

Farmers' Market

COOKBOOK

3 SIMPLE STEPS
to eating more
fruits & veggies

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Shop local!
Maryland's
**FARMERS'
MARKETS**
Directory

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Make a FRESH START

Eat Maryland's Best
Clean, Fresh, Local

What's Cooking?

18 new recipes you can
bet the farm on!

PREGNANT & SMOKING?



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*While supplies last



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Farmers' Markets Clean Eating



Are you buying into the clean eating trend?

If you are shopping at your local farmers' market, you are!

What is clean eating? The idea is simple: eating foods as close to their natural form as possible. It means eating fresh, nutritious food that is good for your health.

Today people are more interested than ever in what they eat and where their food comes from. Have you heard the saying "Know your farmer, know your food"?

Knowing your food is important and buying local food matters. When we shop at the farmers' market, we not only eat healthier but we help our local farmers, our economy and our environment.

Why is local better?

Local food is fresher and healthier. It goes from farm to you so it loses fewer nutrients and less is spoiled.

Less fuel is used and fewer greenhouse gases are emitted because local food travels a shorter distance to you.

Less local food is wasted in distribution, warehousing and merchandising. Buying local foods makes our local economy stronger. When you spend your food dollars locally, you are creating local jobs by supporting family farms, local food processing and local distribution systems.

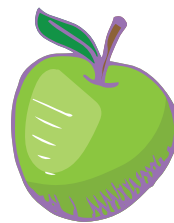
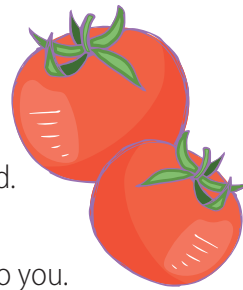
Shopping for local foods creates communities by connecting people with their farmers who bring them healthy local foods.

Farmers' markets are great places to meet and connect with friends as well as farmers!

Shop local. Eat clean. Be healthy. Find the farmers' market nearest you. Bring your WIC FVC checks, FMNP checks and SNAP cards. Look for this sign letting you know your checks are welcome here.

See you at the market!

- Your friends at WIC



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How to use your WIC FVC and FMNP checks at the farmers' market.

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When to buy Maryland Fruits and Vegetables.

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NEW!

Mobile-friendly site to locate farmers' markets near you that accept WIC FVC and FMNP checks.



Maryland WIC

1-800-242-4942 www.mdwic.org





don't rush your baby's birth day

Your baby needs at least 39 weeks to grow and develop before she is born. If your pregnancy is healthy, wait for labor to begin on its own.

marchofdimes.com/39weeks



march  of dimes®
healthy babies are worth the wait®

3 Easy Steps

to use your WIC Fruit & Vegetable Checks (FVC) & Farmers' Market Nutrition Program (FMNP) Checks at the Farmers' Market

1

Pick out the fruits and vegetables that you want to buy.



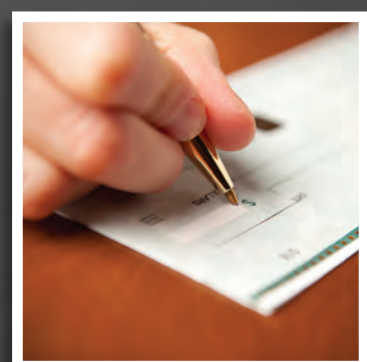
2


Tell the farmer you are paying with your WIC FVC or FMNP check.



3

Sign your check and give it to the farmer along with your WIC Identification Folder.



<small>THIS CHECK IS VOID WITHOUT A BLUE INKED SIGNATURE AND AN ORIGINAL WATERMARK ON THE BACK (NOT AT ANGLE & ON TOP)</small>			
	AGENCY 111101	PARTICIPANT ID NO. 200 708 439	NAME OF PARTICIPANT (LAST, FIRST, M.I.) Test, Friday
	FIRST DATE TO SPEND July 04, 2013	DATE RECEIVED 7/7	LAST DATE TO SPEND August 03, 2013
CATEGORY: PG		CHECK NUMBER 65730059	
TO BE USED FOR THESE ITEMS & QUANTITIES ONLY: 10 (Ten) dollars for Fruits and Vegetables		CASHIER FILL IN EXACT AMOUNT OF SALE DOLLARS: \$ CENTS: 00	
Also accepted by WIC Farmers		CHECKS NOT VALID UNLESS STAMPED BY AUTHORIZED WIC VENDOR	
Maryland WIC Program	Payable through FMNP for delivery of Security State Bank Howard Lake, MD 21044 Account Number: 80101	75-1248/919	SIGNATURE OF PARTICIPANT OR AUTHORIZED PROXY X
			VENDOR MUST DEPOSIT WITHIN 90 DAYS OF LAST DATE TO SPEND





WIC FVC Reminder

Be sure to look for the first date to spend and last date to spend on your WIC FVC check.

Spend your FMNP checks at the Farmers' Market anytime from June 1 to November 30.



Maryland 2015 Farmers' Market Nutrition Program Pay to the order of authorized Maryland Farmers' Market Vendor Farmer must deposit no later than December 5, 2015 NOT VALID AT GROCERY STORES Good for the purchase of fresh, locally grown vegetables, fruits, and cut herbs from a FMNP Vendor. Any other use constitutes fraud. http://farmersmarketfinder.doh1.ca/		Account # 806629 700001 FIRST DATE OF USE: 6/01/15 LAST DATE OF USE: 11/30/15 PAY EXACTLY \$ 5.00 NO CHANGE GIVEN VENDOR NUMBER HERE PARTICIPANT'S SIGNATURE
 CITIZENS ALLIANCE BANK • HOWARD LAKE BRANCH • CLARA CITY, MD 21022		 MARYLAND

When to buy

Maryland Fruits and Vegetables



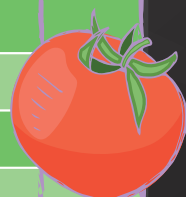
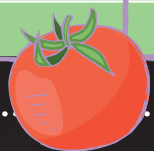
FRUITS	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples					✓	✓	✓	✓	
Asian Pears					✓	✓	✓		
Black Raspberries			✓	✓					
Blackberries (Thornless)					✓	✓			
Blackberries (Thorns)				✓	✓				
Blueberries			✓	✓	✓				
Cantaloupes				✓	✓	✓			
Honeydew				✓	✓	✓			
Nectarines				✓	✓				
Peaches				✓	✓	✓			
Pears					✓	✓	✓		
Plums				✓	✓	✓			
Red Raspberries			✓	✓					
Red Raspberries (fall)					✓	✓	✓	✓	
Sour Cherries			✓	✓					
Strawberries		✓	✓						
Sweet Cherries			✓	✓					
Watermelons				✓	✓	✓	✓		
Watermelons (Sugarbaby)				✓	✓	✓			



Choose produce in season
for the best value and taste.



VEGETABLES	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Asparagus	✓	✓	✓						
Beans (Green or Snap)			✓	✓	✓	✓			
Beans (Lima)				✓	✓	✓			
Beets				✓	✓	✓			
Broccoli				✓	✓	✓	✓	✓	
Cabbage			✓	✓	✓	✓			
Carrots				✓	✓	✓			
Cauliflower		✓	✓		✓	✓	✓		
Corn (Sweet)				✓	✓	✓			
Cucumbers				✓	✓	✓			
Eggplant				✓	✓	✓			
Garlic			✓	✓	✓	✓			
Kale			✓	✓	✓	✓	✓	✓	
Lettuce		✓	✓	✓	✓	✓	✓		
Okra				✓	✓	✓			
Peas (Black-eyed)				✓	✓				
Peas (Green)			✓	✓					
Peppers				✓	✓	✓			
Potatoes (White)				✓	✓	✓			
Pumpkins						✓	✓	✓	
Salad Greens		✓	✓	✓	✓	✓	✓	✓	
Spinach		✓	✓	✓	✓	✓			
Squash (Summer)			✓	✓	✓	✓			
Squash (Winter)					✓	✓	✓		
Sweet Potatoes						✓	✓	✓	✓
Turnips					✓	✓	✓	✓	
Tomatoes			✓	✓	✓	✓	✓		



HAVE YOU EVER HAD GESTATIONAL DIABETES?

