



2008

Kansas Senior Farmers' Market Nutrition Program



Buying Guide for Kansas-Grown Fresh Fruits and Vegetables



Choosing fresh and nutritious seasonal fruits and vegetables from a farmers' market offers many benefits. It can be a great way to add more variety to your diet or to try new foods. It can provide social contacts that help you stay connected to your community, too.

Getting out to shop and interact with others at open air markets can be especially beneficial if you live alone or have little contact with others. Social contact at farmers' markets during the selling season can foster friendships.

To find a Kansas community farmers' market near you, call your local K-State Research and Extension office or look on the Internet at

www.oznet.ksu.edu/pr_kfmd

Use this guide throughout the summer to know which fresh, Kansas-grown fruits and vegetables are likely to be available at your local open air market. Some fruits and vegetables may not be grown by the farmers in your area.

Early to mid June – asparagus, beets, broccoli, cabbage, cauliflower, Chinese cabbage, collards, green onions, kale, kohlrabi, lettuce, mesclun, mushrooms, mustard greens, oriental greens, peas, radishes, rhubarb, spinach, sprouts, strawberries, turnips

Mid to late June – apples, apricots, basil and other fresh herbs, beets, blueberries, cabbage, carrots, cauliflower, cherries, collards, cucumbers, edible soybeans, garlic, green beans, head lettuce, kohlrabi, lima beans, mushrooms, mustard greens, oriental greens, raspberries, sprouts, strawberries, summer squash

Early to mid July – apples, apricots, basil and other fresh herbs, beets, blackberries, blueberries, carrots, cauliflower, cherries, crabapples, cucumbers, dewberries, edible soybeans, garlic, gooseberries, green beans, honeydew melon, lima beans, mulberries, mushrooms, muskmelon or cantaloupe, nectarines, New Zealand spinach, onions, peaches, peppers, potatoes, raspberries, sprouts, summer squash, sweet corn, Swiss chard, tomatoes

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Mid to late July – basil and other fresh herbs, blackberries, crabapples, cucumbers, currants, dewberries, eggplant, gooseberries, grapes, honeydew melon, mulberries, mushrooms, muskmelon or cantaloupe, nectarines, New Zealand spinach, okra, onions, peaches, peppers, plums, potatoes, sprouts, summer squash, sweet corn, Swiss chard, tomatoes, watermelon

Early to mid August – basil and other fresh herbs, blackberries, cucumbers, currants, dewberries, eggplant, gooseberries, grapes, hardy kiwi, honeydew melon, Jerusalem artichoke, mushrooms, muskmelon or cantaloupe, nectarines, New Zealand spinach, okra, onions, peaches, peppers, plums, potatoes, sprouts, summer squash, sweet corn, Swiss chard, tomatoes, watermelon

Mid to late August – apples, Asian pears, basil and other fresh herbs, blackberries, cucumbers, currants, date pears, dewberries, eggplant, gooseberries, grapes, hardy kiwi, honeydew melon, Jerusalem artichoke, mushrooms, muskmelon or cantaloupe, nectarines, New Zealand spinach, okra, onions, peaches, pears, peppers, plums, sprouts, summer squash, sweet corn, Swiss chard, tomatoes, watermelon

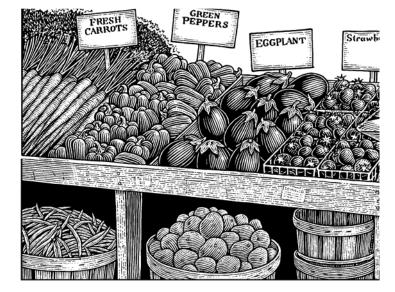
Early to mid September – apples, Asian pears, basil and other fresh herbs, currants, date pears, gooseberries, grapes, honeydew melons, mushrooms, muskmelon or cantaloupe, nectarines, New Zealand spinach, okra, onions, peaches, pears, peppers, plums, raspberries, sprouts, summer squash, sweet corn, Swiss chard, tomatoes, watermelon Mid to late September – apples, basil and other fresh herbs, beets, Brussels sprouts, currants, edible soybeans, grapes, green beans, head lettuce, leaf lettuces, lima beans, mesclun, mushrooms, okra, paw-paw, peanuts, pears, persimmon, pumpkins, radishes, raspberries, rutabagas, spinach, sprouts, sweet potatoes, turnips, watermelon, winter melon, winter squash

October – apples, basil and other fresh herbs, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, Chinese cabbage, collards, edible soybeans, green beans, head lettuce, kale, kohlrabi, leaf lettuces, leeks, lima beans, mesclun, mushrooms, mustard greens, okra, oriental greens, parsnips, peanuts, pumpkins, radishes, raspberries, rutabagas, salsify, spinach, sprouts, sweet potatoes, turnips, winter melon, winter squash

