

FRESH FOOD SHARE

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Stretch your Food Assistance Dollars with Double Up Food Bucks

It's almost the start of farmer's market season, which means the Double Up Food Bucks season is also nearly upon us.

This year the Double Up Food Bucks season runs June 1st through October 31st.

Double Up Food Bucks (DUFb) is a statewide program that matches SNAP Bridge Card benefits spent at farmers markets. This year will be the third year that Bridge Card customers will receive DUFb tokens for their Fresh Food Share purchases and will be able to use DUFb tokens to purchase their boxes.



When you use your Bridge Card with Fresh Food Share you will receive your DUFb tokens when you go to collect your box on distribution day. Fresh Food Share matches the percentage of the cost of the box that was spent on Michigan produce. If the box is 100% Michigan grown you receive 100% of the amount spent on your Bridge Card (up to \$20); if the box is 80% Michigan grown you receive 80% of the amount spent on your Bridge Card back in tokens when you pick up your produce.

These tokens can then be taken to a participating farmer's market and used to purchase more Michigan grown produce, or you can save them up till next month and use them toward the cost of your box!



Frequently Asked DUFb Questions

What can I buy with my DUFb tokens and my SNAP Bridge Card benefits?

You can spend your DUFb on fresh fruit and vegetables grown in Michigan. Look for vendors with a "Double Up Food Bucks Accepted Here" sign. You can also use DUFb to buy plants to grow food in your own garden. You can spend your SNAP Bridge Card benefits on almost anything edible at the market, except ready-to-eat prepared foods.

Why can I only buy Michigan-grown fruit and vegetables with my DUFb?

DUFb is a program with two goals: to help low-income families access fresher, healthy foods AND to support local farmers. By spending your DUFb on Michigan-grown products, you are helping local farmers boost their incomes, and that is great for the Michigan economy. You can still use your SNAP Bridge Card benefits for other food items like meats, cheeses, and fresh breads from the other market vendors.

Why can I only get \$20 per market day?

DUFb has a limited budget. We want as many people as possible to get the benefit of doubling their fruit and vegetable purchasing power, and the best way to do that is to limit the amount of tokens one person can get per market visit. You can come back every month to Fresh Food Share, every week to any participating market and you will get up to \$20 matched at each and every visit from now through the end of October. The last day to use DUFb tokens is October 31st, 2014 or the closing day of the market, whichever comes first.



Your Share This Month

Potatoes
Vidalia Onion
Carrots
Salad Mix

Celery
Leaks
Cabbage
Cucumber

Tomato
Broccoli
Garlic
Green Beans

Nectarines
Pears
Apples

White, Tan & Brown Fruits & Vegetables

When eating the rainbow don't forget your white, tan, and brown fruits and vegetables. They may not be the flashiest, but they still pack a nutritional punch. Cauliflower, garlic, mushrooms, ginger, onions, parsnips, potatoes, turnips, white corn, jicama, bananas, dates, white peaches, white nectarines, and brown pears all have an important place in a balanced diet.

Bananas and potato skins are excellent sources of **potassium** which keeps your heart pumping, regulates blood pressure, and can help lower cholesterol. Garlic and onions contain lots of **sulfur** which is important to many physical processes within the body. White, tan, and brown produce are high in **lignans** which can help balance hormone levels in our bodies. Meanwhile, cauliflower contains more **Vitamin C** than an orange! Let's not forget about the ever important **fiber** which can be found in most white, tan, and brown vegetables.



Homemade Garlic Bread

- 1 loaf of Italian bread or French bread
- 1/2 cup (1 stick) unsalted Butter, softened
- 2 large cloves of Garlic, smashed and minced
- 1 heaping Tbsp. of freshly chopped Parsley
- 1/4 cup freshly grated Parmesan cheese (optional)

Preparation

Preheat oven to 350 degrees. Mix the butter, garlic, and parsley together in a small bowl. Prepare using one of the methods below. One will result in crispy garlic bread and the other a softer bread more like the store bought variety. Both are delicious!



Toasted Method

Cut loaf in half, spread butter mixture over the two bread halves. Place on a sturdy baking pan and heat for 10 minutes.

Remove pan from oven. Sprinkle Parmesan cheese on bread if using. Return to oven on the highest rack. Broil on high heat for 2-3 minutes until the edges of the bread begin to toast and the cheese (if you are using cheese) bubbles. Watch very carefully while broiling. The bread can easily go from un-toasted to burnt.

Remove from oven, let cool a minute. Remove from pan and make 1-inch thick slices. Serve immediately.

