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EAT WELL, CARE WELL. FARMERS MARKET

Happy summer! The sun is shining, the birds are chirping, and the farmers market are in full swing. Farmers markets are a great way to support local farmers & businesses, while getting delicious produce at reasonable prices. 2018 marks the 15th Annual National Farmers Market Week from August 3-9.

August is the perfect time of the year to explore your local farmers market due to the large volume of seasonally available produce! Produce like cabbage, cucumbers, carrots, onions, spinach, tomatoes, raspberries, and blueberries are all typically available. In addition, there are usually vendors offering unique baked goods, specialty drinks, and crafts.

My favorite find at the Eau Claire Farmers Market is gluten free cheese curds! Yum! Whatever your summer craving is the farmers market is sure to have it. Buying produce this way also helps to promote sustainable agriculture by reducing resources used to package & transport the produce.

This August venture out to your local farmers market & pick up some fresh & delicious produce to use at home. The local variety of summer produce doesn't last long in the Midwest, so we must take advantage while we can!

WEEKLY CHALLENGES

PICK OUT A NEW VEGGIE TO TRY

VISIT YOUR LOCAL FARMERS MARKET

USE REUSABLE GROCERY BAGS INSTEAD OF PLASTIC

TRY ONE OF OUR RECIPIES

DID YOU KNOW?
THE MADISON FARMERS MARKET IS THE LARGEST PRODUCER ONLY FARMERS MARKET IN THE U.S

Roasted Carrots with Balsamic Herb Glaze

This recipe is brought to you from: <http://supermancooks.com/roasted-carrots-with-balsamic-herb-glaze/>

INGREDIENTS:

- 1 lb baby carrots
- 1 tbsp Rosemary
- 1 tsp salt
- 2 Tbsp balsamic vinegar
- 2 tbsp brown sugar
- 2 tbsp olive oil

DIRECTIONS:

1. Preheat oven to 350 degrees
2. Clean carrots and lay in single layer on shallow baking sheet
3. Mix remaining ingredients together in small mixing bowl
4. Pour mixture over carrots and place in oven for 30-45 minutes or until tender
5. Remove from oven and serve

Raspberry Crumble Bars

This recipe is brought to you from: <http://myincrediblerecipes.com/raspberry-crumble-bars/>

INGREDIENTS:

- 2 ½ cups flour
- ¼ tsp baking soda
- ¼ tsp salt
- ½ cup packed light brown sugar
- ¼ cup cane sugar
- ½ cup unsalted butter at room temp
- 1 cup raspberries
- ¼ cup sugar
- 2 tsp cornstarch

DIRECTIONS:

1. Preheat oven to 375 degrees
2. Spray an 8 by 8-inch baking dish with non-stick spray
3. Using a large mixing bowl, add the flour, baking soda, salt and brown sugar to whisk to combine
4. Add butter to mixture until combined into small crumbs
5. Prepare the raspberries by adding them into a bowl with the cane sugar and corn starch using a mixer to combine
6. Use ¾ crumb mixture and place in the baking pan
7. Press the mixture evening throughout the pan to create a crust
8. Spread raspberry mixture over the crust leaving about a ¼ inch of all edges
9. Sprinkle the remaining crumb mixture all over the raspberries and lightly press down
10. Bake in oven for about 30 minutes or until lightly golden brown on top
11. Remove from oven and allow to cool