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NUTRITION SEGMENT SEPTEMBER 8TH, 2008: FARMER'S MARKET FEVER

Produce is at its peak right now so get it while you can. A fruit or vegetable that is able to ripen on the vine has better taste and better nutrition quality. Utilize your local farmer's markets and the recipes below.

TOP 3 PICKS AT THE FARMERS MARKET:

1) PEACHES:

Calories: around 60 calories per medium peach

Top Nutrients: Fiber, vitamin A & C, potassium and contains hard to get vitamin E.

Something You May Not Know: Peaches do not get sweeter after they are picked, they do get softer and juicier, but not sweeter.

Top Tip: Pick a fragrant peach and don't go by the red color for ripeness. Purchase a peach with a cream background color that smells sweet.

Peach Recipe: Peach Salsa

Serves 4

3 ripe but firm peaches, unpeeled, pitted and cut into 1/4-inch dice

1/4 cup red onion, finely diced (about 1/2 small onion)

1/4 cup fresh cilantro or basil, chopped

1/2 lime, juiced

1 clove garlic, minced

1/4 teaspoon kosher salt

1/8 teaspoon freshly ground black pepper

Add all ingredients and mix. *Nutrition per serving: 33 calories, 0 g fat, 8 g carbs, 0 g protein, 0 mg sodium, 1 g fiber.*

2) CORN:

Calories: Large cob 160 calories

Top Nutrients: Fiber, vitamins B, C, small amount iron, magnesium, phytochemicals zeaxanthin, lutein

Something You May Not Know: Corn is a whole grain that we eat as a vegetable AND corns sugar turns to starch quickly, so you may lose sweetness if you don't cook it right away. If you can't get to it, put it in the refrigerator to help slow the sugar from turning to starch.

Top Tip: Eat corn the day you get it and try skipping the butter once and substituting lime or lemon.

3) TOMATOES:

Calories: 50 calories for 1 medium tomato

Top Nutrients: Fiber, vitamins B, C, iron, potassium, phytochemical lycopene.

Something You May Not Know: Botanically it's a fruit but we eat it as a vegetable.

Top Tip: Store tomatoes at room temperature, not in the refrigerator. Try balsamic vinegar + olive oil + salt and pepper to bring out the best in your tom.

Contact Stacy Beeson, RD, LD at St Luke's Health Solutions 381-2403.