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RISK FOR TYPE 2 DIABETES.



You have the power to fight it!
The first step is finding out if
you're at risk. Take a simple quiz
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If you are at risk, the next step
is to ask your doctor to test
you for diabetes. Often, simple
lifestyle changes can help you
stop diabetes in its tracks.

Be your own hero... It's easier
than you think.

POWER TOPREVENTDIABETES.ORG



MARYLAND

Department of Health
and Mental Hygiene

What's Cooking?



Fresh Tomato Sauce

Makes: 6 servings

Ingredients

- 8 tomatoes (ripe)
- 1 tablespoon vegetable oil
- 1/2 cup onion (chopped)
- 1/2 cup green pepper (chopped)
- 1/4 cup carrot (thinly sliced, or shredded)
- 1/2 teaspoon oregano (dried)
- 1 teaspoon dried basil (dried)
- 2 teaspoons garlic (minced or 1/2 teaspoon garlic powder)
- Pepper (to taste)
- 6 cups pasta (cooked)
- 6 tablespoons Parmesan cheese (grated)



Find more recipes at
www.usda.gov/whatscooking

Directions

1. Wash the ripe tomatoes. Cut out stem ends. Chop into small pieces and set aside in a large bowl.
2. In a large pan, heat the oil over medium high heat. Add onion, green pepper, carrots and garlic. Stir-fry until tender, about three minutes.
3. Add seasonings and tomatoes. Bring to a gentle boil.
4. Lower heat and simmer gently, uncovered, until tomatoes turn to a sauce, about 40 minutes. Serve over freshly cooked pasta.



Fruit Slush

Makes: 4 servings

Ingredients

- 2 2/3 cups cantaloupe or watermelon
(coarsely chopped, seeded, peeled)
- 1 2/3 cups kiwi (coarsely chopped, optional)
- 2 tablespoons sugar
- 2 tablespoons lime juice
- 2 cups water
- ice

Directions

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

Spring Vegetable Saute

Makes: 4 servings

Ingredients

- 1 teaspoon olive oil
- 1/2 cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 new potatoes (tiny, quartered)
- 3/4 cup carrot (sliced)
- 3/4 cup asparagus pieces
- 3/4 cup sugar snap peas, or green beans
- 1/2 cup radishes (quartered)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dill (dried)

Directions

1. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender – about 4 minutes more.
5. Serve immediately.



Black Skillet Beef with Greens and Red Potatoes

Makes: 6 servings

Ingredients

- 1 pound beef (top round)
- 1 tablespoon paprika
- 1 1/2 teaspoons oregano
- 1/2 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/8 teaspoon red pepper
- 1/8 teaspoon mustard (dry)
- 8 potatoes (red-skinned, halved)
- 3 cups onion (finely chopped)
- 2 cups beef broth
- 2 garlic clove (large, minced)
- 2 carrot (large, peeled, cut into very thin 2 1/2-inch strips)
- 2 kale (bunches)
- Non-stick cooking spray

Directions

1. Partially freeze beef. Thinly slice across the grain into long strips 1/8 inch thick and 3 inches wide.
2. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with the spice mixture.
3. Spray a large heavy skillet nonstick cooking spray. Preheat pan over high heat.
4. Add meat; cook, stirring for 5 minutes.
5. Add potatoes, onion, broth, and garlic. Cook covered, over medium heat for 20 minutes.
6. Stir in carrots, lay greens over top and cook, covered, until carrots are tender, about 15 minutes.
7. Serve in large serving bowl, with crusty bread for dunking.



Roasted Herb Potatoes

Makes: 6 servings

Ingredients

- Vegetable cooking spray
- 1 pound potatoes (3 medium or 3 cups cubed)
- 2 teaspoons vegetable oil
- 1/2 teaspoon rosemary
- 1/2 teaspoon salt

Directions

1. Preheat the oven to 450 degrees.
2. Coat a baking sheet with vegetable cooking spray.
3. Wash and peel the potatoes.
4. Cut the potatoes into 1/2-inch cubes, and put them in a large bowl.
5. Put the oil, rosemary, and salt in a small bowl. Stir together.
6. Pour the oil mix over the potatoes. Stir to coat the potatoes evenly.
7. Spread the potatoes on the baking sheet.
8. Bake for 25 to 30 minutes, or until lightly browned.



What's?
Cooking
USDA MIXING BOWL

Find more
recipes at
[www.usda.gov/
whatscooking](http://www.usda.gov/whatscooking)

Spring has sprung and farmers' markets have begun opening up all around Maryland filled with fresh in-season fruits and veggies. The great news is many of them now take WIC Fruit & Vegetable checks, the Farmers' Market Nutrition Program checks and EBT cards, making them an affordable place to purchase fresh fruits and veggies for the whole family!

Spinach, kale and Swiss chard are some of the first crops to be harvested in Maryland. Pick up some fresh greens at your local farmers' market and try this Simple Greens & Beans dish your family will love.

Here are some step by step instructions to help you master the recipe!

Simple Greens & Beans

SERVES 6

Ingredients:

- 2 Tablespoons vegetable oil
- 1 onion, chopped
- 2 cloves of garlic, chopped
- 2 (15.5 ounce) cans of white beans, rinsed and drained
- 6 cups fresh greens (such as spinach, Swiss chard, or kale), washed
- 2 Tablespoons fresh parsley or
1 Tablespoon dried parsley flakes
- Salt and pepper to taste



Follow our blog and find more great recipes!
eatsmartmd.blogspot.com

Follow these 6 easy steps!

1 Gather all your ingredients.



2 Measure, wash, and chop all ingredients. Rinse the beans to get rid of some of the sodium!



3 Heat oil over medium heat, adding chopped garlic and onion. Cook for 2 minutes.



4 Add beans and parsley and cook for 2 minutes.



5 Stir in greens and cook until just wilted.



6 Season to taste with salt and pepper and enjoy!



Three simple steps to eating more fruits and vegetables.

Eating a variety of fruits and vegetables every day is healthy for you. They have vitamins and minerals that can help protect your health. Most are also lower in calories and higher in fiber than other foods. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

1

Find out how many fruits and vegetables you need to eat every day.

Women

AGE	FRUITS	VEGETABLES
19-30	2 cups	2½ cups
31-50	1½ cups	2½ cups
51+	1½ cups	2 cups



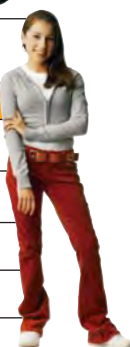
Men

AGE	FRUITS	VEGETABLES
19-50	2 cups	3 cups
51+	2 cups	2½ cups



Girls

AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1 cup	1½ cups
9-13	1½ cups	2 cups
14-18	1½ cups	2½ cups



Boys

AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1½ cups	1½ cups
9-13	1½ cups	2½ cups
14-18	2 cups	3 cups



These amounts are for less active people. To see the amounts needed by more active people, visit 5aday.gov.

2

Learn what 1 cup and 1/2 a cup look like.

EACH COUNTS AS 1 CUP



1 large orange



1 large ear of corn



1 large sweet potato

EACH COUNTS AS 1/2 CUP



16 grapes








6 baby carrots



4 large strawberries

For more examples, visit 5aday.gov.

3 See how you can add fruits and vegetables into your day as part of a healthy diet.

BREAKFAST	Add some fruit to your cereal.	
SNACK	Grab a piece of fruit.	
LUNCH	Eat a big salad.	
SNACK	Choose raw vegetables as an afternoon snack.	
DINNER	Have two vegetables with dinner and eat fruit for dessert.	

TIPS Enjoy a colorful variety of fruits and vegetables (including beans). Fresh, frozen, canned, and dried all count.

For breakfast:

- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or frozen berries.
- Top toasted whole wheat bread with peanut butter and sliced bananas.
- Add vegetables, such as diced tomatoes and onions, to your egg or egg white omelet.



For snacks:

- Eat a piece of fruit like an apple, banana, or plum.
- Place a box of raisins in your child's backpack and pack one for yourself, too.
- Put grapes and banana slices on wooden skewers and freeze for "fruit on a stick."



