The USDA provides benefits to certain seniors to help them buy locally grown fruit, vegetables, honey, and herbs. Vouchers can be used at local farmers' markets to purchase these products.

For a list of where to redeem vouchers, visit [http://www.dem.ri.gov/programs/agriculture/senior-farmers-market.php](http://www.dem.ri.gov/programs/agriculture/senior-farmers-market.php)  
Or call (401) 222-2781, extension 74510

### Why Shop at a Farmers' Market?

- **Support the community** and the families of local farmers.  

Locally grown fruits and vegetables are more fresh than many sold in stores and make meals even tastier!  

Farmers' market vouchers provide affordable access to fruits and vegetables which are an important part of a healthy lifestyle.  

Benefits of fruits and vegetables include:  
- Vitamins and minerals to protect bone and eye health.  
- Fiber to help prevent disease and keep you going to the bathroom regularly.  
- High water content to help keep you hydrated.

### Ideas for Using Fresh Produce

There are many ways to use fresh fruits, vegetables, herbs, and honey from the local farmers' market:  

- Add fresh **berries** to a yogurt parfait  
- Use farm fresh **lettuce** in a salad  
- Roast **potatoes** with fresh herbs like **rosemary**  
- Try local **honey** in tea

Flip over for two SNAP-Ed recipes using eligible items
**Fresh Zucchini Salad**

Prep time: 10 minutes  
Cook time: 0 minutes  
Servings per recipe: 4  
Serving size: 1/2 cup

**Ingredients:**
- 1 medium zucchini
- 1 tablespoon green onion (scallion)
- 1 small green pepper
- 1 medium tomato
- 1 tablespoon vegetable oil
- 1/4 cup white vinegar

**Directions**
1. Wash and chop zucchini, green onion, green pepper, and tomato into bite size pieces. Combine in a bowl.
2. In a small bowl, mix together oil and vinegar. Pour dressing over vegetables and toss.
3. Cover and chill until serving.

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**Balsamic Collard Greens**

Prep time: 10 minutes  
Cook time: 40 minutes  
Servings per recipe: 6  
Serving size: 1/2 cup

**Ingredients:**
- 1 teaspoon vegetable oil
- 1 cup chopped onion
- 2 bunches fresh collard greens (about 15 stems)
- 1/4 teaspoon salt
- 2 garlic cloves, minced
- 1 bay leaf
- 1 (14.5 ounce) can low sodium chicken broth
- 3 tablespoons balsamic vinegar
- 1 tablespoon honey

**Directions**
1. Prepare collard greens: Remove leafy part from stem, discard stems, and chop.
2. Heat vegetable oil in a medium saucepan. Add onion. Cook and stir for 5 minutes or until tender.
3. Add collard greens and cook 3 minutes, stirring occasionally.
4. Add salt, garlic, bay leaf, and chicken broth. Heat to boil, then reduce to medium heat. Cover and cook for 30 minutes or until tender.
5. Mix together balsamic vinegar and honey in a medium sized bowl. Add collard greens to bowl, remove bay leaf, mix and serve.

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For more recipes and information on how to prepare fresh fruits and vegetables visit web.uri.edu/SnapEd or call 1-800-FOOD-URI

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