

Spring 2017

Frederick County WIC Program

350 Montevue Lane

Frederick MD 21702

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www.frederickcountymd.gov/WIC



# WIC Newsletter

## Market to Mealtime!

This spring, get your family excited about fruits and vegetables. Adding fruits and vegetables to your meals is a great way to stay healthy. Try planting a garden or visiting a local farmers' market. Bright colors, fresh smells and delicious produce line the aisles of the markets.

Encourage your children to pick out a new fruit or vegetable during your trip to the market. Not sure what to do with a beet, or which greens to choose for your salad? Ask your farmer! Farmers are happy to share recipes, tips, and helpful information about their produce.

After your trip to the market, let your children help in the kitchen. Rinsing produce, tearing salad greens, or mixing ingredients are great ways for kids to get involved. Cooking with your kids teaches valuable kitchen skills and makes them more likely to try new foods.

The best part of taking fresh produce from the market to mealtime is getting to enjoy their wonderful flavors. After you've made your dish, take time to enjoy it with your family. You will find fruits and vegetables that are in-season taste the best. Check your market and grocery store for springtime fruits and vegetables.



### Springtime at the Market

Asparagus	Garlic	Raspberries
Blueberries	Kale	(Black/Red)
Cabbage	Lettuce	Salad greens
Cauliflower	Onions	Spinach
Cherries	Peas	Strawberries
(Sour/Sweet)	(Green)	



### Sweet and Sour Cabbage

**Makes:** 8 1/2 cup servings

**Ingredients:**

1/2 head cabbage, washed and chopped

1/2 teaspoon salt

1/2 teaspoon celery seed

2 tablespoons sugar

3 tablespoons vinegar

**Directions:**

1. In a large bowl, combine ingredients and mix well.
2. Cover the bowl.
3. Chill in the refrigerator for several hours before serving.

*Add shredded cabbage to salads or tacos instead of lettuce.*

Recipe provided by University of Maryland Extension Services/FNS.

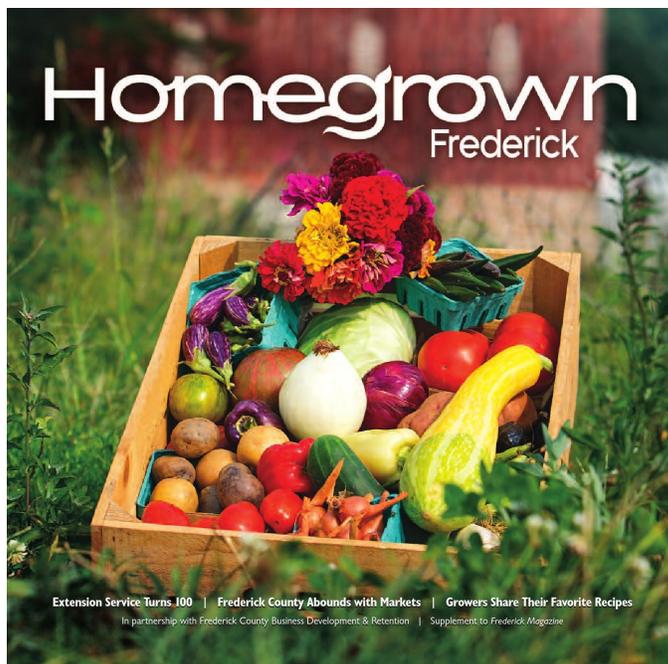
## Farmers' Markets in Frederick County

The farmers' markets in Frederick County are getting ready to open for the 2017 growing season. Most markets in Frederick County open in May or June and stay open through October or November. The markets are always in the same location but only open on certain days and at certain times. Farmers come from all over Frederick County to offer the foods they grow on their farms. The markets have anywhere from 1-20 farmers offering fruits, vegetables, meats, cheese, honey, flowers, and breads.

The farmers' market is a great time to buy local, fresh food and meet the families in Frederick County that grow what you eat.

In July, Frederick County WIC will again offer farmers' market coupons to WIC participants. The coupons are worth \$20-\$40 and can only be used at the farmers' markets, not at the grocery stores. Using the coupons is similar to using your WIC checks. You can buy any fruits or vegetables that are offered at the markets by the farmers that accept WIC coupons.

Frederick County WIC will be handing out coupons at some of the markets. Dates and times that WIC staff will be at the markets are listed to the right. Please let our staff know if you need help shopping with your coupons on the day you come to the market. For more information about locations and times of all the Frederick County markets visit, [www.homegrownfrederick.com](http://www.homegrownfrederick.com).



### "My Favorite Thing" Event

When you come to the farmers' market to pick up your WIC coupons, please take the time to stop by our breastfeeding and WIC information table. Comment cards will be available for you to write your "favorite thing" about WIC or breastfeeding. Every family that fills out a card will be entered to win a drawing for a "spice of life" basket containing cooking related items. Remember to get your WIC folder stamped at the table to receive another gift in the office at your next scheduled WIC appointment. For more information, check out our office bulletin boards or call, 301-600-5092.

### Frederick County WIC at the Markets!

WIC will handout coupons at the following markets:  
**\*Remember to bring your WIC folder.\***

#### West Frederick Farmers' Market

797 East Patrick Street, 21701

**Saturday, July 15th 2017**

**10:00 am—1:00 pm**

#### Frederick City Farmers' Market

Located in the old Carmack Jay's parking lot  
331 North Market Street, 21701

**Sunday, July 23th 2017**

**9:00 am—1:00 pm**

#### YMCA Farmers' Market

1000 N. Market Street, 21701

**Tuesday, July 25th 2017**

**3:30 pm—6:30 pm**