For lunch and dinner:

- Ask for less cheese and more vegetable toppings on your pizza. Try onions, mushrooms, and bell peppers.
- Spread low-fat cheese and low-fat or fat-free refried beans between two whole wheat tortillas. Brown on both sides in a pan until cheese melts. Top with salsa.
- Eat at least two vegetables with dinner.
- Add frozen vegetables like peas and broccoli to a casserole or pasta.



Need health insurance?

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Learn more at marylandhealthconnection.gov

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Chinese Veggies and Rice

Chef Kaspar Donier • Seattle, Wash.

Serves 4, 1½ cups per serving

Prep time: 25 minutes • Cook time: 25 minutes

Ingredients

- 1 cup brown rice
- ½ pound broccoli
- 2 medium celery stalks
- 1 medium carrot
- 1 small jalapeño or other chili pepper
- 1 clove garlic
- 6 ounces boneless chicken pieces or firm tofu
- ¼ cup low-sodium soy sauce
- 1 Tablespoon brown sugar
- 1 Tablespoon cornstarch
- 2 Tablespoons canola oil
- ½ teaspoon ground ginger

Directions

1. Cook rice following package directions. Set aside. Cover to keep warm. While rice is cooking, make veggie mixture.
2. Rinse and chop broccoli and celery. Peel, rinse, and chop carrots. Rinse and mince jalapeño. Peel and finely chop garlic.
3. If using chicken, remove any skin. Cut chicken into small pieces.
4. In a small bowl, stir together soy sauce, brown sugar, and cornstarch. Add 1 teaspoon of the minced jalapeño. Stir.
5. In a medium skillet over medium-high heat, heat oil. Add ground ginger and stir. Add chicken or tofu. Cook, stirring occasionally, until slightly browned and starting to cook through, about 2 minutes.
6. Add chopped veggies. Stir frequently. Cook until veggies are tender and chicken is completely cooked but not dry, about 5–7 minutes.
7. Add soy sauce mixture. Bring to a boil. Reduce heat. Simmer until sauce is slightly thickened, about 2 minutes.
8. Serve over warm brown rice.



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The Works Pizza

Serves 8, 1 slice per serving

Prep time: 30 minutes • Cook time: 25 minutes

Directions

1. Preheat oven to 450°F.
2. Rinse and peel onion. Rinse peppers, mushrooms, and tomatoes. Dice onion, peppers, and tomatoes into ½-inch pieces. Slice mushrooms ¼-inch thick.
3. Grate cheese.
4. In a large skillet over medium-high heat, heat oil. Add onions, mushrooms, and peppers. Cook for 3 minutes.
5. Transfer vegetables to a colander. Stir in tomatoes. Let sit 3–5 minutes to drain excess liquid.
6. While veggies are draining, shape dough into a 12-inch pizza round. Use your fingers to stretch and spread the dough.
7. Coat a baking sheet with non-stick cooking spray. Place pizza dough in center of sheet.
8. Mix dried basil and dried oregano into tomato sauce. Spread a layer of sauce across dough.
9. Sprinkle cheese evenly across dough. If using turkey pepperoni, add layer of slices now.
10. Bake pizza until cheese is melted and crust is browned on the sides and bottom, about 10 minutes. Remove from oven.
11. Add vegetable mixture. Return to oven and bake until pizza is cooked through 5–10 minutes more. Remove from oven.
12. Let rest for 2 minutes. Using a sharp knife, cut into 8 pieces.



Ingredients

- 1 large onion
- 1 medium green bell pepper
- 1 medium red bell pepper
- 8 ounces button mushrooms
- 2 medium tomatoes
- 1 (6-ounce) block mozzarella cheese
- 1 Tablespoon canola oil
- 1 frozen or refrigerated whole wheat pizza dough, defrosted
- Non-stick cooking spray
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- 1 (8-ounce) can tomato sauce, no salt added

Optional Ingredients

- 15 (2-inch diameter) turkey pepperoni slices

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Japanese Simmered Squash (Acorn no Umani)

Chef Yoshiko Shibayama • Seattle, Wash.

Serves 6, $\frac{2}{3}$ cup per serving

Prep time: 5 minutes • Cook time: 15 minutes

Ingredients

- 1 medium acorn squash, about 2 pounds
- 2 cups water
- 2 Tablespoons brown sugar
- 2 Tablespoons low-sodium soy sauce

Directions

1. Rinse squash and cut in half. Scrape out seeds with a spoon. Cut squash along the creases and peel. Cut into slightly larger than bite-size pieces.
2. Cut a circle of aluminum foil that will fit just inside a large skillet. Cut 3 small slits in the middle of the circle. This will let steam escape as squash cooks.
3. In a large skillet, place squash. Add water and sprinkle with brown sugar. Bring to a boil over medium-high heat. Place the foil circle loosely on top of squash pieces. Cook until pieces are softened, about 7-10 minutes. Remove foil and pour soy sauce over squash. Replace foil and boil until liquid is almost gone, about 3-5 minutes more. Watch closely to be sure sauce does not burn.



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Herb Roasted Chicken with Vegetables

Chef Ed Hinspetter • Providence, R.I.

Serves 9, 3 ounces cooked chicken and $\frac{1}{2}$ cup vegetables per serving

Prep time: 25 minutes • Cook time: 55-60 minutes

Directions

1. Preheat oven to 375°F.
2. Rinse and peel carrots and onion. Peel garlic. Rinse and peel root veggie (if using potatoes, leave the skin on).
3. Cut onion into quarters. Cut each quarter in half. Chop garlic. Dice carrots and other root veggies into $\frac{1}{2}$ -inch pieces.
4. Rinse lemon and cut in half. In a large bowl, squeeze juice. Discard seeds.
5. Add vegetables, water, oil, oregano, basil, salt, and pepper to bowl. Toss to combine.
6. Use your hands or a slotted spoon to transfer vegetables to a baking sheet. Leave marinade in the bowl. Place baking sheet in oven. Bake for 10 minutes.
7. While veggies bake, toss chicken in the remaining marinade. Let sit at room temperature about 10 minutes.
8. Remove baking sheet from oven. Add chicken pieces on top of veggies. Return to oven.
9. Continue roasting until chicken is cooked through and a food thermometer reads 165°F, about 40 minutes more. As the chicken roasts, use a mixing spoon to baste chicken and turn vegetables every 15 minutes. Baste by pouring juices from the baking sheet over the chicken.
10. Serve immediately.



Ingredients

- 1 pound carrots
- 1 large onion
- 1 clove garlic
- 1 pound root vegetables, such as red potatoes, beets, turnips, rutabagas, or parsnips
- 1 large lemon
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup canola oil
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 3 pounds skinless chicken pieces

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Broccoli Soup

Chef Alicia McCabe • Boston, Mass.

Serves 8, 1½ cups per serving

Prep time: 25 minutes • Cook time: 30 minutes

Ingredients

- 1 large onion
- 1 large potato
- 1 medium carrot
- 2 large broccoli crowns
- 1 medium stalk celery
- 1 clove garlic
- 1½ teaspoons canola oil
- 1 whole bay leaf
- 1 cup low-fat milk
- 2 (14½-ounce) cans low-sodium chicken broth
- 1 ounce low-fat cheddar cheese
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper

Directions

1. Rinse and peel onion, potato, and carrot. Rinse broccoli and celery. Peel garlic.
2. Dice onion and celery. Slice potato and carrots into thin slices. Cut broccoli florets away from the stem. Slice stems thinly. Mince garlic.
3. Grate cheese.
4. In a large pot over medium-high heat, heat oil. Add celery and onion. Cook until soft and lightly golden brown, about 6–8 minutes. Add garlic and stir. Cook about 30 seconds more.
5. Add potato, carrot, broccoli stems, bay leaf, milk, and broth to pot. Bring to a boil. Reduce heat and simmer until veggies are soft, about 15 minutes. Add broccoli florets in the last 10 minutes.
6. Remove and discard bay leaf. In a blender, puree about half the soup. Return blended soup to pot.
7. Add cheese, salt, and pepper. Simmer to melt the cheese, 2–3 minutes.



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Fall Fruit Compote

Chef Peter Franklin • Boston, Mass.