Soft Method

Make 1-inch thick slices into the bread, but do not go all the way through, just to the bottom crust. Put a teaspoon or two of the butter mixture between each slice. Wrap the bread in aluminum foil and heat for 15 minutes in the oven.

Recipe adapted from "Simply Recipes"

Cauliflower and Leek Risotto

- 1 medium Leek (white and pale green parts only), finely chopped
- 1 medium head Cauliflower (2 pounds), cut into 1-inch-wide florets
- 3 1/2 cups Chicken or Vegetable Stock
- 1 1/2 cups water
- 3 Tbsp. unsalted Butter
- 1 cup Arborio, Carnaroli or other short-grain rice (short-grain rice is important to get the creamy texture characteristic of risotto)
- 3/4 cup Parmesan Cheese)



Preparation

Wash leek well in a bowl of cold water, then lift out and drain. Blanch leek and cauliflower in a 4- to 5-quart pot of boiling, salted water, uncovered, for 1 minute. Drain in a sieve and transfer to a bowl of cold water to stop cooking. Drain well. Bring stock and water to a boil in a 2- to 3-quart saucepan and keep at a bare simmer, covered.

Heat 2 tablespoons butter in a 4-quart heavy pot over moderately high heat until foam subsides, then sauté cauliflower and leek, stirring, 2 minutes. Add rice and cook, stirring, 1 minute. Add 1 cup simmering stock and cook at a strong simmer, stirring, until absorbed, about 2 minutes. Continue simmering and adding stock, about 1/2 cup at a time, stirring frequently and letting each addition be absorbed before adding the next, until rice is just tender and creamy looking, 20 to 25 minutes. (There may be leftover broth.)

Remove from heat and stir in cheese, remaining tablespoon butter, and salt and pepper to taste. Thin with a little remaining stock as desired and serve immediately.



MyPlate Nutrition

The newest guide to eating right is **Myplate**. Myplate replaced the food pyramid in 2011. This nutritional tool is easy to apply to everyday life. The plate is broken down into the five food groups in the proportions we should be eating daily.

Dairy

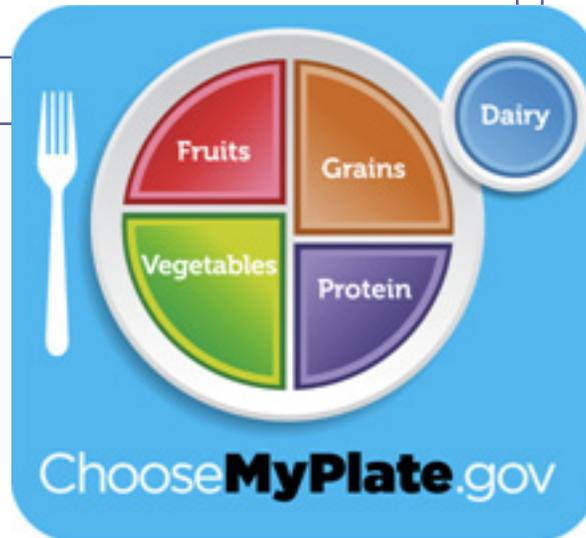
- Whole milk (vitamin D milk) contains the most saturated fat
- Try moving to Skim, 1% or 2% to save on calories and fat. You will still be getting the same amount of vitamins and minerals!
- Choose low fat cheese or cheese made with 1% milk when possible

Remember your plate size does matter. Using a salad plate instead of a dinner plate can prevent over eating and help you to stay within the recommended serving sizes.

Fruits and Vegetables

- Make $\frac{1}{2}$ your plate fruits and veggies
- Refrigerate cut-up fruits and veggies for an easy go to snack
- Whole fruit is preferred over juice for added fiber
- Choose fruits and veggies in various colors, each color provides different nutrients
- Canned, frozen or fresh all count
 - If buying canned look for no/low sodium vegetables. Look for fruit canned in 100% juice not syrup

Visit Myplate.gov for more information on healthy eating



Grains

- Make $\frac{1}{2}$ of your grains whole
- Look for “whole grain”, “whole wheat” etc. as the first ingredient on the food label
- Whole grains provide us with fiber, which keeps us full longer
- Don’t like whole-wheat pasta or brown rice?

*Try using half brown rice half white rice or half whole grain and half regular pasta

Protein

- Choose lean sources of protein such as chicken, turkey, and fish
- Look for meat that is 90% lean, 10% fat
- The leanest choices of meat include: leg, loin, and chop
- Choose plant-based proteins such as nuts, seeds, tofu and legumes more often

National Salad Month

May is National Salad month and what better way to celebrate then with making one or two or ten! Often, people think of salads as side salads or as the first course of a meal, but remember **salads can be a complete meal when rounded out with proteins and/or grains**. Try adding beans, nuts, low fat cheeses, or grilled meats for protein. You can use grains as an addition or the base of your salad. Try quinoa, couscous or barley. Finally, don’t forget to eat a wide variety of colorful veggies and fruits to get the full spectrum of vitamins and nutrients.



