

FRESH FOOD.



July

Iowa Produce

Apricots
Asparagus
Beans
Blueberries
Beets
Broccoli
Cabbage
Carrots
Cauliflower
Cherries
Collard Greens
Cucumbers
Gooseberries
Green Onions
Kale
Leeks
Lettuce
Peas
Peppers
Potatoes
Radishes
Raspberries
Rhubarb
Spinach
Squash
Strawberries
Sweet Corn
Swiss Chard
Tomatoes
Zucchini

Capitol Complex Farmers Market

Every Tuesday, July through September, 11:00 a.m. - 1:00 p.m.
E. 13th Street between E. Walnut and E. Grand Avenue

Tzatziki and Pita Chips

Ingredients

- 1 cucumber (cut in half lengthwise)
- 1 tsp. garlic (peeled and minced, about 1-2 cloves)
- 2 containers (6 oz. each) plain Greek yogurt
- 1 tsp. dried dill and/or fresh mint
- ¼ tsp. salt
- 1 tbsp. olive oil

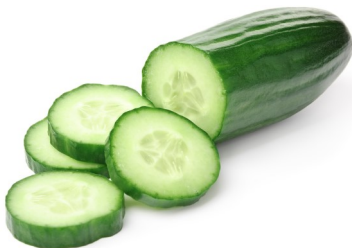
Homemade or store-bought pita chips

Directions

1. Use a spoon to scrape out seeds from cucumber. Dice the cucumber into small pieces. Put cucumber in a large bowl.
2. Add the garlic, yogurt, dried dill or fresh mint, salt and olive oil. Mix together. Cover and refrigerate until served.
3. Serve with pita chips.

Tip: Serve the tzatziki the day after it's made for best flavor. Keep no more than 4 days in the refrigerator.

(Adapted from Iowa State University Extension Spend Smart. Eat Smart.)



Fruit Smoothie

Ingredients

- 3 cups fresh and frozen berries
- 2 cups low-fat milk
- 1 large banana
- 1 cup low-fat yogurt, plain or vanilla

Directions

1. Add fresh and frozen fruit to blender.
2. Add milk to blender.
3. Add banana and yogurt.
4. Blend until smooth, about 45 seconds.

Tip: Add a handful of spinach for more nutrition.

(Adapted from USDA Mixing Bowl, What's Cooking)



(Source: Iowa Department of Agriculture and Land Stewardship)