



By Alice Henneman, MS, RD, UNL Extension Educator

Ever have “odds and ends” of various veggies, fruits, cheeses, meats, etc. hanging out in your refrigerator?

Here are two ideas for combining them together into simple, wholesome meals.

Whole Meal Salad

Makes 1 serving

- 2 cups salad greens (romaine, spinach or mixture)**
- 1 cup chopped vegetables and/or fruits, such as cucumber, frozen peas (thawed), onion, tomato, mango, avocado, carrots or salsa**
- 1 ounce* chopped cooked chicken, beef, pork or ¼ cup canned beans, drained**
- 1 tablespoon chopped dried fruit, shredded cheese or chopped nuts**
- 2 tablespoons low-fat salad dressing**

Wash hands. Arrange greens on large plate or bowl. Add vegetables and/or fruits plus meat or beans. Add dried fruit, cheese or nuts. Add dressing.



Photos by Alice Henneman

Use fresh produce to tempt hot weather appetites. Add a few oyster crackers, if you want more crunch.

*1 ounce is about 1/3 the thickness of a deck of playing cards.

Source: ©2009, Iowa State University Extension and reproduced with permission. For similar recipes from their Spent Smart, Eat Smart materials, visit <http://www.extension.iastate.edu/foodsavings>

Colorful Cole Slaw

Look in your refrigerator or cupboards — you may be amazed at what you find that can be tossed into coleslaw! This coleslaw salad contains snap peas, mandarin oranges, dried cranberries and chopped onion. Mix together with your favorite dressing.



Other possible add-ins include: shredded carrots, coarsely chopped almonds or cashews, different colors of chopped peppers, pineapple, raisins, coconut and celery.

Eating Locally Grown Foods in the Fall

Alice Henneman, MS, RD,
UNL Extension Educator

If you didn't make it to the Farmers' Market this summer, there are still lots of good-tasting foods available this fall. Shopping at a Farmers' Market is an easy way to eat locally. You know it is fresh because you get to talk directly to the farmer!

Some of the foods you can typically find in the fall include:

- apples
- cabbage
- cantaloupes
- carrots
- egg plant
- greens
- green beans
- peppers
- potatoes
- pumpkin
- tomatoes
- winter squash

Here is a schedule of 2009 Farmers' Markets you can still visit this fall. Some are open through October.

Centennial Mall Garden Market

Wednesdays, July 1–Sept. 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–Oct. 11
8 a.m.–noon
7th Street between P & Q Streets

Havelock Farmers' Market

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

Old Cheney Road Farmers' Market

Sundays, April 26–Nov. 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–Sept. 8
4:30–7:30 p.m.
1302 “F” Street

Eating Locally Grown Food is Good Business

According to the 2006 Census Bureau, there were 700,880 occupied living units in Nebraska. Look at the impact on Nebraska's economy if every household spent \$10 weekly on Nebraska-produced food:

- \$7,008,800 would stay in the local economy EACH week.
- That's \$30,371,466 every month.
- Over \$364,457,600 per year!

Many shoppers coming to town on farmers' market day also shop with nearby local businesses supporting the economic, ecologic and personal health of their community and its citizens.

Source: “Nebraska Buy Fresh Buy Local 2009 Local Food Guide”

“In 2004, I saw renowned restaurateur Rick Bayless speak at a trade show. His Chicago restaurants, Frontera Grill and Topolobampo are top shelf and famous for using local and organic foods. Bayless announced the primary reason he used local was not as ‘a flag-waving tree-hugger,’ but ‘first and foremost, I’m an entrepreneur, a business man.’ He puts local food on his tables because of the flavor, insisting if he puts the best possible taste on the plate, his business will grow. Try to get a reservation at either of his places in Chicago and you’ll see what he means.”

Source: Michael Braunstein, Founder of Village Pointe Farmers' Market in “Nebraska Buy Fresh Buy Local 2009 Local Food Guide”

Get Your Grains



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

Mary Abbott, RD, LMNT
UNL Extension Associate

We eat many foods made from grains such as: cereals, breads, pasta, rice, crackers and pancakes. Grain foods provide many nutrients essential for our bodies to work properly. Dietary fiber, B vitamins and minerals can all be found in foods made from grains.

Dietary fiber is contained in foods made from whole grains. Fiber reduces blood cholesterol and helps reduce

constipation and diverticulosis. Increase fiber in your diet by choosing whole grain breads, cereals, pasta, crackers and brown rice. The USDA (United States Department of Agriculture) recommends at least half of our grain foods should come from whole grain foods. Read food labels to determine if foods are made from whole grains.

B vitamins help the body release energy and are necessary for a healthy nervous

system. Folic acid, a B vitamin, helps reduce the risk of neural tube defects during fetal development and helps our body make red blood cells. Whole and enriched grains contain iron which carries oxygen in the blood.

The USDA recommends the following daily intake of grains:

- for children 2–8 years old, 3–5 ounce equivalents,
- for youth 9–18 years old, 5–7 ounce equivalents,
- women, 5–6 ounce equivalents,
- and men, 6–8 ounce equivalents.

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. For more information about what counts as an ounce, go to MyPyramid.gov.

Fruit and Rice Salad

Makes 4 servings

- 3 cups cooked brown rice, cooled**
- 3/4 cup dried cranberries**
- 1 mango, peach or apple, chopped**
- 3/4 cup chopped pecans, toasted**
- 3/4 teaspoon ground black pepper**
- 1/2 cup raspberry vinaigrette dressing**
- 1/4 cup fresh parsley, chopped**

Combine all ingredients in a large bowl. Toss well.

Source: Susan Runkle, courtesy of the USA Rice Federation

FREE Program

“Cook It Quick, Healthy, Delicious...and Cheap!”

Thursday, Nov. 5, 7–8:30 p.m.

Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48th Street, Lincoln

Learn how to make better tasting, healthier meals in less time and for about half the money of eating out or buying fast food! Plus, save when shopping at the supermarket.

Alice Henneman, extension educator and registered dietitian with University of Nebraska–Lincoln Extension in Lancaster County, will give you tips how to prepare quick, healthy, delicious... and cheap foods! You'll receive an extensive booklet giving tips and recipes.



Register by calling BryanLGH at 481-8886.