Roasted Garlic Caesar Salad Dressing

If you love the tang and creaminess of Caesar dressing, you'll love this recipe! This dressing has lots of flavor plus extra veggies! You can save time by roasting the garlic beforehand and keeping it covered in the fridge for 2 to 3 days.

Ingredients

Salt
Pepper
1 head of Garlic
¼-1/2 cup Oil
2 Tbsp. fresh Lemon juice
1 Tbsp. Dijon mustard
1 teaspoon Worcestershire sauce
Dash of hot pepper sauce (optional)



Preparation

Roasting Garlic: Preheat oven to 300 degrees. Cut off top of garlic bulb (you want the entire head of garlic here, not a clove) and peel off outer layers of flaky skin leaving the head intact. Place garlic in a casserole dish, drizzle with a tablespoon of oil and season with a sprinkle of salt. Cover; bake until garlic is very soft, about 1 to 1.5 hours. Cool garlic.

Dressing: Squeeze garlic to remove cloves from skins. Place in small bowl and mash with fork to form paste. Transfer paste to blender or food processor or mix by hand with a fork/whisk. Add fresh lemon juice, Dijon mustard, Worcestershire sauce and hot pepper sauce, if using. Puree together. Now with machine running, or while whisking, add 1/3 cup oil to create an emulsion. Season to taste with salt and pepper, toss with greens and enjoy!

FFS Tips & Quips: Knife Techniques

Here are a few basic knife techniques beyond chopping to help you process all those fruits and veggies you get in your box every month. **Remember always use caution when learning and practicing a new knife skill.** Go slow at first and always cup the fingers of your guiding hand.

Julienne: The julienne cut creates thin, match-stick like veggies. Start by "squaring off" your item: remove the ends of what you want to cut, slice into lengths of 2-3 inches, for each segment, slice one end to produce a flat surface, lay flat, and continue the process for remaining sides. Then slice that item length-wise at a thickness of about 1/16 inches leaving you with thin rectangular cuts. Then, take the thin slices and slice again. Voila! Julienned veggies.

Dice: Start by using the julienne technique, but adjust your thickness according to how small or large you want your dice to be. Once you sliced the veggies into sticks, rotate 90 degrees and slice from the other direction. This will give you uniform cubes.

Chiffonade: The chiffonade is used when slicing very thin items such as herbs or greens. Start by stacking the items. Then roll them up. Start slicing at one end and work your way to the other to produce a long, thin strip of the item you are cutting.



COMMUNITY CALENDAR

#FreshFridge Challenge: A Taste Of The Lions Giveaway Online: Now through Friday, May 16th

Win tickets to the Taste of the Lions at Ford Field! At The Taste of the Lions held at Ford Field, you get to meet Calvin Johnson, Matthew Stafford & Reggie Bush, plus coaches & alumni, while strolling & eating at some of Detroit's finest restaurants. This event is sponsored by WDET & benefits Eastern Market & their community outreach programming. To enter the contest, take a photo of the inside of your fridge (hopefully it is clean). The image must clearly show seven (or more) separate kinds of fresh fruits or vegetables. Upload the photo to Instagram or Twitter & tag #FreshFridge. Your tagged photo is your contest entry. We'll randomly pick ONE winner each day who will receive pair of tickets to The Taste of the Lions.

2nd Annual "We Love Our Park" Spring Cleaning Saturday, May 17th from 9:00 am – 2:00 pm

O'Hair Park Community Association
Meet in the Corpus Christi Rainbow Room in the school building at Evergreen and Pembroke. Please bring rakes, flat shovels, and brooms. Work gloves and refreshments will be available. Dumpsters provided by the Wayne county C.L.E.A.N. Program. Contact us at ohairparkcommunityassoc@gmail.com or 313-538-5835.

Fresh Food Share orders are due Friday, June 13th to your site coordinators.

The Green Ribbon Collaborative is a partnership between Gleaners Community Food Bank, Eastern Market Corporation, The Fair Food Network and The Greening of Detroit, fostering innovation and sustainable solutions to improve the community-based food system of Detroit and Southeastern Michigan through joint action of its member organizations and by working with other key stakeholders on a program or project basis.



To learn more about the Fresh Food Share, contact Ariana Riegel at 313-550-8034 or freshfoodshare@gcfb.org.

