



Top Reasons to Shop at a Farmers Market



Now that the weather is warming up, harvesting season is happening in many parts of the country. Local farmers markets are great places to shop for food this time of year. Here are some of the top reasons why:

- 1. Freshly picked and in season produce is at its peak in flavor and nutrition.** If the food is at the market, it is most likely in season. This gives you more nutritional bang for the foods that you are eating. These foods tend to have better flavor because they have naturally ripened.
- 2. You are helping to support local farmers and the local economy.**

Through this support new and smaller farmers can be successful and preserve farmland in the area. You can also learn more about the surrounding areas and what kinds of

foods are best to grow there.

- 3. Social Networking.** This is a great opportunity to meet and learn from the people who grow your food. You can also find many other like minded people at the market to engage with.
- 4. Learn as much as you can about your food.** Who else is better to teach you about your food than the person who grows it. They can teach you about how it was grown, how to store it, and even how to prepare it. They can also teach you more about the farming, the soil, and the growth process.
- 5. Try something new.** Many farmers have lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious. They will often have samples or will let you taste something if you are unsure. The more new foods you find that you enjoy, the less bored you will be.
- 6. Many farmers markets sell more than just fruits and vegetables.** Look for beef ranchers, pork farmers, cheese-makers, bread-bakers and flower growers. You may even find homemade jerky, sausages, honey, olive oil, coffee, eggs and plants.
- 7. Get your kids involved.** It is a great way for them to learn more about their foods and where it comes from. They may be more inclined to eat different foods if they take part in choosing them.
- 8. Farmers markets are easy to find.** To find one in your area go to:
search.ams.usda.gov/farmersmarkets/

Sun Safety Tips

- Wear sunscreen everyday, in all weather and in every season. It should have an SPF of 30 and say "broad-spectrum" on the label. This indicates that it will protect against both UVA and UVB rays.
- Reapply sunscreen at least every 2 hours or more often if you are sweating or swimming.
- Wear sunglasses with total UV protection.
- Wear wide-brimmed hats, and long-sleeve shirts and pants when possible.
- Check your skin regularly so that you know what is normal for you. Take notice of any changes or new growths.
- Use cosmetics and contact lenses that offer UV protection. But, you still need to apply sunscreen and wear sunglasses.
- Don't use tanning beds.

Featured Anti-Inflammatory Food

Carrots

Eat more carrots by trying out one of these great recipes!

Spicy Chicken Soup

Ingredients

2 tbsp coconut oil	2 tbsp adobo sauce
1 onion, finely chopped	6 cups chicken broth
6 cloves garlic, thinly sliced	1 cup carrots, chopped
6 boneless, skinless chicken thighs, cut into 1/2-inch pieces	1/2 cup chopped fresh cilantro
2 canned chipotle chiles in adobo sauce, finely chopped	Juice of 2 limes
	Salt and pepper
	1 avocado, thinly sliced lengthwise

Directions

Heat the oil over medium-high heat in a large pan. Lower the heat and add the onion and garlic to the pan. When the onion begins to brown, stir them to the side of the pan. Turn the heat up to high and put the chicken in the pan until golden, this will take about 5 minutes. Next add the carrots, chipotle chilies and sauce and stir. Pour in the chicken broth and simmer for 15 minutes on low heat. Right before removing from heat add the cilantro and lime juice and stir. Serve in bowls and garnish with avocado.

Chicken Curry

Ingredients

1.5 lbs boneless skinless chicken breast, diced	1/2 cup chicken stock
2 carrots, diced	1 tbsp Thai curry paste
1/2 a large head of green cabbage, shredded	1-2 splashes of fish sauce or more to taste
3 cups crimini mushrooms	1-2 splashes of coconut aminos or more to taste
1 can coconut milk	Cilantro, chopped

Directions

Mix coconut milk and curry paste in a large pot, stir until it is blended. Once it begins boiling, turn down the heat to low and simmer about 5 minutes. Now chop up your chicken and your vegetables. Put the chicken, carrots, stock, fish sauce and aminos into the simmering curry on the stove. Mix together and continue simmering 10 minutes. Then put the cabbage and mushrooms in and cook until the cabbage is tender (3 – 5 minutes). Garnish with cilantro.



Special Feature
from our newest
partner:
**Feed your
Vitality**

The beta-carotene and vitamin A found in carrots are found to fight inflammation. Cooking the orange vegetable increases the availability of these nutrients!



Check us out at:

www.feedyourvitality.com

Newsletter Quiz

1. Why would you (or do you) shop at a farmers market?
2. What is in carrots that fight inflammation?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by June 30, 2015.

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