

## Eat the Rainbow!

All fruits and vegetables are good for your health, but not all in the same way. Different colored fruits and vegetables offer your body different benefits not offered by other colors. This is why it is important for you to try to eat the rainbow every day! Here are some examples of what the different colors do to keep you healthy.

<p><b>Red:</b> Helps with heart health and memory</p> <div style="background-color: white; padding: 5px; margin-top: 10px;"> <p>Tomatoes Red peppers Red cabbage Red apples Cranberries Beets</p> </div>	<p><b>Orange:</b> Keep you from catching colds, keeps your eyes healthy</p> <div style="background-color: white; padding: 5px; margin-top: 10px;"> <p>Carrots Sweet potato Oranges Peaches Pumpkin Cantaloupe</p> </div>	<p><b>White:</b> Keep your heart healthy, have good cholesterol levels</p> <p>Parsnips Mushrooms Garlic Onions Ginger Cauliflower</p>	<p><b>Purple:</b> Helps you stay healthy as you get older, keeps memory strong, keeps your bladder healthy</p> <div style="background-color: white; padding: 5px; margin-top: 10px;"> <p>Eggplant Raisins Blueberries Plums Purple potatoes</p> </div>	<p><b>Green:</b> Keep bones and teeth strong, helps eyes stay healthy</p> <div style="background-color: white; padding: 5px; margin-top: 10px;"> <p>Spinach Green beans Broccoli Cucumber Green grapes Avocado</p> </div>
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### Kale with Nuts and Raisins

Makes 5 one-cup servings

**Ingredients:**

- 1 bunch kale, washed and chopped, hard stems removed
- 2 garlic cloves, chopped
- 2 tablespoons vegetable oil
- 1/2 cup raisins
- 1/4 cups nuts, chopped (try walnuts, pecans, almonds, or pine nuts)
- Salt and pepper to taste

Recipe From:  
University of Maryland Extension

**Directions:**

1. Place chopped nuts in a dry frying pan. Turn on medium heat. Toast the nuts for about 5 minutes, stir constantly. Place nuts in a bowl, set aside.
2. Heat oil in the now empty frying pan on medium heat.
3. Add garlic and kale to the frying pan, and cook for 4 minutes.
4. Add raisins and nuts, and cook for 1 minute more.
5. Add salt and pepper to taste.



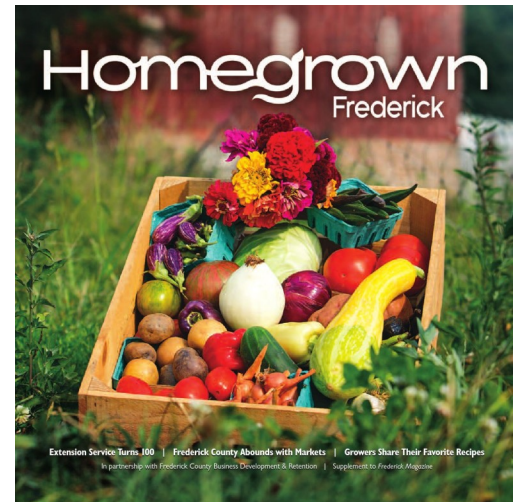
## Farmers' Markets in Frederick County

The farmers' markets in Frederick County will open soon for the 2018 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.

For summer 2018, 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 below. 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).



## WIC will give coupons at the following markets:

**\*Remember to bring your WIC folder.** Please pick one day/location to get your coupons:

### Saturday July 14th, 2018

#### Field Fresh Farmers' Market

*Frederick Fairgrounds*  
797 E. Patrick Street  
Frederick MD 21701  
**9:00 AM– 1:00 PM**

#### Frederick Farmers' Market

*Wolf Furniture Parking Lot  
behind Denny's*  
1215 W. Patrick Street  
Frederick MD 21703  
**10:00 AM– 1:00 PM**

### Sunday July 15th, 2018

#### Frederick City Farmers' Market

*Old Carmack Jays parking lot*  
331 N. Market Street  
Frederick MD 21701  
**9:00 AM– 1:00 PM**

### Tuesday July 24th, 2018

#### YMCA Farmers' Market

1000 N. Market Street  
Frederick MD 21701  
**3:30 PM– 6:30 PM**