There are more than 170 farmers markets throughout the state of Indiana. Supporting your local farmers market helps to keep more money in your local economy. If you have the opportunity, talk to the farmers at the market. Learn how the produce is grown, soil and pest management practices, how to prepare the produce, and more.

Produce is typically at its peak of flavor due to being picked either early that morning or the prior evening. Maximize your visit by following the tips below when visiting the farmers market:

1. Know your seasons—this way you will be prepared for what is offered at the market.

2. Plan meals ahead of time—allowing you to shop ingredients for your meals for the week.

3. Bring your own re-useable bags—its better for the environment and they are sturdier than plastic bags or consider bringing a wheeled cart if you plan on making lots of purchases.

What’s in season in Indiana

**Mid June- August**—Apples, Beets, Blackberries, Blueberries, Brussels Sprouts, Cabbage, Cantaloupe, Carrots, Cherries, Cucumbers, Eggplant, Grapes, Green Beans, Mushrooms, Onions, Peaches, Peppers, Plums, Potatoes, Raspberries, Strawberries, Summer Squash, Sweet Corn, Tomatoes, and Watermelon.

Source for seasonal Indiana produce: https://www.extension.purdue.edu/extmedia/HHS/HHS-755-W.pdf
Build the foundation today!

Aging does not mean having poor oral health and tooth loss.

SIMPLE STEPS TO ENSURE ORAL HEALTH IN OLDER ADULTS:

- Brush teeth thoroughly twice a day with fluoride toothpaste and floss once a day to remove plaque.
- Drink fluoridated water, if available.
- Do not smoke or use tobacco products.
- Eat a balanced diet with fruits and vegetables.
- Limit sugary snacks and drinks.
- Limit alcohol.
- If you have diabetes, work to maintain control of your blood sugars.
- If medication causes dry mouth, ask your doctor for a different medication that may not cause dry mouth.
- If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco products and alcohol.
- Consider using an electric toothbrush to make it easier to brush teeth.
- Visit the dentist at least once a year — regardless of whether you have teeth or dentures.
Baby Boomers and Food Safety

About 1 in 6 Americans will get food poisoning each year. Older adults are at an increased risk of serious complications from foodborne illness. A few simple steps can help keep the golden years pleasant for you or older adults you help care for.

What May Make You Sick?

Here's a look at some of the most common food pathogens that affect older adults and where they're found:

- **E. coli O157:H7**
  - Undercooked ground beef, unpasteurized milk and juices, contaminated raw fruits and vegetables, and water
  - Person-to-person contact

- **Campylobacter**
  - Raw or undercooked meat, poultry or shellfish
  - Untreated or contaminated water

- **Salmonella**
  - Raw or undercooked eggs, poultry or meat
  - Unpasteurized (raw) milk
  - Unpasteurized (raw) milk or juice

Why Are You at Risk?

Older adults are at elevated risk for hospitalization and death from foodborne infections. Why?

- Medication side effects (like a weakened immune system)
- Changes in functioning of organs like liver and kidneys
- Underlying chronic conditions (such as diabetes or kidney disease)
- Age-related changes to GI tract

Product Dating

Dates printed on food labels indicate when items will no longer be at peak quality. Dates are not for safety. Here's what each one means:

- **Sell By**: Buy the product before this date. It is safe to eat after this date.
- **Use By**: This is the last date recommended for best flavor or quality.

When in doubt, throw it out.

Perishable food that has been held at unsafe temperatures can cause illness, regardless of the package date.

Foods to Avoid

- Soft cheeses made from unpasteurized milk (feta, brie, Camembert, blue-veined and queso fresco)
- Raw or undercooked meat, poultry, eggs or seafood
- Unpasteurized (raw) milk
- Hot dogs, deli meats and luncheon meats that have not been heated to steaming hot
- Raw sprouts
- Pates—unpasteurized/refrigerated pates

Safety Tips

The pathogens that cause foodborne illness can’t be smelled or tasted. Proper food handling of the food you bring home is your best defense against food poisoning. With all foods, follow these tips:

- **Clean**: Clean surfaces, utensils and hands with soap and warm water
- **Separate**: Separate raw meat, poultry and seafood from ready-to-eat foods in your grocery-shopping cart, refrigerator, and during meal prep
- **Cook**: Cooked food is safe only after it's been heated to a high enough temperature to kill harmful bacteria. Use a food thermometer
- **Chill**: Chill raw and prepared foods promptly if not consuming after cooking

For more food safety info, go to [FoodSafety.gov](http://www.fsis.usda.gov)

Additional Source:

Seasonal Produce Spotlight

Zucchini Day
August 8th

Select: Choose unbruised, firm, small, and tender skinned zucchini.

Fun fact: Consist of 95% water and is high in potassium.

Storage: Should be kept in the refrigerator and consumed within 2–3 days.

Cooking methods: Zucchini can be eaten raw, grilled, sauteed, roasted, grated or shredded and used in baked goods (think zucchini bread), can replace carrots in muffins or cakes, or replace noodles in spaghetti. The blossoms are also edible and can be battered and fried or stuffed.

Preservation: With the skin on, can dice into 1/2 inch pieces, blanch, drain, and freeze; can also be dehydrated or pickled.

Nutrition: 1 cup of sliced raw zucchini has 19.2 calories, 1.37g of protein, 3.51g of carbohydrates, 1.13g of fiber, 18.1mg of calcium, 20.3mg of magnesium, 295mg potassium, 9.04mg of sodium, 20.2mg vitamin C, 107g water

Resources: https://foodprint.org/real-food/zucchini-and-summer-squash/
Skillet Zucchini and Squash

Recipe Courtesy: https://www.allrecipes.com/recipe/8441918/skillet-zucchini-and-squash/

Servings: 4

Nutrition Facts: 84 calories, 7g Fat, 2g Saturated Fat, 8mg Cholesterol, 8mg Sodium, 6g Carbohydrates, 2g Dietary Fiber, 1g Protein

Ingredients:
1 tablespoon unsalted butter
1 tablespoon olive oil
1/2 medium onion, chopped
1/2 medium red bell pepper, chopped
1 medium zucchini, cut into 1/4 in. slices
1 medium yellow squash, cut into 1/4 in. slices
Salt and freshly ground black pepper to taste
1 clove garlic, minced
Minced chives (optional)

Directions:
1. Heat butter and olive oil together in a large non-stick skillet over medium-high heat. Add onion once butter is bubbly; cook and stir for 2 minutes. Add bell pepper and cook for 1 minute. Stir in yellow squash and zucchini slices. Season with salt and pepper. Cook, stirring, for about 3 minutes.
2. Stir in minced garlic and cook, stirring, about 1 minute. Keep cooking, stirring continuously, until squash has desired texture, 2 to 3 minutes.
3. Sprinkle with minced chives before serving.