

By Shopping At The

FARMERS' MARKETS



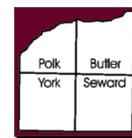
You Will....

- ◆ Support local farmers and food producers.
- ◆ Connect with your community.
- ◆ Make something tasty for dinner tonight.
- ◆ Know that summer has arrived!



**Find a Farmers'
Market near you!**

Be Choosy Be Healthy!



**Four Corners
Health Department**



Public Health
Prevent. Promote. Protect.

👉 2017 Area Farmers' Markets

◆David City◆

Corner of 4th & O

Friday 4pm-6pm

June 2 through October 20

402-641-4670

◆Henderson◆

Downtown Park

Tuesday 5pm—7pm

June 6 through August 15

402-366-7163

◆Osceola◆

Courthouse Square

Wednesday 5pm—7pm

July 19 through August 23

402-747-7711

◆Seward◆

Courthouse Square

Wednesday 5pm—7pm

and Saturday 8am – Noon

May 17 through October 28

402-641-4670

◆Shelby◆

North End of Main

Wednesday 5pm—7pm

July 15 through August 9

402-366-5012

◆York◆

Courthouse Square

Thursday 5pm—7pm

June 1 through September 7

402-362-5531

One Pot Farmers' Market Pasta

- 12 oz. spaghetti
- 1 medium red onion, peeled, halved, and sliced
- 1 small Japanese eggplant, halved lengthwise and sliced
- 10 stalks asparagus, cut in 2-inch pieces
- A handful of broccoli florets, cut in half
- 2 cups cherry tomatoes, halved
- 2 cloves garlic, peeled and minced
- 2 handfuls baby greens (such as kale or arugula)
- Salt and pepper to taste
- 1/2 tsp red pepper flakes (optional)
- 2 Tbsp olive oil
- 1 cup low sodium chicken broth
- 3 1/2 cups water
- 1 cup shredded hard Italian cheese
- Fresh basil

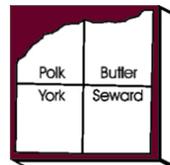


Note: You can use lots of different veggies for this dish, whatever looks good! Mushrooms would work well, also carrots, zucchini, or cauliflower.

Adapted from:
www.theviewfromgreatisland.com/one-pot-farmers-market-pasta/

1. Put everything except the cheese into a large pot. Add the chicken broth and water (measure exactly since you will not drain the pasta) to the pot and bring up to a boil. If your pasta doesn't completely fit in the pot, nudge it down into the water as it softens. Cover the pot while it comes to a boil then uncover and boil for about 7-9 minutes, until the pasta is al dente (almost done). Watch the pan to make sure pasta doesn't stick. Don't overcook the pasta, there will still be some water left in the pan.
2. Toss the pasta with the cheese, and serve with the extra tomatoes and lots of fresh basil.

Nutrients Per Serving: Calories **340**, Protein **23 g**, Carbohydrate **82 g**, Total Fat **13 g**, Fiber **10 mg**, Cholesterol **14 mg**, Sodium **427 mg**



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- **Make half your plate fruits & veggies.**
- **Make at least half your grains whole.**
- **Switch to skim or 1% milk.**
- **Vary your protein food choices.**