



By Alice Henneman and Jenny Rees, UNL Extension Educators

Enjoy fresh ingredients from the Farmers' Market with this recipe for spinach salad from Dr. Georgia Jones, UNL Extension Food Specialist.

Effortless Spinach Salad with Raspberry Dressing

(Serves 6)

6 cups spinach (washed and dried)
1/2 of a small red onion
2 cups fresh strawberries, sliced
1/2 cup dried apricots
1/4 cup chopped pecans, toasted
Raspberry Dressing (recipe below)

Place spinach in a large bowl. Top with red onion, sliced strawberries, dried apricots and pecans.

Raspberry Dressing

(Makes about 1/3 cup)

2 tablespoons seedless raspberry jam
2 tablespoons balsamic vinegar
1-1/2 tablespoon extra virgin olive oil
1/4 teaspoon salt

Combine jam, vinegar, oil and salt. Stir until smooth. Serve with desired salad.

Drink Your "D" with Dairy



Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

Rebekah Menter
 UNL Dietetic Intern

When we think bone health, we almost instinctively think "calcium." We know we need to consume plenty of calcium in order to have strong bones. But did you know in order to receive the bone health benefits of the calcium you consume, you also need vitamin D?

We remember vitamin D as the "sunshine vitamin" because our bodies can synthesize vitamin D in response to sunlight. But the synthesis of vitamin D is dependent on sun exposure — which means people with limited sun exposure, such as those who work indoors, are at risk for deficiency. Additionally, the angle of the sun that reaches Nebraska is insufficient to produce vitamin D during the winter months. In order to promote bone health, Nebraskans need to make sure they're getting enough calcium AND vitamin D from food sources.

Others at an increased risk for vitamin D deficiency:

- Obese individuals
- Individuals with darker skin
- Homebound individuals
- Older adults

Thankfully, our best food source of calcium also happens to be one of the best food sources of vitamin D. Fluid milk is fortified with vitamin D to provide 100 IU per cup — 25% of the daily value for vitamin D. Certain brands of yogurt may also be fortified with vitamin D. By choosing vitamin D fortified milk and yogurt to fulfill the recommended three cups of milk a day, we can ensure we are getting at least 75% of our daily vitamin D needs. So choose some low-fat vitamin D fortified dairy and start drinking your "D" today!

The following chocolatey-banana milkshake makes for a great snack — and is a good source of bone-building vitamin D and calcium.

Choco-nana Milk Blast

(Serves 2)

1 ripe medium banana
1 cup lowfat chocolate milk
1 cup lowfat frozen yogurt

Peel banana; break into chunks and place in blender container. Add milk and yogurt. Cover and blend until smooth. Pour into two glasses and enjoy!

Source: Dietary Supplement Fact Sheet: Vitamin D. National Institutes of Health Office of Dietary Supplements. http://ods.od.nih.gov/factsheets/VitaminD_pf.asp Accessed April 1, 2009. (Last updated 12/11/2008)

Enjoy Eating Locally Grown Foods!



Alice Henneman, MS, RD,
 UNL Extension Educator

Perhaps you'd like to eat more locally grown foods; however, your opportunities for gardening are limited. Check out these other possibilities in our area for purchasing locally grown produce.

But, first, why buy locally produced foods? Including some foods grown locally in meals:

- helps you enjoy foods at the peak of freshness
- helps our local economy
- helps the environment

Plus, you may discover many delicious varieties of unique local foods. Produce shipped thousands of miles may have to be bred and picked for a longer transport and storage time. Locally grown foods can focus on flavor and freshness.

Here are some ways to enjoy locally grown foods beyond starting a garden in your back yard:

Farmers' Markets

Here's a schedule of 2009 farmers' markets in the Lancaster County area:

Centennial Mall Garden Market

Wednesdays, July 1–September 30
 Noon–4 p.m.
 301 Centennial Mall South, 14th & M Streets

Community CROPS Farmers' Market

Thursdays, June–September
 4:30–7:30 p.m.
 Pentzer Park, North 27th & Potter Street

Haymarket Farmers' Market

Saturdays, May 3–October 11
 8 a.m.–noon
 7th Street between P & Q Street

Havelock Farmers' Market

Wednesdays, May 6–October 28
 3–6:30 p.m.
 North parking lot behind the businesses between 62nd/63rd and Havelock Avenue

Jazz in June Market

Tuesdays during June, held in conjunction with Lincoln's Jazz in June concerts

Old Cheney Road Farmers' Market

Sundays, April 26–November 1
 10 a.m.–2 p.m.
 55th and Old Cheney Road (Old Cheney Center behind the Lincoln Racquet Club)

Piedmont Shops Farmers' Market

Saturdays, May–September
 8 a.m.–noon
 Piedmont Shopping Center parking lot, 1265 South Cotner Blvd

St. Paul United Church of Christ Farmers' Market

Tuesdays, June 9–September 8
 4:30–7:30 p.m.
 1144 M Street

Community Supported Agriculture (CSA)

Community Supported Agriculture (CSA) offers consumers the opportunity to buy local, seasonal foods directly from a farmer. The farmer offers a number of "shares" to the public in advance of the growing season. In turn, each week throughout the growing season, the consumer receives fresh produce from the farmer. Terms, regarding cost, amount of food, delivery will vary according to farmer.

Consumers share in the bounty of the harvest and also the risks of natural disasters that may affect the crops. The types of food you receive will depend on what the farm is producing. For a list of CSA's in the Lancaster County area, check the Nebraska Buy Fresh Buy Local Web site at <http://buylocalnebraska.org>

Community CROPS

Community CROPS (Combining Resources, Opportunities, and People for Sustainability) helps families grow food for themselves and the community. Community CROPS was started with one community garden in 2003, and has grown over the years to become a successful organization. CROPS now has 14 community garden sites, a training farm, a successful Community Supported Agriculture program, its own Community CROPS Farmers' Market and a regular stand at the Old Cheney Road Farmers' Market and more.

CROPS also offers the opportunity to purchase locally grown produce through Community Supported Agriculture. Learn more at <http://communitycrops.org> or by calling 474-9802.

Buy Fresh Buy Local Nebraska (BFBLN)

Mission: "Buy Fresh Buy Local Nebraska encourages the purchase and enjoyment of locally grown food."

BFBLN is a program that promotes local markets for local growers, helps consumers find fresh local products, educates the community about the economic and environmental benefits of local food and helps keep family farms financially viable.

With its partners — University of Nebraska-Lincoln Nebraska Cooperative Development Center, Nebraska Sustainable Agriculture Society, Nebraska Great Plains RC&D, South Central Nebraska RC&D, Loup Basin and Prairieland RC&Ds and its national partner FoodRoutes Network — BFBLN is currently expanding the program's reach into the central part of our state. Thirty three counties, including Lancaster County, are now actively involved in the promotion of local food and bringing our food closer to our forks.

Members are engaged in the production, distribution and retail sales of local food products and also include partner organizations, agencies and individuals that support the development of a community-based food system.

BFBLN prints a yearly Local Food Guide to inform consumers where they can buy local foods, what is available during the growing season and information about our local producers.

For more information about Buy Fresh Buy Local Nebraska or to become a member, contact Billene Nemec at bnemec2@unl.edu or 472-5273.

FOR MORE INFO

For information about using produce purchased at a Farmers' Market, go to <http://lancaster.unl.edu/food/farmers-markets.shtml>

For information about buying local foods, including from community supported agricultures in Nebraska, go to <http://buylocalnebraska.org>