

August/September 2017  
Frederick County WIC Program  
350 Montevue Lane  
Frederick MD 21702  
301-600-2507  
www.frederickcountymd.gov/WIC



# WIC Newsletter

## Market to Mealtime!

This summer, 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 summer fruits and vegetables.



### Summertime at the Market

Berries  
Cantaloupe  
Corn  
Cucumber  
Nectarines

Peaches  
Peppers  
Plums  
Summer Squash  
Tomatoes  
Watermelon

### Black Bean and Corn Salsa

#### Ingredients:

1/3 red bell pepper, washed and chopped  
2 Tablespoons olive oil  
1 small red onion, finely chopped  
2 cloves garlic, chopped  
1 large tomato, washed and chopped  
1 stalk celery, washed and chopped  
3 Tablespoons fresh basil, chopped  
Lime juice  
2 ears fresh corn, husked (or 1 1/2 cups frozen corn)  
2 cans (15 ounce each) black beans, rinsed and drained

Freshly ground pepper  
1/2 teaspoon chili powder  
1/2 teaspoon ground cumin

#### Directions:

1. If using fresh corn, cook in boiling water for 5 minutes, and cut from the cob. For frozen corn, thaw.
2. Combine all ingredients in a bowl.
3. Stir, cover, and chill.

Recipe provided by University of Maryland Extension Services/FNS



## Farmers' Markets in Frederick County

The farmers' markets in Frederick County are open for the 2017 growing season. Most markets in Frederick County opened 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.

For summer 2017, 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. 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 Market!

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

### Grace Farmers' Market

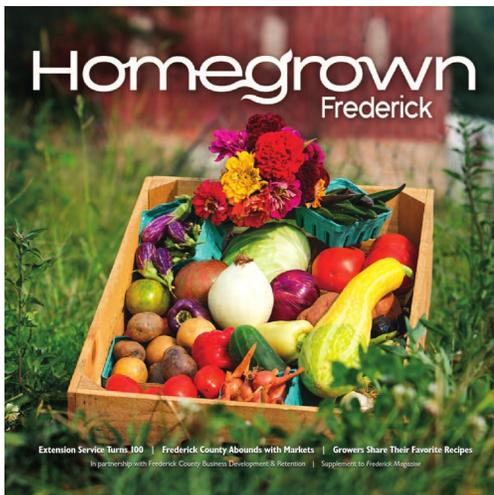
649 Himes Ave

Frederick MD 21703

Friday: **August 25, 2017**

**3:00 PM—6:00 PM**

Located by the A-1 Mart, at the corner of Butterfly Lane and Himes Ave.



Frederick County WIC celebrates World Breastfeeding Week by supporting breastfeeding women, babies, and their families in our community. Please call the WIC office for free breastfeeding resources and information, 301-600-3192.