



Movement ideas



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

Visit some farms and farmers markets!

- Walk around **City Market** in the River Market area of Kansas City, Missouri, from April through October, Saturdays and Sundays from 8 a.m.–3 p.m. to enjoy the farmer’s market.
- Visit **Young Family Farm** at 3819 Wayne Avenue in Kansas City, Missouri, on Saturdays on Saturdays from 9 a.m.–1 p.m. to shop fresh produce grown on their farm.
- **Independence Farmers Market**, at 211 W. Truman Rd. is open 8 a.m.–1 p.m. on Saturdays and 4 p.m.–8 p.m. on Wednesdays.
- The **Overland Park Farmers Market** in downtown Overland Park, Kansas, is open from 7:30 a.m. to 1 p.m. on Saturdays, and 7:30 a.m. to 1 p.m. on Wednesdays.
- **La Placita Market** in Bethany Park, 1120 Central Ave, Kansas City, Kansas, Saturdays. Start the season celebrating Mexican Culture Pride Day end the season with the Central Avenue Dotteversity Parade where you can also enjoy music, art and food.
- **Pick your own fruits and vegetables!** Pack a picnic and enjoy time with friends and family. Visit Cider Hill Family Orchard, 3341 N. 139th Street, Kansas City, Kansas, or The Berry Patch in Cleveland, Missouri.

Food safety tip



Do not use soap or other cleaning products on fruits and vegetables. The best way to wash produce is to rinse them well under clean running water.

Cooking tip



Try cooking your vegetables in the microwave when you don’t have a lot of time. This way of cooking also keeps a lot of the food’s nutrients (like vitamins and minerals) because of the short time it takes to cook. Cut up your favorite vegetables, such as fresh carrots, green beans, bell peppers, broccoli and cauliflower, and add your favorite no-salt seasonings, if you like. Put them in a microwave-safe bowl with 1-2 tablespoons of water and cover with a plate to trap the steam. Microwave for 3-4 minutes until tender. Allow the bowl to cool for a few minutes before taking it out of the microwave, as it will be very hot.

Recipes for the month



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

- Beet and Cabbage Slaw
- Pasta and Vegetable Salad
- Scrambled Egg and Vegetable Muffins
- Turkey Sausage and Vegetable Skillet
- Summer Squash Medley — *as seen in our meeting!*

What’s in season now?



BEETS



CAULIFLOWER



CHERRIES



GARLIC



HERBS