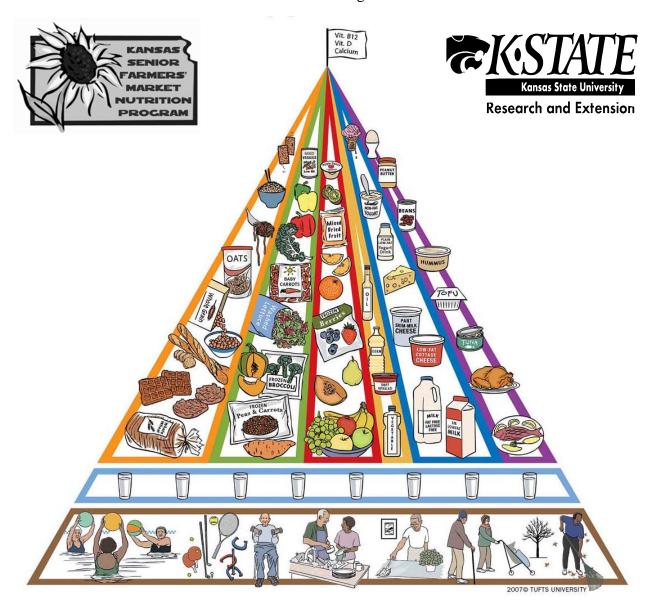
The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet.

To find out more, contact your local SRS Service Center or call 1-800-221-5689.





The information on this page was adapted from: Buying Guide for Kansas-Grown Fresh Fruits and Vegetables by Mary Meck Higgins and Chuck Marr, Kansas State University, March 2004, MF-2647. Publications from Kansas State University are available on the World Wide Web at: www.oznet.ksu.edu Contents of this publication may be freely reproduced for educational purposes. All other rights reserved. In each case, credit the authors. Kansas State University Agricultural Experiment Station and Cooperative Extension Service Manhattan, Kansas. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS).



A Modified Food Guide 'MyPyramid' for Older Adults

The pictures of foods throughout the pyramid highlight good choices within each food group, from left to right: Grains, Vegetables, Fruits, Milk, and Meat and Beans.

A foundation below the pyramid shows a row of water glasses and a row of sample physical activities. These emphasize the increased importance of both fluid intake and regular physical activity in older adults.

A flag on the top suggests that some, but not all, older adults need supplemental vitamins B-12 and D, and calcium, from fortified food products or a nutrient supplement.

To help meet their unique nutrient needs, older adults should emphasize:

- Fiber-rich choices within each food group.
- Whole grains and variety within the grains group.
- Nutrient-rich choices and variety within the vegetables and fruits groups.
- Choices from the milk group that are low-fat and nonfat, including reduced lactose products.
- Eating small amounts of oils and fats, and choosing those low in saturated fat and in trans fat.
- Animal and vegetable choices from the meat and beans group that are low in saturated fat.
- Getting plenty of fluids by drinking water and other beverages, and by eating foods that contain water.

For more information about healthy eating, contact your local extension office.

The graphic, Modified MyPyramid for Older Adults, was designed by the USDA Human Nutrition Research Center on Aging at Tufts University. The text was adapted by Mary Meck Higgins from Lichtenstein AH, H Rasmussen, WW Yu, SR Epstein, RM Russell. 2008. Modified MyPyramid for Older Adults. J Nutrition 138:5–11.

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Research and Extension



How expensive is it to eat fruits and vegetables?

Fruits and vegetables can be cheaper than a candy bar and a soda.

Did you know that many fruits and vegetables cost less than 50 cents for a cup ready to eat?

Eating 1/2 cup each of the five lowest-cost vegetables and 1/2 cup each of the four lowest-cost fruits would cost about \$1.25.

This would meet the amount recommended by the 2005 Dietary Guidelines for Americans. Adults are advised to eat 2 to 4 cups of vegetables and 1 1/2 to 2 1/2 cups of fruit each day.

Fresh fruits and vegetables cost less than canned, frozen or dried ones. A comparison of the cost per serving of fresh

produce with the cost of

processed fruits and

"Most fruits and vegetables cost the least when eaten in their fresh form."

vegetables had surprising results. Most fruits and vegetables cost the least when eaten in their fresh form.

It may be worth paying a higher price sometimes for canned, frozen and dried fruits and vegetables. When compared to fresh, they have less risk of spoilage and may be easier to prepare.

How can we reduce the expense of fruits and vegetables?

While the purchase prices for fruits and vegetables may seem high, know that a pound of fresh fruits and vegetables often yields two to four cups of ready-to-eat food.

It may be more

expensive to buy a larger amount, such as whole melon, rather than a cut melon. But your cost per serving will usually end up being lower when you buy

the whole melon – if you eat it all before it spoils.

The least expensive fresh vegetables are:

Cabbage, potatoes, regular (not baby) carrots, radishes, onions, cucumbers, celery, mustard greens, bell peppers, lettuce, cauliflower, kale, sweet potatoes, broccoli

The least expensive fresh fruits are:

Watermelon, apples

The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet.

To find out more, contact your local SRS Service Center or call 1-800-221-5689.

The information on this page was updated and adapted by Mary Meck Higgins for K-State Research and Extension's Family Nutrition Program's Fruits and Vegetables...Good for You! Spring 2005 newsletter, from J. Reed, E. Frazão and R. Itskowitz. 2004. How Much Do Americans Pay for Fruits and Vegetables? Agriculture Information Bulletin number 790. Electronic report at www.ers.usda.gov (Accessed Feb. 2005). This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS). Pick a better snack campaign developed by the Iowa Nutrition Network and Iowa Team Nutrition.

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