

By Shopping At The

FARMERS' MARKETS



You Will....

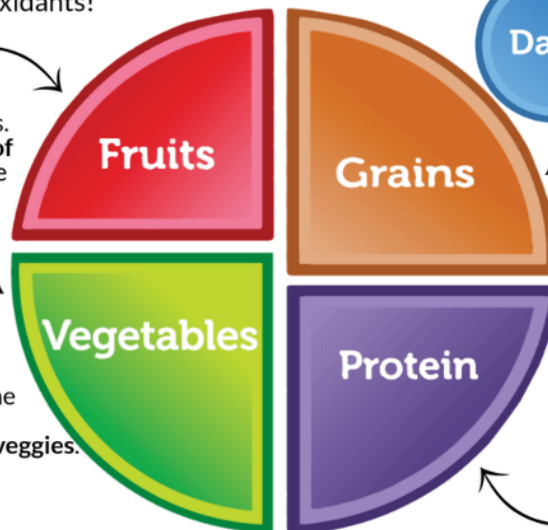
- ◆ Support local farmers and food producers.
- ◆ Connect with your community.
- ◆ Make something tasty for dinner tonight.
- ◆ Know that summer has arrived!

MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

Fruit:
Eat fruits of all colors. Go for **fruit instead of juice**, which has more fiber and fewer calories.

Vegetables:
The more colors and types that you eat, the better! Aim to get mostly **non-starchy veggies**.



Dairy

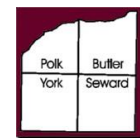
Dairy:
3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

Grains:
Eat mostly **whole grains**. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more **fiber**, iron, and B vitamins.

Protein:
A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.



Find a Farmers' Market near you!



**Four Corners
Health Department**



Public Health
Prevent. Promote. Protect.

◆David City◆

In front of Winfield's

467 D Street—David City

Friday 4pm-6pm

June 7 through October

Lisa Stallbaum (402) 367-2228

lisastallbaum@hotmail.com

◆Henderson◆

City Park

Tuesday 5pm—7pm

June 4 through August 6

Chamber of Commerce (402) 723-4228

◆Seward◆

Courthouse Square

North Side

Wednesday 5pm—7pm and

Saturday 8am – Noon

May 18 through End of October

Carol (402) 641-4670

◆Shelby◆

South End of Main

Wednesday 5pm—7pm

June 5 through August 14

Peggy Hopwood (402) 366-3469

Hopwood.Peggy@gmail.com

◆York◆

North Side of Library

Thursday 5pm—7pm

June 6 through September 26

(308) 440-5577

sadie.martin@doane.edu

2024 Area Farmers' Markets

Sausage Ratatouille

- 2 lb sausage links, cut into rounds
- ½ lb fresh green beans, trimmed and cut into 2" pieces
- 2 medium green peppers, sliced into wedges
- 1 large onion
- 2 cloves of garlic, minced
- 2 Tbsp butter
- 4 medium zucchini, quartered and sliced
- ½ tsp sugar
- ½ tsp salt
- ¼ tsp pepper
- ¼ tsp red pepper flakes
- 5 shallots, chopped
- 2 Tbsp olive oil
- 5 plum tomatoes
- ¼ C fresh parsley, minced
- 1/3 C grated cheese
- 1/8 tsp ground allspice

1. In a large skillet, cook sausage over medium heat until no longer pink: drain.
2. In the same skillet, in batches cook the beans, green peppers, onions, shallots, and garlic in butter and olive oil over medium heat until tender. Stir in zucchini, tomatoes, sugar, salt, pepper, pepper flakes, and allspice. Cook for 6-8 minutes or until tender.
3. Stir in sausage and parsley; heat through. Sprinkle with cheese. Serve with rice.

Nutrients Per 1 1/4-Cup: Calories 337, Protein 14g, Carbohydrate 15g, Sugar 6g, Fiber 3g,

Total Fat 26g, Saturated Fat 8g, Cholesterol 57mg, Sodium 752mg

Prep Time: 25 Minutes. Yields 8 Servings.

Source: <https://www.tasteofhome.com/recipes/sausage-ratatouille/>



Seward Farmers' Market is a SNAP Retailer!

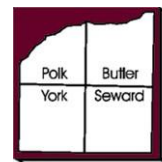
Supplemental Nutrition Assistance Program (SNAP) helps low wage working families, low-income seniors, people with disabilities, and individuals & families with low incomes.

To find other Farmers' Markets that accept SNAP benefits, check here:

<https://buylocalnebraska.org/payment-methods-accepted/ebsnap>

Four Corners can help you enroll in SNAP!

Or call (855) 444-5556



Four Corners Health Department



Public Health
Prevent. Promote. Protect.

(402) 362-2621 or (877) 337-3573

Fax: (402) 362-2687

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