Serves 8, 1 cup per serving

Prep time: 20 minutes • Cook time: 30 minutes

Directions

1. Rinse pears, apples, and grapes. Do not peel fruit.
2. Remove core from pears and apples. Cut fruit into 1-inch pieces.
3. In a medium pot, add pears, apples, grapes, raisins, cinnamon, and nutmeg.
4. Add apple juice and water to pot to barely cover the fruit.
5. Bring fruit and juice to a boil. Reduce heat and simmer for 10–15 minutes. Remove from heat.
6. In a colander, strain the fruit over a small bowl, reserving the liquid.
7. Return the liquid to the pot. Add cornstarch. Cook on low to thicken slightly. Remove from stove and let cool.
8. Pour thickened juice mixture over fruit and stir. Cool and serve right away. Or, store in an air-tight container for up to 1 week.



Ingredients

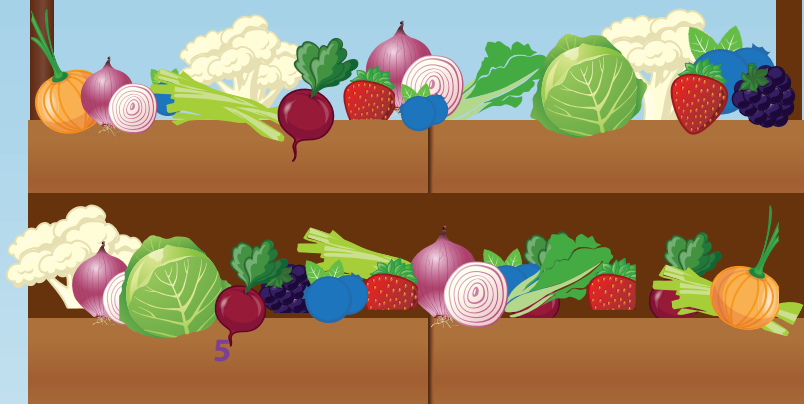
- 3 medium pears
- 2 medium apples
- 1 cup seedless grapes
- 1 cup raisins
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1¼ cups apple juice or cider
- ¼ cup water
- 2 Tablespoons cornstarch



MARKET TO MEALTIME!

Springtime at the Market

- Eat a rainbow this spring! Berries and leafy greens are in-season and can add extra color and nutrition to your meals.
- Herbs, onions, garlic, and scallions add fresh flavors to food without adding salt or fat.
- It's easy to make half your plate fruits and vegetables when springtime salad veggies are in-season.



Let's go to the farmers' market or grocery store together! The whole family can enjoy in-season fruits and vegetables. Try a new leafy green vegetable each week as a family. Let your children pick out their favorite leafy green at the market this spring!

Choose firm, smooth produce without bruises, soft spots, or cracks. Wash fresh fruits and veggies right before using.

Make the most of your fruits and veggies!

Greens

Store in the refrigerator in sealed containers OR wrap in a damp paper towel in a plastic bag. Use within 1 week.

Add greens to pasta, rice, soups, or stir-fry.

Add greens to eggs or potatoes for breakfast.

Berries

Store in the refrigerator in an open container and use within 1 week.

Add berries to a spinach salad, yogurt, or pancakes.

Top frozen yogurt with cooked and cooled berries for a refreshing summer treat.

Garlic and Onions

Store in a cool, dry place for use within 2 weeks.

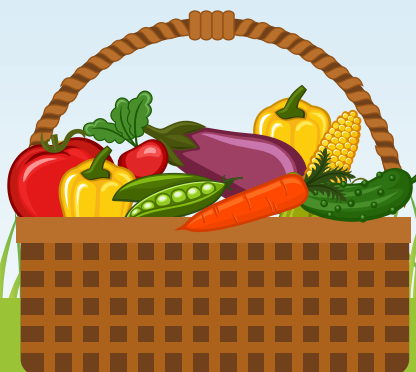
Scallions

Store in the refrigerator and use within 1 week.


Use onions and garlic as a base for sautéed vegetables or added to pasta.

Roast whole bulbs of garlic in the oven and spread on whole grain bread for garlic bread without added fat or salt.

Scallions and onions add great flavor to salads, eggs, or stir-fry.





 Always wash your hands
before preparing food

Makes: 6 servings
Serving size: 1 Cup

Ingredients:


- | | |
|---|---|
| 1 tablespoon vegetable oil | 8 cups low-sodium chicken or vegetable broth |
| 1 onion, chopped | 1 tablespoon Italian seasoning |
| 2 carrots, washed and chopped | 1 teaspoon garlic powder |
| 1 celery stalk, washed and chopped | 1 bunch Swiss chard leaves or 4 cups of spinach, washed and chopped |
| 1 cup fresh or canned mushrooms, sliced | Salt and pepper to taste |
| 1 cup dried lentils, rinsed | |

Directions:

1. In a large pot over medium heat, add oil and cook onion, carrots, celery, and mushrooms for 5 minutes.
2. Stir in lentils, broth, and spices.
3. Cover the pot and reduce heat to low.
4. Cook for 20-30 minutes until lentils are tender.
5. Stir in chopped Swiss chard or spinach, and cook for 5 minutes.
6. Divide soup into bowls.

Serve with whole grain bread.



 Always wash your hands
before preparing food

Makes: 2 servings
Serving size: ½ banana

Ingredients:

- 1 banana, peeled and cut in half
- 1 cup low-fat yogurt
- ½ cup whole grain cereal
- ½ cup berries

Directions:

1. In two small bowls, put 1 banana half in each bowl.
2. Spoon yogurt equally over bananas.
3. Sprinkle ½ cereal and ½ berries on top of each bowl.

Top with chopped nuts to add protein.

To find a farmers' market near you visit our "Locally Grown" section at www.eatsmart.umd.edu



MARKET TO MEALTIME!

Summertime at the Market

- Enjoy fresh summer flavors! Corn, peppers, and tomatoes are in-season and cost less.
- When the weather heats up, cool down with watermelon, cantaloupe, and honeydew.
- Combine tomatoes, peaches, and nectarines to make a sweet and refreshing salsa.
- Add shredded summer squash to pasta sauce for an extra serving of vegetables.



The whole family can shop at the farmers' market or grocery store together! Summer squash, tomatoes, corn, peaches, plums, and melon make family meals healthy and colorful. Ask kids to choose a rainbow of fruits and veggies at the market this week.

Choose firm, smooth produce without bruises, soft spots, or cracks. Wash fresh fruits and veggies right before using.

Make the most of your fruits and veggies!

Peaches, Plums, Nectarines

Ripen at room temperature. Then store in the refrigerator and use within 1 week.

Grab a piece of whole fruit for breakfast on the go.

Top low-fat frozen yogurt with fresh, sliced fruit for a cool summer dessert.

Tomatoes

Store tomatoes at room temperature and use within 1 week.

Add tomatoes to scrambled eggs and top with fresh salsa.

Stir-fry tomatoes with summer squash for a great side dish.

Peppers, Corn, Summer Squash

Store in the refrigerator and use within 2 weeks.

Combine fresh corn, tomatoes, and cooked beans to make a refreshing summer salad.

Add a rainbow of color and crunch to salads, quesadillas, and stir-fry with red, orange, and yellow pepper slices.

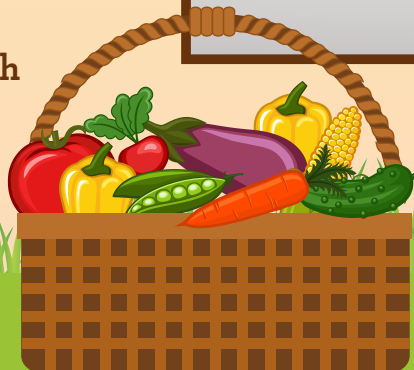
Melons

Ripen at room temperature. Then store in the refrigerator and use within 1 week. Wash melon before cutting and eating.

Add fresh, chopped melon to salads or salsa.

Blend fresh melon with ice for a cool fruit smoothie.


Keep sliced melon in the refrigerator for juicy grab-and-go snacks.



★ SUMMER

Banana Berry Smoothie



 Always wash your hands
before preparing food

Makes: 4 servings
Serving size: 1 cup

Ingredients:

- 2 bananas
- 2 cups berries, washed
- 1½ cups of low-fat yogurt, any flavor
- 1 cup orange juice
- ½ cup ice cubes

Directions:


1. Peel bananas, and break into large pieces.
2. Put bananas, berries, yogurt, orange juice and ice in blender.
3. Blend to combine. If smoothie seems too thick to pour easily, add more orange juice and blend again briefly.
4. Pour into 4 cups to serve.

