

FARMACY BITES



THIS WEEK'S PRODUCE:



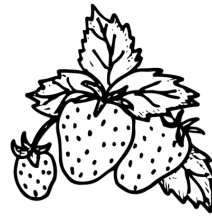
Squash/Zucchini



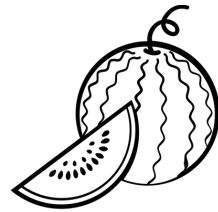
Fennel



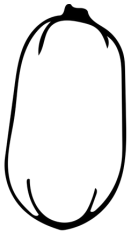
Green Beans



Strawberries



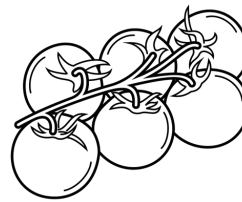
Melon



Spaghetti
Squash



Lettuce Mix



Cherry
Tomatoes



Tomatoes

EASY EATING TIPS

Spaghetti Squash - Spaghetti squash is a good stand-in for pasta and pairs well with tomatoes, cheese, garlic, onions, basil, bell peppers, mushrooms, and vinegar. See detailed recipe on reverse side.

Lettuce Mix - Eat fresh with chopped vegetables, seeds and nuts.

Fennel - Thinly sliced raw fennel bulb adds a sweet licorice flavor and crunchy texture to salads. To slice the bulb, stand it on the root end and cut vertically with a sharp knife or mandolin. To soften the flavor of the bulb, try braising, sautéing, roasting, or grilling it.

Cherry Tomatoes - Delicious as is, added to salads/pastas/pizzas...

Green beans - Toss green beans with pasta for an easy hot or cold supper. Or simply sauté some garden-fresh green beans with garlic for an easy side dish, or make pickled dilly beans.

Tomatoes - Slice and eat fresh, toss in a salad, pair with basil and cheese

Summer Squash/ Zucchini - Slice zucchini into uniform strips, season with oil, vinegar, herbs and spices. Heat grill, making sure grates are clean and well oiled. Grill until tender and grill marks appear.

Strawberries - Cut up and eat fresh, add to cereal or yogurt, or toss in the blender with any smoothie

Melons - Cube and eat fresh!

ARE YOU ELIGIBLE FOR VERMONT WIC?

Vermont WIC, a supplemental food and nutrition education program, is committed to providing families with continued support now and in the days ahead. Only half of the eligible women, infants and children are currently on WIC. WIC appointments are being held over the phone and classes are being held over video to align with social distancing. There have been temporary changes in our food packages that will last until September 30th, 2020. If you're pregnant, a caregiver, or a parent with a child under five, call the Middlebury District Office to learn more and to find out if you're eligible. (802) 388-4644.



MASK UP VERMONT



Wearing is caring! Wearing a mask is a simple way to prevent the spread of COVID-19 and protect friends, family and fellow Vermonters. Please wear one when you're out running errands, engaging with people you don't live with, or in a busy area - either inside or out. For more ways to stop the spread of COVID-19, visit www.healthvermont.gov

SPAGHETTI SQUASH WITH TOMATO SAUCE

Hands-on time: 15

Total time: 60

For the squash:

1 medium spaghetti squash (3-4 pounds)

1 Tbsp extra-virgin olive oil

salt and pepper

1 cup Parmesan or ricotta cheese

For the tomato sauce:

4 pounds fresh tomatoes, cored & roughly chopped

2 tablespoons extra-virgin olive oil

2 cloves garlic, minced

salt and pepper

Heat oven to 400 F. Cut spaghetti squash in half lengthwise. Use a spoon to scoop out the seeds and compost them. Rub olive oil, salt & pepper on the insides of the squash. Place the squash, cut side down, on a baking sheet. Toss the tomatoes, garlic and olive oil together in an oven-safe pot or dutch oven that has a tight fitting lid. Put the tomatoes in the oven. Roast for 45 minutes. The squash is done when the insides can be poked with gently with a fork. The threads of the spaghetti squash should be slightly crunchy and watery. The tomatoes will be done when they have softened and have started to form a sauce. Using a fork, pull the strands of the squash out of the shell. It will separate into noodle-like strands. Toss the squash with the oil, ladle on the sauce, and top with cheese.

