



# New Mexico Farmers' Markets Newsletter

July 2015

*Bring the Harvest Home*

The New Mexico farmers' market season is in full swing, and there are many exciting things popping up along with fresh fruits and vegetables! Check out this month's announcements and recipe ideas using fresh, seasonal produce from your local farmers' market....



## DOUBLE UP FOOD BUCKS ARE HERE!

**Double Up Food Bucks allow SNAP dollars to go farther!** For every \$2 SNAP dollars spent at a participating New Mexico farmers' market, get another \$2 to buy fresh fruits and vegetables. Look for this logo, or ask for DUFB at New Mexico farmers' markets where EBT cards are accepted. Not all markets are part of the DUFB program, so be sure to check the [DUFB website](#) to find the location nearest you. Please help spread the word about this great program that helps serve New Mexico's underserved.



## WHAT'S IN SEASON IN NEW MEXICO?

Visit our website [here](#) to learn what's currently in season in your area. Some of the fresh produce you might see at your farmers' market now includes: berries, peaches, melons, beans, onions, summer squash, cucumbers, eggplant, and tomatoes, just to name a few! And don't forget tasty prepared foods, including meats, breads, and dairy.



## GRILLED HARVEST VEGGIES WITH GARLIC OIL

Try out this recipe for grilling some of those fresh farmers' market vegetables! You can adjust the veggies based upon what is available at market on any given day:

### Ingredients:

- 2 medium eggplant, trim off top leaves and bottom, slice into  $\frac{3}{4}$ -inch thick pieces or to your preference
- 2-3 peppers (bell, sweet, or chile), cut into large pieces
- 1 large onion, peeled and cut into  $\frac{3}{4}$ -inch to 1-inch slices
- 6 ears of corn, cleaned
- 2-3 summer squash (yellow or zucchini), sliced lengthwise,  $\frac{1}{2}$ -inch thick
- 8 mushrooms (whatever is at market)
- olive oil
- garlic oil (if available)
- salt & pepper

Wash your vegetables and slice, or leave whole as directed above; just make sure your vegetables won't fall through your grill's grates. If vegetables have rounded sides (like squash), trim off a slice to make a flat surface. Brush the veggies with olive oil and a few drops of garlic oil. Place them on a medium-high heated grill. Check frequently, turn over when partially cooked and grill marks appear. Take the vegetables off the grill and salt and pepper to taste. Makes about 8 servings.

## SHOPPING TIP: MARKET GREEN BEANS



Look for fresh bean varieties – stringed, stringless, or snap – as summer advances. Really fresh beans from the farmers’ market are sweet, crunchy, and can even be enjoyed raw.

Green beans can be split into two broad categories: round and flat. Round beans should be cooked quickly to preserve their flavor, while flat beans benefit from a longer cooking for a nice meaty texture. Whether round or flat, store your beans in a bag in the refrigerator until use, but cook them within three to five days after purchase.

Or, save the surplus by freezing your beans! Frozen beans remain close to their prime for eight to ten months. To freeze beans, follow these simple steps:

1. Wash your beans and trim off the ends.
2. Cut the beans into bite-sized pieces.
3. Water blanch your green beans (learn how [here](#)), and drain.
4. Label freezer bags (or other freezer-safe containers) with the contents and date.
5. Pack your drained beans into the bags, eliminating as much air as possible.
6. Freeze your bags (laid flat) in batches with plenty of air circulation around each bag, to make sure they freeze quickly.
7. Once frozen solid, the bags can be moved closer together in your freezer.

*(For a detailed resource on food preservation techniques, visit the National Center for Home Preservation website [here](#).)*



Green beans are a rich source of vitamin K, C, and A, as well as healthy carotenoid phytonutrients such as beta-carotene, lutein, and zeaxanthin. Cooking them can be as varied as pickling them raw to stewing them for long periods. Try out our recipe for 5-Minute Beans [here](#).

Check out our current listing of [recipes](#) using farmers' market ingredients!

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*The New Mexico Farmers' Marketing Association is always looking for news, stories and seasonal recipes to share, so if you've got a contribution OR a suggestion for something you'd like to see, please send us an email to [questions@farmersmarketnm.org](mailto:questions@farmersmarketnm.org) and say "Hey! I'd really like \_\_\_\_\_ to be in the next newsletter."*

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