Substitute your favorite low-fat yogurt flavor.
Try raspberries or blackberries in this recipe.

★ SUMMER

Summer Stuffed Tomatoes



 Always wash your hands
before preparing food

Makes: 8 servings
Serving size: 1 tomato

Ingredients:

- | | |
|---|---|
| 8 tomatoes, washed | 3 tablespoons vegetable oil |
| 2 peaches, washed,
peeled, and chopped | 2 tablespoons lemon or
lime juice |
| 3 cucumbers, washed, peeled,
seeded, and chopped | ½ teaspoon salt |
| 2 ears of fresh corn kernels,
washed, or 1 8.7-ounce can corn,
rinsed and drained | ¼ teaspoon black pepper |
| | ½ cup basil leaves, chopped,
or 1 teaspoon dried basil |

Directions:

1. Slice off tops of tomatoes and scoop out seeds and flesh.
2. Chop the tomato seeds and flesh and place in a bowl.
3. Add remaining ingredients and spices to bowl.
4. Stir to combine and chill in refrigerator.
4. Divide equally and stuff in tomatoes.

This makes a great make-ahead vegetable
for summer cook outs.

To find a farmers'
market near you visit
our "Locally Grown"
section at
www.eatsmart.umd.edu



MARKET TO MEALTIME!

Fall Harvest at the Market

Enjoy the flavors of fall. Apples, pears, squash, potatoes, cabbage, broccoli, and beets are some of the vegetables in season at this time of year.

- Add fall vegetables like turnips, pumpkin, and carrots to soups and casseroles.
- In the oven, roast vegetables like squash, parsnips, and sweet potatoes to bring out their naturally sweet flavor.



Take the whole family to choose apples at a local farm, farmers' market, or grocery store. Many varieties of apples are available in the fall, let kids choose their favorite kind for lunch and snacks.

Choose firm, smooth produce without bruises, soft spots, or cracks. Wash fresh fruits and veggies right before using.

Make the most of your fruits and veggies!

Pumpkin and Squash

Store in the refrigerator and use within 1 month.

Add cooked, pureed pumpkin to pancake, waffle, or muffin batter to boost nutrition and flavor.

Roast squash to bring out its sweet flavor. Serve with roasted meats or baked fish.

Carrots and Beets

Store in the refrigerator and use within 3 weeks.

Dip carrots in hummus for a healthy snack.

Slice raw or cooked beets and carrots on top of a green salad, or mix with fresh or canned orange segments and light salad dressing.

Cabbage, Broccoli, Cauliflower

Store in the refrigerator and use within 2 weeks.

Add shredded cabbage, in place of lettuce, to tacos, salads, and soups.

Serve raw broccoli and cauliflower with hummus or low-fat dip for a healthy, crunchy snack.

Apples and Pears

Store apples in the refrigerator and use within 3 weeks.

Ripen pears at room temperature, then refrigerate and use within 2 weeks.

Slice apples and serve with peanut butter or low-fat yogurt dip for a healthy on-the-go snack.

Top a green salad with chopped apples and pears.

Cook peeled, diced pears and apples on the stove with water or 100% fruit juice to make fruit sauce.



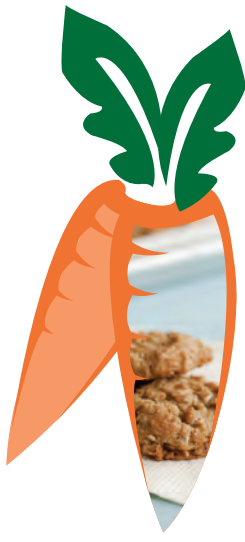


FALL

Carrot and Oatmeal Cookies

Contains
honey.

Do not serve to
children under
the age of 1.



Always wash your hands
before preparing food

Makes: 48 cookies
Serving size: 1 cookie

Ingredients:

- | | |
|----------------------------------|---|
| 1 cup carrots, peeled and grated | 1 cup flour |
| $\frac{1}{2}$ cup honey | 2 teaspoons baking powder |
| $\frac{1}{4}$ cup vegetable oil | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup applesauce | 1 cup raisins |
| 1 teaspoon vanilla extract, opt. | $\frac{1}{2}$ cup nuts, chopped |
| 2 eggs | 2 teaspoons pumpkin pie spice or cinnamon |
| 1 cup oats | Cooking oil spray |

Directions:

1. Preheat oven to 375 degrees.
2. Spray baking sheets with cooking oil spray.
3. In a mixing bowl, stir together honey, oil, applesauce, vanilla, if used, and eggs.
4. In a medium bowl, mix the oats, flour, baking powder, pumpkin pie spice or cinnamon, and salt.
5. Add the dry oat mixture to the egg mixture and stir to combine.
6. Add the carrots, nuts, and raisins and stir to combine.
7. Drop one tablespoon of batter for each cookie onto baking pan.
8. Bake for 15-18 minutes until golden brown.

Use whole wheat flour to boost nutrition.



FALL

Baked Apples and Sweet Potatoes



Always wash your hands
before preparing food

Makes: 10 servings
Serving size: 1 cup

Ingredients:

- 3 apples, washed
- 5 sweet potatoes, washed
- Cooking oil spray
- 1 15-ounce can of pineapple chunks, packed in 100% juice
- $\frac{1}{4}$ cup brown sugar

Directions:

1. In large pot, cook whole unpeeled potatoes in boiling water until tender.
2. Drain potatoes, cool, peel, and cut into thick slices.
3. Peel apples and slice.
4. Preheat oven to 325 degrees.
5. Spray a large baking dish with vegetable oil spray.
6. Layer sweet potatoes, apples, pineapple, and brown sugar in baking dish.
7. Cover with foil.
8. Bake for 45 minutes.

Sweet potatoes are a great source
of vitamin A.

To find a farmers'
market near you visit
our "Locally Grown"
section at
www.eatsmart.umd.edu

Funding for the SNAP-Ed program provided by USDA in cooperation with the Maryland Department of Human Resources and the University of Maryland. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression.





Text4baby comes to you, making it easy to get important health information. Get three FREE text messages per week directly to your cell phone to help you through pregnancy and baby's first year. Messages are personalized to your due date or baby's birthday. Topics cover prenatal care, breastfeeding, nutrition, baby's development, safety and more.

Signing up is easy! Text **BABY (**BEBE** en Español) to **511411****

Text STOP to stop or HELP for technical help. Visit text4baby.org for more information.



Storing Fresh Fruits and Vegetables for Best Flavor

Store in the refrigerator

<u>FRUIT</u>		<u>VEGETABLES</u>				
Berries		Belgian Endive	Cauliflower	Leafy Vegetables	Radishes	
Apples	Cherries	Broccoli	Celery	Leeks	Spinach	
(more than 7 days)	Cut Fruit	Brussel Sprouts	Cut Vegetables	Lettuce	Sprouts	
Apricots	Figs	Cabbage	Green Onions	Mushrooms	Summer Squashes	
Asian pears	Grapes	Carrots	Herbs (not basil)	Peas	Sweet Corn	

1. Place fruits and vegetables in separate, perforated plastic bags.
2. Use within 1-3 days for maximum flavor and freshness.

3. Store each group in different produce drawers in the refrigerator to minimize the detrimental effects of ethylene produced by the fruits on the vegetables.

Ripen on the counter first, then refrigerate

Avocados Kiwi Nectarines Peaches Pears Plums Plumcots

1. To prevent moisture loss, store fruits and vegetables separately in a paper bag, perforated plastic bag, or ripening bowl on the counter away from sunlight. Ripening fruit in a bowl or paper bag can be enhanced by placing an apple with the fruit to be ripened.

