)
- 1 and 1/2 cups tomato sauce (or tomato juice)
- 1 and 1/2 cups water
- 1/4 cup minute rice (brown)
- 1 cabbage head (small to medium, chopped in bite-sized pieces)

SOURCE: <https://sampsen.ces.ncsu.edu/2022/03/cabbage-roll-casserole/>

TSU-23-011(B)-7e-17090-This material was funded by USDA Supplemental Nutrition Assistance Program - SNAP, and under an agreement with the State of TN. This institution is an equal opportunity provider. Tennessee State University is an AA/EEO employer.

**5**  
Ingredients  
or Less


## Crunchy Berry Parfait

**WHAT YOU NEED:**


- 1/2 cup yogurt, non-fat vanilla
- 1 cup blueberries or strawberries (fresh or frozen thawed)
- 1/2 cup low-fat granola (or crunchy cereal)

**WHAT TO DO:**

1. Clean kitchen surfaces before, during, and immediately after use when preparing food. Wash hands with soap and water for at least 20 seconds.
2. Rinse and dry all fruit before use.
3. Put fruit and yogurt in blender and blend until smooth. If too thick, add 1/2 cup cold water and blend again.
4. Pour mixture into a cup and top with granola and more fruit.
5. Serve and enjoy!
6. Refrigerate any leftovers.



**#mealsinasnap**



TSU-23-011(B)-7e-17090-This material was funded by USDA Supplemental Nutrition Assistance Program - SNAP, and under an agreement with the State of TN. This institution is an equal opportunity provider. Tennessee State University is an AA/EEO employer.

**shop. cook. eat.**  
WITHIN YOUR BUDGET

SOURCE: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/crunchy-berry-parfait>

## Apple and Raisin Salad

**WHAT YOU NEED:**

- 3 medium apples, chopped (3" diameter)
- 1/2 cup raisins
- 2 teaspoons soft margarine or butter
- 2 teaspoons brown sugar
- 1/4 teaspoon cinnamon

**WHAT TO DO:**

- Clean kitchen surfaces before, during, and immediately after use when preparing food. Wash hands with soap and water for at least 20 seconds.
- Preheat oven to 400 degrees F.
- Mix apples with raisins, margarine, sugar and cinnamon.
- Place the mixture in a baking dish and cover loosely with foil. Bake for about 20 minutes.
- Cool slightly and enjoy!
- Refrigerate leftovers within 2 hours.



**KID  
APPROVED**

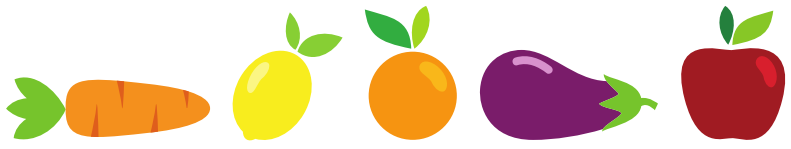
**NOTES:** Try serving this recipe with vanilla or plain yogurt.



TSU-23-011(B)-7e-17090-This material was funded by USDA Supplemental Nutrition Assistance Program - SNAP, and under an agreement with the State of TN. This institution is an equal opportunity provider. Tennessee State University is an AA/EEO employer.

**shop. cook. eat.**  
WITHIN YOUR BUDGET

SOURCE: <https://www.foodhero.org/recipes/hot-your-everyday-apples>



For more recipes, Follow us on [Pinterest!](#)



## EAT: Eating Seasonally

Each new season brings a lot of fresh produce and a variety of new flavors and tastes. More and more, people are making the choice to “eat seasonally”. This means eating a variety of foods that are in season and at peak flavor. Here are some tips to help you and your family eat in-season:



**Make Seasonal Recipes.** Consider making recipes that use in season produce. Not only do you save money, but you can get of the rut and add new dishes full of flavor to your menu! *Tired of eating the same thing? Check out our podcast to get some tips on how to **"Break that Rut"**.*



**Not Just Fresh.** Preserving fruits and vegetables when they're “in season” is an excellent ways to make summer produce last throughout the year! *Click [here](#) to learn more about preserving food from Cooperative Extension.*



**Pick-Your-Own.** There are a variety of “pick-your-own” farms which allow families to spend fun time together picking produce. Picking your own produce is often less expensive than buying already picked produce.

Source: Adapted from <https://njaes.rutgers.edu/FS1179/>



Check out some farms in Tennessee that will let you pick your own produce. <https://www.picktnproducts.org/pick-your-own.html>

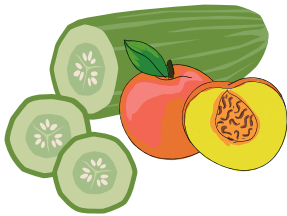


## MOVE: Grow your own Produce

Today's grocery bills have sparked an interest in growing your own food. If you are considering trying to start a home garden, check out the tips below that can help you get started!



**Start a container garden.** A container garden can be grown indoors and outdoors and in any kind of container. Find the area that gets the most sunlight and get growing! [Check out this article about gardening in Tennessee.](#)



**Recycle your kitchen scraps.** Reuse the fruits and vegetables you were going to throw out and start your own produce garden. Not only are you saving money, but you are also saving the planet! [Learn more about kitchen scrap gardening.](#)



**Consider companion planting.** Research and find out what plants grow well together. Plants that are compatible help strengthen soil health, can physically support one another, repel unwanted insects and save you garden space. [Want to learn more about Companion Planting, click \*\*here\*\*.](#)

Source: Adapted from The University of Maryland SNAP-Ed curriculum "Healthy Cents", University of Minnesota Extension Program, and TSU SNAP-Ed Special Projects coordinator, Deborah Goddard.



In need of seeds to start your home garden? You can use your SNAP benefits to purchase seeds. Visit your local TSU SNAP-Ed county educator in June to get a packet of carrot seeds to get you started off right!

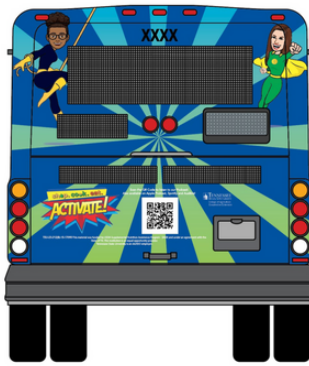


## ACTIVATE: *Follow that Bus!*

ATTENTION vigilant listeners! If you are in the Davidson County area, keep a keen eye out for the "Shop.Cook.Eat. ACTIVATE!" bus. If you happen to catch the bus, or see a shelter advertisements featuring the Nutrition League, take a picture, post it on social media and tag us at **#TSUSNAPED**. Listen and subscribe [here](#).



**Follow the  
Big Blue Bus!**



**For a FREE TSU apron, visit your local TSU County Educator.**

### Davidson County

Angela Settles  
awashington22@tnstate.edu

Latasha Holloway  
lhollow1@tnstate.edu

Cheryl Johnson  
cjohn116@tnstate.edu

Malia Mosby  
mmosby6@tnstate.edu

### Hamilton County

Janice Hartman  
jhartma1@tnstate.edu

### Rutherford County

Brittany Satinover  
bsatinov@tnstate.edu

### Shelby County

Benneka Brooks  
bbrook13@tnstate.edu

### Stewart County

Sharon Shope  
sshope@tnstate.edu

Jasmen Richmond  
jrichm10@tnstate.edu