



SESSION 5 MORE FOR YOUR MONEY!



Lesson highlights

Shopping on a budget

Some fruits and vegetables cost less when you buy them in larger quantities. A bag of apples will last 4-6 weeks in the refrigerator or a cool, dark area of your house, and cost less per pound than if you bought single apples. Onions in a bag also cost less and can be stored for 2-4 weeks. It is best to store onions in a cool, dark place, but avoid storing whole, unpeeled onions in the refrigerator, as they can soften and go bad quickly. If you store them on the counter, keep them out of the sun to prevent mold.

Save time and experiment with different types of mushrooms. Some can be found pre-sliced and cost close to the same as whole mushrooms.

Whole carrots are cheaper than baby carrots and can be used in all the same ways by just giving them a quick chop. Buying your lettuce in heads not only saves money, but also maintains the nutrients and freshness of the lettuce. Add your favorite fruits and vegetables to a bowl of lettuce for a quick meal.

Make a grocery list before going to the store and stick with it so you don't buy food you might not use. When using coupons, only buy what you need and is on your list. Coupons will not save you any money if you won't use the food or if it's a brand you don't enjoy.



Using greens in the kitchen

Think greens can only be used for a salad? Think again! Many leafy greens can be used for cooking into your favorite dishes. Toss spinach in with eggs or a casserole. Collard greens can be steamed in a covered pot with a small amount of water or boiled into curry, chili, soups or stews, just to name a few. Mustard greens can offer a delicious peppery kick to your dishes. Try adding chard, turnip greens or bok choy to a stir fry. Bok choy's leaves and stems are both edible and can be shredded and added to a salad or steamed, boiled, grilled or sauteed. Many leafy greens are in the same family as broccoli and cauliflower.

Dark leafy greens are a great source of vitamin K, which supports strong bones. They also help your body produce vitamin A, which is important for eye health. Choose dark green leaves that look fresh and aren't wilted, with no yellow edges.



What's in season now?



TOMATOES



GREEN BEANS



OKRA



ZUCCHINI



GREENS



Kale

Collard

MELONS



Join us at our next in-person class to receive recipe cards and a fun gift!

Tuesday, Sept. 9, 1:30–2:30 p.m. — University of Kansas Medical Center, Room 1001 Miller, 2100 Olathe Boulevard, Kansas City, Kansas

Wednesday, Sept. 10, 5:30–6:30 p.m. — Merriam Community Center, Campbell Room, 6040 Slater Street, Merriam, Kansas

Thursday, Sept. 11, English: 1–2 p.m., Spanish 2:30–3:30 p.m. — Samuel U. Rogers Health Center, Propeller Building, Main Room. 2100 E. 9th Street, Kansas City, Missouri



Movement ideas

Being active can help your body control blood pressure and blood sugar. Here are some fun ideas to keep you moving!

Check out these local events and attractions!

- **Bruce R. Watkins Cultural Heritage Center and Museum**, at 3700 Blue Parkway in Kansas City, Missouri — Admission is free to explore this space full of history. Visit the center's permanent exhibit space, children's workshop, resource library and gallery filled with drawings, paintings and sculpture pieces by local African American artists. Open Tuesday–Saturday 10 a.m.–6 p.m.
- **Columbus Square Park**, located at Missouri Avenue and Holmes Street, offers a bocce ball court, a playground, picnic tables and walking paths.
- **Cornucopia** — KC's Ultimate Fall Fest, takes place in October in the Kansas City Power and Light District in downtown Kansas City, Missouri. This free event offers fun activities for all ages. visit powerandlightdistrict.com for dates.
- **Kessler Park**, located off Chestnut Trafficway and Cliff Drive, has multiple ways to enter this large space. Enjoy views of the waterfall known as Carl Dicapo Fountain after biking or walking part of the eight-mile trail.
- **Loose Park**, near the Country Club Plaza at 5200 Wornall Road, has walking and running trails, a pond, picnic areas, playground with a mini rock wall, and many green spaces to run and play.
- The free **KC Chalk and Walk Festival** is an annual event at City Market in Kansas City, Missouri. Check out the chalk creations as well as street performers and live entertainment. Find dates and times on kcchalkandwalk.org.



Food safety tip

Refrigerate fruits and vegetables within two hours after you cut, peel or cook them. If saving cooked leftovers, eat them within 3-4 days.



Did you know?



Okra is from the same family as hibiscus flowers and certain roses. Okra is a great source of fiber, helping to lower blood cholesterol and keep your heart healthy as well as keeping bowel movements regular.

Look for okra pods that are deep green and can be pushed slightly with your finger without breaking. This means the okra is fresh and not woody or tough. Avoid tough okra by selecting pods that are not longer than 2-3 inches. They can be stored in the refrigerator for around three days before cooking or freezing.

Before cooking, rinse the okra under running water and trim the stem and tip off. Okra can be used in soups or stews, where the sticky insides will thicken any liquids once cooked. You can also roast or sauté it in a small amount of olive or vegetable oil but avoid cooking okra in cast iron or aluminum, since it might turn black.



Recipes for the month



Visit www.marc.org/kcfresh to access recipes online.

- Melon Salsa
- Cowboy Caviar
- Spicy Collard Greens
- Teriyaki Stir Fry
- Flavorful Veggie Stir Fry — *as seen in our meeting!*

REMINDER!

Schedule an appointment to get your blood pressure and A1c (blood sugar) tested between Sept. 1 and Sept. 30!

