



Let's Go to the Farmers' Market

Did you know...

- There are over 100 farmers' markets in Maryland!
- Many farmers' markets now accept vouchers and EBT cards to purchase fresh produce.
- Visit this website to find a market near you: <http://www.visitmaryland.org/article/maryland-farmers-markets>
- Apples are in season and found at the farmers' market now! There are 13 kinds of apples grown in Maryland. The look, shape, flavors, and textures vary with each type. Trying different varieties of the same fruit or vegetable can help you and your child discover your favorites!

What's so great about fruits and vegetables?

Fresh fruits and vegetables have lots of vitamins, minerals and fiber...things your child needs to grow and be healthy!

Eating lots of different colored fruits and vegetables is a great way to provide your child with a variety of vitamins and minerals.

The fruits and vegetables at the farmers' markets are typically picked that day. That's why they taste so good!

See how many activities you can check off this week:

- Take your child to the local farmers' market and let them choose a new fruit or vegetable to try.
- Children love helping in the kitchen! Let your child help in the kitchen by washing and prepping fruits and vegetables.
- Find a book on farmers' markets at your local library to read to your child.

Recipe

Apple Jack-O-Lanterns

Servings: 2

Ingredients:

- 2 apples
- 4 Tablespoons of peanut butter or soy nut butter
- 1 carrot (shredded)
- 1/4 cup of raisins
- 1/2 cup of dry whole grain cereal

Directions:

1. Wash the apples and carrots.
2. Using 2 Tablespoons of peanut butter as "glue" add the raisins, carrots, and cereal as decorations, create faces on the apples.

Visit our blog: www.eatsmartmd.blogspot.com

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