2. After ripening, store in refrigerator and use within 1-3 days.

Store only at room temperature

<u>FRUIT</u>			<u>VEGETABLES</u>			
Citrus fruits	Persimmons		Garlic*	Peppers†	Tomatoes	
Apples	Mangoes	Pineapple	Ginger	Potatoes*	Winter Squashes	
(fewer than 7 days)	Melons	Plantain	Jicama	Pumpkins		
Bananas	Papayas	Pomegranates	Onions*	Sweet Potatoes*		

1. Many fruits and vegetables should only be stored at room temperatures.

Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture. For example, pink tomatoes ripen to a better taste and red color if they are left at room temperature. In the refrigerator, they do not turn red, and even red tomatoes kept in the refrigerator lose their flavor.

2. Keep away from direct sunlight.

*Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.

†Cucumbers, eggplant, and peppers can be refrigerated for 1-3 days if they are used soon after removing from the refrigerator.

Cleaning Your Produce

Always keep produce separate from raw meat, poultry, and seafood. Never use detergent or bleach to wash produce. Instead, rinse produce under running tap water immediately prior to use, including those with skins and rinds that are not eaten. Washing too far in advance removes some of nature's natural preservatives. However, head lettuce or leafy greens remain crisper when washed right away and then refrigerated. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed. Refrigerate all cut, peeled, or cooked fruits and vegetables within 2 hours.

For information on how to store other fruits and vegetables go to **FruitsAndVeggiesMoreMatters.org**

Source: UC Davis Postharvest Technology

Maryland Farmers' Markets 2015

ALLEGANY COUNTY

Downtown Cumberland

Baltimore St., Cumberland

Thursday: 9am – 2pm, May to Oct

FMNP, FVC & SNAP

Matching Program

Downtown Cumberland

Canal Place, Cumberland

Saturday: 9:30am – 2pm, Jun to Oct

FMNP, FVC & SNAP

Frostburg

20 S. Water St., Frostburg

Friday: 9am – 1pm, May to Oct

FMNP, FVC & SNAP

LaVale

1262 Vocke Rd., Cumberland

Tuesday: 9am – 2pm, Jun to Oct

FMNP, FVC & SNAP

Western Maryland Regional Health Center

3500 Willow Brook Rd., Cumberland

Wednesday: 2pm – 5pm, Jul to Oct

FMNP, FVC & SNAP

Matching Program

ANNE ARUNDEL COUNTY

Anne Arundel County

Riva Rd. & Harry S. Truman Pkwy., Annapolis

Tuesday: 7am – noon, Apr to Dec

Saturday: 7am – noon, Apr to Dec

Sunday: 10am – 2pm, Jan to Dec

FMNP & FVC

Anne Arundel Medical Center

2001 Medical Pkwy., Annapolis

Lower Level South Tower

Friday: 10am – 2pm, Jun to Oct

FMNP & FVC

MD Department of Natural Resources (DNR)

580 Taylor Ave., Annapolis

Thursday: 3pm – 6pm, Jun to Sep

FMNP & FVC

Piney Orchard Market Association

2400 Stream Valley Dr., Odenton

Wednesday: 2pm – 6pm, Jun to Nov

FMNP & FVC

Severna Park

Ritchie Hwy. & Jones Station Rd., Arnold

Park-n-Ride

Saturday: 8am – noon, Apr to Oct

severnaparkfarmersmarket.com

FMNP & FVC

BALTIMORE CITY

32nd Street/Waverly

400 E. 32nd St., Baltimore

Saturday: 7am – noon, Jan to Dec

32ndstreetmarket.org

FMNP, FVC & SNAP

Matching Program

Baltimore Market & Bazaar

Saratoga and Holliday St., Baltimore

Sunday: 7am – noon, Apr to Dec

promotionandarts.org

FMNP, FVC & SNAP

Matching Program

BMI Market

1415 Key Hwy., Baltimore

Baltimore Museum of Industry

Saturday: 9am – 1pm, May to Oct

thebmi.org

FMNP & FVC

Govanstowne Market

5104 York Rd., Baltimore

Wednesday: 3pm – 7pm, Jun to Sep

govansmarket.org

FMNP, FVC & SNAP

Matching Program

Park Heights Community

5201 Park Heights Ave., Baltimore

Wednesday: 9am – 2pm, Jun to Nov

phcha.org/farmersmarket.php

FMNP, FVC & SNAP

Matching Program

New
from the Maryland
Department
of Agriculture!

**Farmers'
Market Finder**

farmersmarketfinder.ub1.co

Find Maryland farmers' markets
and approved farmers that
accept FMNP checks,
information on how to
use your checks,
recipes and more!



All markets may not be listed. Market information is as of March 27, 2015. For additional or up-to-date information about markets please visit: www.marylandfma.org or ask your local WIC clinic.

Pratt Street

100 Light St., Baltimore

Thursday: 11am - 2pm, May to Sep

godowntownbaltimore.com

FMNP & FVC

Tuesday Market in Lauraville

4500 Harford Rd., Baltimore

Tuesday: 4pm - 8pm, Jun to Sep

lauravillefarmersmarket.blogspot.com

FMNP & FVC

BALTIMORE COUNTY

Maryland State Fairgrounds

2200 York Rd., Timonium

Wednesday: 10am - 1pm, Jun to Oct

baltimorecountymarket.com

FMNP, FVC & SNAP

Catonsville

5820 Edmondson Ave., Catonsville

Wednesday: 10am - 1pm, May to Nov

FMNP, FVC & SNAP

Matching Program

Catonsville Sunday

730 Frederick Rd., Catonsville

Sunday: 10am - 1pm, May to Nov

catonsville.org/events/farmersmarket

FMNP & FVC

Hereford

17004 York Rd., Parkton

Saturday: 9am - noon, May to Oct

herefordfarmmarket.com

FMNP & FVC

Kenilworth

800 Kenilworth Dr., Towson

Tuesday: 3pm - 6pm, May to Nov

thekenilworthmarket.com

FMNP, FVC & SNAP

Matching Program

Pikesville

1700 Reisterstown Rd., Pikesville

Tuesday: 2pm - 6pm, May to Oct

pikesvillechamber.org/pages/FarmersMarket


FMNP & FVC

Randallstown

8604 Liberty Rd., Randallstown


Wednesday: 1pm - 5pm, Jun to Oct

FMNP & FVC

Two survey forms are shown. The top one is yellow and titled 'A Survey of the Health of Mothers and Babies in Maryland'. It features a photo of a baby and the text 'Your help is greatly appreciated. The further information, please call the PRAMS toll-free line: 1-877-363-0400'. The bottom one is green and titled 'Una Encuesta Sobre la Salud de las Madres y Bebés en Maryland'.

If you receive a PRAMS survey in the mail, please take a few minutes to fill it out and send it in. Your answers are important and can help Maryland a healthier place for mothers and babies.

For more information, please visit the PRAMS website at:
www.marylandprams.org

The logo consists of two overlapping hearts, one larger and one smaller, both in a light pink color.

MARYLAND
PRAMS
Pregnancy Risk Assessment
Monitoring System
www.marylandprams.org

Reisterstown

360 Main St., Reisterstown

Sunday: 10am - 1pm, Jun to Oct

csclcmd.org

FMNP, FVC & SNAP

CALVERT COUNTY

Calvert County - Barstow

140 Calvert Fair Dr., Barstow

Calvert County Fairgrounds

Saturday: 7am - noon, May to Nov

calvertag.com

FMNP & FVC

Calvert County - Barstow

140 Calvert Fair Dr., Barstow

Calvert County Fairgrounds

Tuesday: 1pm - 5pm, May to Nov

calvertag.com

FMNP & FVC

Calvert County - Solomons

Solomons Island Rd, Solomons

Parking lot adjacent to Riverwalk

Thursday: 4pm - 8pm, May to Nov

calvertag.com

FMNP & FVC

North Beach Friday Night Market

9023 Bay Ave., North Beach

Friday: 6pm - 9pm, May to Oct

FMNP & FVC

CARROLL COUNTY

Carroll County

700 Agriculture Dr., Westminster

Carroll County Agriculture Center

Saturday: 8am - 2pm, Mar to Dec

carrollcountymarket.com

FMNP & FVC

Hampstead Market

1341 N. Main St., Hampstead

Saturday: 9am - noon, Jun to Sep

hampsteadfarmersmarket.com

FMNP & FVC

Mount Airy

3 North Main St., Mount Airy

Wednesday: 3pm - 6pm, May to Sep

mountairymainstreet.org

FMNP & FVC

Taneytown

226 E. Baltimore St., Taneytown

Wednesday: 4pm - 7pm, Jun to Sep

FMNP & FVC

CECIL COUNTY

Perryville Market

Broad St. & Roundhouse Dr., Perryville
Lower Ferry Park
Friday: 3pm – 7pm, May to Oct
perryvillemd.org
FMNP & FVC

