

In this issue:

- Produce and Food Safety
- Steps to Keeping Produce Safe

Recipes:

- Farmers Market Gazpacho
- Herb Potato Salad
- Cucumber Yogurt Dip
- Peach Apple Crisp



Produce and Food Safety

With summer in full swing, fresh produce is popping up in gardens and farmers markets. Proper care of uncooked meat is an important bit of knowledge, but we often overlook the importance of proper care for fresh produce. Eating produce (or its juices) that has been contaminated can lead to infection and illness. These illnesses can be severe for many people, but especially for young children, seniors 65 and older, persons with health problems/weakened immune systems and pregnant women. However, by following these steps it's easy to help protect yourself and your family from illnesses from fresh produce.



This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Recipes from: <https://whatscooking.fns.usda.gov/>

Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

3,650 copies, \$0.13 each, SDSU Extension. Printed on recycled paper. ES059 6/20

Steps to Keeping Produce Safe:

Wash! Wash! Wash!

- Wash your hands with warm water and soap at least 20 seconds
- Wash the utensils and dishes with hot soapy water before and after use
- Ensure that you are using a clean towel to dry surfaces and dishes
- Wash all parts of the fruit and vegetables (yes even peels and rinds) and scrub with a vegetable brush if you have one
- Do not wash fresh produce with soap, detergent or bleach. Just warm running water should do the trick, if you feel it needs something to get it cleaner, diluted vinegar may be used.

Do Not Cross-Contaminate

- Keep fresh fruits and vegetables separate from raw animal products, in the shopping cart and in your refrigerator. And always remember to store meat **below** fresh produce.
- Use separate cutting boards for raw meat and for fresh produce
- Never reuse any dishes or utensils that were used to handle raw animal products. Always wash afterwards.

Cook to a safe temperature

- When cooking produce with meat always cook until the meat is at a safe temperature.
- Always defrost cooked food in the refrigerator, in cold water or in the microwave. Never at room temperature.

Store properly

- Use refrigerated produce regularly or discard it when it shows signs of spoiling (smells and textures)
- Refrigerate fresh produce within 1-2 hours after you cut, peel, or cook them. Be sure to use a clean container.





Farmers Market Gazpacho

Makes 4 Servings

Ingredients:

2 cucumbers	2 lemons
3 seeded red bell peppers	2 cups low-sodium tomato juice
3 seeded green peppers	3 fresh minced garlic cloves
4 celery stalks	1 tablespoon ground cumin
2 tomatoes	1 cup fresh chopped cilantro
1 onion	Salt and pepper (optional, to taste)

**All of the above vegetables will need diced into ¼ inch pieces

Directions:

Combine all ingredients except salt, pepper and lemons in a bowl and remove 2 cups of the mixture (this will be used later). Use a blender or food processor to puree the remaining mixture in the bowl. Add the 2 cups of reserved mixture to the pureed mixture. Season with salt and pepper (optional) and the juice from the lemons. Cover and refrigerate for at least 2 hours before serving. Serve cold and garnish with fresh cilantro.

Nutritional Information per serving:
Total Calories 121; Total Fat 1g; Saturated Fat 0g; Protein 5g; Carbohydrates 27g; Dietary Fiber 57g; Sodium 44mg

Experiment with different vegetables from your local farmers market to add different flavors.



Herb Potato Salad

Makes 4 Servings

Ingredients:

¼ teaspoon salt	3 tablespoon non-fat plain yogurt
5 small potatoes (1 pound)	1 tablespoon reduced calorie mayonnaise
½ cup radishes (sliced, optional)	1 ½ teaspoons prepared mustard
½ teaspoon dried basil	½ teaspoon chopped or minced garlic
¼ teaspoon dried thyme	
¼ teaspoon onion powder	

Directions:

Scrub potatoes and cut into cubes. Place in a medium saucepan with water covering it and bring to a boil. Once boiling, cover, reduce the heat and simmer for about 12 minutes or until potatoes slide easily off of a fork. Drain the potatoes. Mix the dressing ingredients together and combine everything together. Can be served hot or cold.

Nutritional Information per serving:
Total Calories 182; Total Fat 1g; Saturated Fat 0g; Protein 5g; Carbohydrates 39g; Dietary Fiber 5g; Sodium 511mg

Add some color by adding red potatoes. Use last month's tips on growing your own herbs and try them out in this fun recipe.





Cucumber Yogurt Dip

Makes 6 Servings

Ingredients:

2 cups plain, low-fat yogurt
2 medium cucumbers (peeled, seeded, and grated)
½ cup non-fat sour cream
1 tablespoon lemon juice
1 tablespoon fresh dill
1 chopped garlic clove
1 cup cherry tomatoes
1 cup broccoli florets
1 cup baby carrots

Directions:

Peel, seed and grate one cucumber, slice the other and set aside. Mix the yogurt, grated cucumber, sour cream, lemon juice, dill and garlic in a bowl and chill for one hour. Arrange tomatoes, cucumbers, broccoli and carrots on a platter and serve with the cucumber dip.

A perfect pairing for any vegetable.

Nutritional Information per serving:
Total Calories 94; Total Fat 2g; Saturated Fat 1g; Protein 6g; Carbohydrates 15g; Dietary Fiber 2g; Sodium 109mg



Peach Apple Crisp

Makes 8 Servings

Ingredients:

1 can peaches, in light syrup, drained, sliced (15 ounce)
**Tip! Use fresh peaches from a local source instead
2 medium apples, tart, peeled, sliced
½ teaspoon vanilla
¼ teaspoon ground cinnamon
¾ cup flour
¼ cup packed brown sugar
3 tablespoon chilled margarine or butter

Directions:

Preheat oven to 350 degrees. Lightly grease a 9x9x2 casserole dishes. Combine peaches, apples, vanilla and cinnamon and spread evenly in greased casserole dish. Combine flour and sugar in a small bowl, cut in the margarine or butter with two knives or some forks until the mixture resembles a crumble. Sprinkle flour mixture evenly over the fruit. Bake until lightly browned and bubbly, takes approximately 20 minutes.

A perfect ending to your summer get together or a special treat on a random weeknight.

Nutritional Information per serving:
Total Calories 162; Total Fat 1g; Saturated Fat 0g; Protein 2g; Carbohydrates 30g; Dietary Fiber 2g; Sodium 40mg