CHARLES COUNTY

Waldorf

O'Donnell Lake Dr., Waldorf
Saturday: 9am – 1pm, May to Nov
FMNP, FVC & SNAP
Matching Program

DORCHESTER COUNTY

Cambridge Main Street

Long Wharf Park, Cambridge
At the end of historic High St.
Thursday: 3pm – 6pm, 7-May to 15-Oct
cambridgemainstreet.com
FMNP & FVC

FREDERICK COUNTY

Emmitsburg

300A South Seton Ave., Emmitsburg
Saturday: 3pm – 6pm, Jun to Sep
FMNP & FVC

Everedy Square & Shab Row

East & East Church St., Frederick
Thursday: 3pm – 6pm, Jun to Oct
frederickfarmfresh.com
FMNP & FVC

Frederick City Market

331 N Market St., Frederick
Sunday: 9am – 1pm, May to Oct
FMNP & FVCNCL at Frederick

NCI at Frederick

549 Sultan St., Frederick
Tuesday: 11am – 1pm, 2-Jun to 27-Oct
ncifrederick.cancer.gov
FMNP & FVC

Thurmont Main Street

South Center St., Thurmont
The Municipal Parking Lot
Saturday: 9am – noon, Jun to Sep
Thurmont.com
FMNP & FVC

West Frederick

800 Oak St., Frederick
United Health Care
Saturday: 10am – 1pm, May to Nov
frederickfarmfresh.com
FMNP, FVC & SNAP

YMCA of Frederick Co.

1000 N. Market St., Frederick
Tuesday: 3pm – 6pm, May to Oct
FMNP & FVC

GARRETT COUNTY

Mountain Fresh - Oakland

5 Town Park Ln., Oakland
Saturday: 10am – 1pm, Jun to Oct
Wednesday: 10am – 1pm, Jun to Oct
MountainFresh.org
FMNP & FVC

HARFORD COUNTY

Bel Air

2 S. Bond St., Bel Air
Saturday: 7am – 11am, Apr to Nov
belairfarmersmarket.com
FMNP & FVC



Make your summer SUPER with:

- Summer **activities, camps** and **meals** for kids and teens up to age 18
- **Summer programming** for your child
- Healthy, **free meals** for kids and teens up to age 18 in your neighborhood
- **Up-to-date information** on summer events throughout Baltimore

Find summer
activities for
kids in
Baltimore City



bmoresupersummer.org or dial 211

HOWARD COUNTY

Howard County - Glenwood East Columbia

6600 Cradlerock Way, Columbia

Thursday: 2pm - 6pm, May to Nov
FMNP, FVC & SNAP

Ellicott City Old Town Market

Main St. & Hamilton St., Ellicott City

The Wine Bin & The Little French Market

Saturday: 9am - 1pm, May to Oct
ellicottcityoldtownmarket.com
FMNP, FVC & SNAP

Glenwood Community

Rt. 97, Cooksville

Glenwood Library & Senior Community Center

Saturday: 9am - 1pm, May to Oct
FMNP, FVC & SNAP

General Hospital

5755 Cedar Ln., Columbia

Friday: 2pm - 6pm, May to Oct
howardcountyfarmersmarket.com
FMNP, FVC & SNAP

Maple Lawn

8191 Westside Blvd., Fulton

Saturday: 9am - 1pm, May to Oct
howardcountyfarmersmarket.com
FMNP, FVC & SNAP

Oakland Mills

5851 Robert Oliver Pl., Columbia

Sunday: 9am - 1pm, May to Nov
howardcountyfarmersmarket.com
FMNP, FVC & SNAP

Miller Library

9421 Frederick Rd., Ellicott City

Wednesday: 2pm - 6pm, May to Nov
howardcountyfarmersmarkets.com
FMNP, FVC & SNAP

MONTGOMERY COUNTY

White Oak

12201 New Hampshire Ave., Silver Spring

White Oak Middle School

Saturday: 9am - noon, May to Oct
FMNP, FVC & SNAP
Matching Program

Has Your Newborn Baby's Hearing Been Screened?

1. Your newborn baby should receive a hearing screening by **1 month** of age.
2. Hearing status should be determined by **3 months** of age.
3. If a hearing concern is identified, call by **6 months** of age to enroll your baby in early intervention services.

For information about the newborn hearing screening process, call **1-800-633-1316**.

For information about early intervention services, call **1-800-535-0182**.



This message is from The Maryland Early Hearing Detection and Intervention Program

Prevention and Health Promotion Administration
Office for Genetics and People with Special Health Care Needs

Sickle Cell Disease Follow Up Program



- Do you, or someone you know, have Sickle Cell?
- Were you, or they, not born in Maryland and in between the ages of 0-18 years old?
- Are you, or they, looking for information regarding Sickle Cell Disease, treatment recommendations, immunization schedules, resource lists and any other information regarding Sickle Cell Disease?
- Would you, or they, wish to receive more information about our long-term follow up program?

To contact the Sickle Cell Follow Up Program,
please call 410-767-6737 or visit

http://phpa.dhmdh.maryland.gov/genetics/SitePages/Sickle_Followup_Program



Bethesda-Farm Women's Market

7155 Wisconsin Ave., Bethesda

Wednesday: 7am - 4pm, Jan to Dec

Saturday: 7am - 4pm, Jan to Dec

farmwomensmarket.com

FMNP & FVC

Clarksburg

23315 Frederick Rd., Clarksburg

Sunday: 10am - 1pm, Jun to Oct

clarksburgfarmersmarket.com

FMNP, FVC & SNAP

Crossroads

Anne St. @ 1021 University Blvd, Takoma Park

Wednesday: 11am - 3pm, Jun to Nov

crossroadscommunityfoodnetwork.org

FMNP, FVC & SNAP

Matching Program

Damascus FFA

25921 Ridge Rd., Damascus

Damascus High School

Thursday: 3pm - 6pm, May to Oct

FMNP, FVC & SNAP

Dawson's

225 N Washington St., Rockville

Wednesday: 11am - 2pm, May to Sep

dawsonsmarket.com

FMNP & FVC

Friday on the Commons

19701 Fisher Ave., Poolesville

Whalen Commons

Friday: 6pm - 9pm, Jun to Aug

poolesvillemd.gov

FMNP & FVC

Fulks Corner Market

Rt. 355 & Fulks Corner Ave., Gaithersburg

Thursday: noon - 6pm, May to Nov

gaithersburgmd.gov/leisure/markets/farmers-markets

FMNP, FVC & SNAP

Main Street Pavilion

301 Main St., Gaithersburg

Saturday: 9am - 2pm, Jan to Dec

gaithersburgmd.gov/leisure/markets/farmers-markets

FMNP, FVC & SNAP

Olney

2805 Olney Sandy Spring Rd., Olney

Sunday: 9am - 1pm, May to Nov

olneyfarmersmarket.org

FMNP & FVC

Potomac Village

9908 S. Glen Rd., Potomac

Thursday: 2pm - 6pm, May to Nov

potomacvillagefarmersmarket.net

FMNP, FVC & SNAP

Matching Program

Rockville

Rt. 28 & Monroe St., Rockville

Jury Parking Lot

Saturday: 9am - 1pm, May to Nov

rockvillemd.gov/farmers

FMNP, FVC & SNAP

Matching Program

Shady Grove

9601 Medical Center Dr., Rockville

Johns Hopkins University Montgomery Co.

Wednesday: 11am - 2pm, May to Oct

shadygrovemarket.org

FMNP, FVC & SNAP

Matching Program

Takoma Park

Laurel Ave., Takoma Park

Between Carroll Ave. & Eastern Ave.

Sunday: 10am - 2pm, Jan to Dec

takomaparkmarket.com

FMNP, FVC & SNAP

Matching Program

PRINCE GEORGE'S COUNTY

Bowie

15200 Annapolis Rd., Bowie

Sunday: 8am - noon, May to Oct

cityofbowie.org/farmersmarket

FMNP & FVC

Cheverly Community Market

6401 Forest Rd., Cheverly

Saturday: 8am - noon, May to Dec

cheverlycommunitymarket.com

FMNP, FVC & SNAP

Matching Program

Downtown College Park

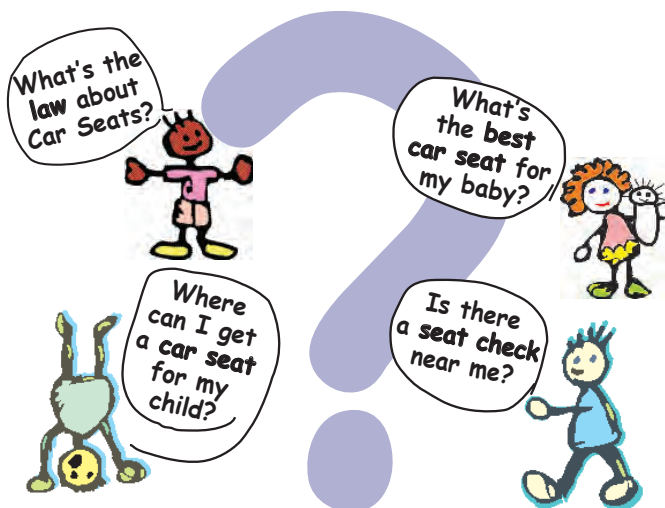
4500 Knox Rd., College Park

Sunday: 10am - 2pm, Apr to Nov

downtowncollegeparkmarket.org

FMNP & FVC

Have questions about Car Seat Safety??



Maryland Kids In Safety Seats has answers!

Helpline:
800-370-SEAT

E-mail:
dhmh.kiss@maryland.gov

Website:
www.mdkiss.org

KISS Skype:
MDKISS2



Farmers' Market at Maryland

Cole Student Activities Building, College Park
Campus Dr. Entrance

Wednesday: 11am – 3pm, Mar to Nov
farmersmarket.umd.edu
FMNP & FVC

Greenbelt

25 Crescent Rd., Greenbelt
Greenbelt Municipal Bldg. Park Lot
Sunday: 10am – 2pm, May to Nov
greenbeltfarmersmarket.org
FMNP & FVC

Hyattsville

3799 East-West Hwy., Hyattsville
Redeemer Lutheran Church Parking Lot
Tuesday: 3pm – 7pm, Jun to Sep
hyattsville.org/591/Farmers-Market
FMNP, FVC & SNAP

Laurel Farmer's Market and Bazaar

378 Main St., Laurel
Thursday: 9am – 2pm, Jun to Oct
FMNP & FVC

Old Town Bowie

4911 Somerset Rd., Bowie
Wednesday: 3pm – 7pm, May to Oct
freshvistafarmersmarkets.com/otbowie
FMNP, FVC & SNAP

Riverdale Park

4650 Queensbury Rd., Riverdale Park
Thursday: 3pm – 7pm, Apr – Mar
rpfm.org
FMNP, FVC & SNAP
Matching Program

USDA Beltsville

5601 Sunnyside Ave., Beltsville
Parking Lot B
Thursday: 10am – 2pm, May to Oct
GWCC.CustomerServices@dm.usda.gov
FMNP & FVC

QUEEN ANNE'S COUNTY

Kent Island

830 Romancoke Rd., Stevensville
Thursday: 3pm – 6pm, Jan to Dec
kentislandfarmersmarket.com
FMNP & FVC

ST. MARY'S COUNTY

California ("BAE")

22810 Three Notch Rd., California
Saturday: 9am – 1pm, Apr to Nov
FMNP, FVC & SNAP

California

Town Creek Dr., California
Saturday: 9am – 1pm, Apr to Nov
FMNP & FVC

North St. Mary's County

37600 New Market Rd., Charlotte Hall
Saturday: 8am – 6pm, Mar to Nov
Friday: 8am – 6pm, Mar to Nov
FMNP & FVC

TALBOT COUNTY

Easton

N. Harrison St. Parking Lot, Easton
Saturday: 8am – 1pm, Apr to Dec
Wednesday: 4pm – 7pm, Apr to Dec
avalonfoundation.org/easton-farmers-market
FMNP & FVC

WASHINGTON COUNTY

Historic City

25 W. Church St., Hagerstown
Saturday: 5am – noon, Jan to Dec
hagerstownmarket.org
FMNP & FVC

Meritus Medical Center

11110 Medical Campus Rd., Hagerstown
Tuesday: 10am – 2pm, May to Sep
FMNP & FVC

Washington County

1063 Robinwood Dr., Hagerstown
Elks Lodge No. 378
Wednesday: 3pm – 6pm, May to Oct
FMNP, FVC & SNAP

WICOMICO COUNTY

Camden Avenue

1401 Camden Ave., Salisbury
Thursday: 2pm – 5pm, Jan to Dec
CamdenAveFarmersMarket.com
FMNP & FVC

Need resources for your child with SPECIAL needs?



Visit the Children And Youth
With Special Health Care Needs
Resource Locator at:

<http://specialneeds.dhmf.maryland.gov/>

The Resource Locator is an online
database that includes:

- Over 800 available easy to search resources
- Interactive maps and directions to each resource
- Ability to be accessed in over 50 languages
- Being 508 Compliant for those with visual impairments
- Resources for Respite Care, Education, Family Support Services, Financial Assistance, Home Care Services, Medical/Dental Care, Mental and Behavioral Health Care, Therapeutic Services, Transportation, and Transition.

Or call: (800) 638-8864



Shore Fresh Growers

Market St. & Poplar Hill, Salisbury
Municipal Parking Lot 16

Thursday: 3pm – 6pm, May to Nov

Saturday: 8am – 1pm, May

FMNP & FVC

WORCESTER COUNTY

Downtown Berlin @ the Firehouse

Harrison Ave., Berlin

Friday: 10am – 3pm, Apr to Dec

Wednesday: 3pm – 6pm, Jun to Aug

DBFM.com

FMNP, FVC & SNAP

Ocean City

142nd St. & Coastal Hwy., Ocean City

Phillips Seafood extended parking lot

Sunday: 8am – 1pm, May to Oct

Saturday: 8am – 1pm, May to Oct

FMNP & FVC

Ocean Pines

239 Ocean Pkwy., Ocean Pines

White Horse Park

Saturday: 8am – 1pm, Jan to Dec

oceanpines.org/farmersmarket

FMNP, FVC & SNAP

Snow Hill

210 W. Green St., Snow Hill

Thursday: noon – 5pm, May to Sep

FMNP & FVC

West Ocean City

8816 Stephen Decatur Hwy., Berlin

Saturday: 9am – noon, Apr to Nov

FMNP & FVC

**Everyone deserves a
healthy relationship.**

We can help.

**THE NATIONAL
DOMESTIC VIOLENCE
HOTLINE**

1-800-799-SAFE (7233)

MEET UP



EAT UP

Coming this summer – friends, free meals and fun!
Comidas gratis, amigos, y diversión vienen este verano.

Learn more at NoKidHungryMD.org or call 211



Maryland Women, Infants and Children Program | 1-800-242-4942 | www.mdwic.org

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Read with your child for
15 minutes every day.
Awaken a world of wonder!



THE FAMILY TREE

PROVIDING SOLUTIONS. PREVENTING CHILD ABUSE.



Sherman Family
Foundation

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The Family Tree

**Spending Time
with Family Is a
Wise Investment.**

The Family Tree is dedicated
to preventing child abuse
and neglect in Maryland by
building healthy families.

For help call the 24-Hour
Parenting HelpLine:
1.800.243.7337

To get involved, visit:
www.familytreemd.org

Share your pictures with
us on social media:
#15forfamilies

Maryland WIC

Better Nutrition Brighter Future

Stick with WIC



Research shows WIC works. WIC, which provides healthy foods, does more than just boost the health of young children and their moms. It's where brighter futures begin. Research shows that children in the WIC program do better in school. **So stick with WIC.** We've got you covered up to your 5th birthday.

1-800-242-4942

Have you made your appointment?

www.mdwic.org   



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