Maryland **WIC**

Farmers' Market COOKBOOK

Easy steps for using WIC FVC & FMNP

page 3

Guide to Maryland FARMERS' MARKETS

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Enjoy the taste of eating FRESH

17 recipes for good health!

Fresh Tomato Basil Salad

Find recipe on our Facebook page

Maryland **WIC**

2014

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Farmers' Markets | *Enjoy the taste of eating fresh*

Do you know where to find the freshest, most flavorful, nutritious food?

Look no further than your local farmers' market. Shop farmers' markets for Maryland's best seasonal produce. Nothing tastes better than local. Don't have a farmers' market near you? Look for roadside stands. They sell a selection of the same fruits and vegetables found at the farmers' market. How easy is that? Stop and shop!

Shopping with WIC? You can use your WIC Fruit and Vegetable Checks or your FMNP Checks with any authorized farmer at their farmers' market or roadside stand location. Just look for this sign that lets you know your checks are welcome here!

Need more great reasons to head out to your local market? Check out our Top 5 List.

Top 5 reasons to shop at a farmers' market:

1. Freshly picked ripe food is at its peak in flavor and nutrition. Taste and see for yourself!
2. Farmers' markets are everywhere and easy to find. See our guide on pages 19 - 24.
3. WIC FVC checks, FMNP checks and SNAP cards are accepted at most farmers' markets. Look for our sign!
4. Try a new fruit or vegetable! Farmers often have good suggestions on how to prepare what they grow. Let our recipes inspire you.
5. Need a cure for a picky eater? Get your kids involved. Let them pick out something new to try, and use one of our recipes to have them help prepare a meal or snack.

So what are you waiting for? See you at the Farmers' Market!

– Your friends at WIC

Healthy Food • Nutrition Education • Breastfeeding Support • Healthcare Referrals
WIC 1974 2014
40 Years of Strengthening Families

Maryland WIC

1-800-242-4942 • www.mdwic.org

Fresh from the Market

Visit your local farmers' market in spring, summer, and fall for fresh fruits and vegetables.

From Market to Mealtime

Wash fresh fruits and vegetables before cooking and eating.

Leave a bowl of fresh fruit on the counter for grab and go healthy snacks.

Add fresh peas, beans, peppers, and corn to salads for color and crunch.

Add fresh greens like spinach and kale to soups, stews, or fruit and veggie smoothies to boost nutrition.

Roast vegetables in the oven to bring out their natural sweetness.

Top fresh fruit with lowfat yogurt for a light and healthy dessert or snack.

Stretch your food dollars with these fresh and healthy recipes!

Did you know:

- Many farmers' markets accept EBT, FMNP, and WIC and Senior F & V Checks.
- During the growing season, fresh fruits and vegetables cost less and taste their best.

Make half your plate fruits and vegetables at every meal.

- Eat a variety of fruits and vegetables each day.
- Kids can help in the kitchen.
- Make mealtime a family time.

Summer Stuffed Tomatoes

Makes 8 servings, 1 tomato each

Ingredients:

8 tomatoes, washed
2 peaches, washed
3 cucumbers, washed, peeled, seeded, and chopped
2 ears of fresh corn kernels, washed, or 18.7-ounce can corn, rinsed and drained
3 tablespoons vegetable oil
2 tablespoons lemon or lime juice
½ teaspoon salt
¼ teaspoon black pepper
½ cup basil leaves, washed and chopped or 1 teaspoon dried basil

Directions:

1. Slice off tops of tomatoes and scoop out seeds and flesh.
2. Chop the tomato seeds and flesh and place in a bowl.
3. Add remaining ingredients and spices to bowl.
4. Stir to combine and chill in the refrigerator.
5. Divide equally and stuff in tomatoes.

This is a great make-ahead vegetable for summer cookouts.

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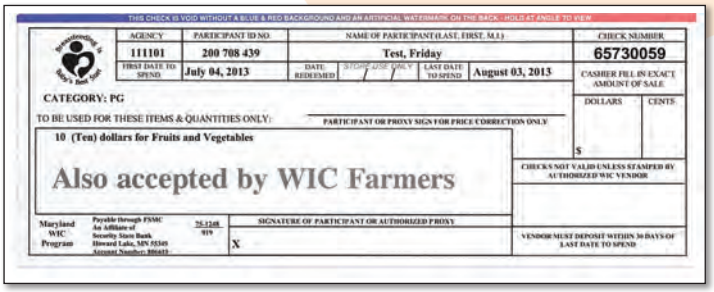
How to use your **WIC Fruit & Vegetable Checks (FVC)** and **Farmers' Market Nutrition Program (FMNP) Checks** at the Farmers' Market

It's as easy as...

1 Pick out the fruits and vegetables that you want to buy.

2 Tell the farmer you are paying with your WIC FVC or FMNP check.

3 Sign your check and give it to the farmer along with your WIC Identification Folder.



THIS CHECK IS VOID WITHOUT A BLUE & RED BACKGROUND AND AN ARTIFICIAL WATERMARK ON THE BACK - HOLD AT ANGLE TO VIEW

AGENCY	PARTICIPANT ID NO.	NAME OF PARTICIPANT (LAST, FIRST, M.I.)	CHECK NUMBER
111101	200 708 439	Test, Friday	65730059
FIRST DATE TO SPEND: July 04, 2013	DATE REDEEMED: STAMP USE ONLY	LAST DATE TO SPEND: August 03, 2013	CASHIER FILL IN EXACT AMOUNT OF SALE

CATEGORY: PG

TO BE USED FOR THESE ITEMS & QUANTITIES ONLY:

PARTICIPANT OR PROXY SIGN FOR PRICE CORRECTION ONLY

DOLLARS | CENTS

$

10 (Ten) dollars for Fruits and Vegetables

Also accepted by WIC Farmers

CHECKS NOT VALID UNLESS STAMPED BY AUTHORIZED WIC VENDOR

Maryland WIC Program — Payable through FSMC An Affiliate of Security State Bank Howard Lake, MN 55349 Account Number: 306613 — 75-1248 919

SIGNATURE OF PARTICIPANT OR AUTHORIZED PROXY

X

VENDOR MUST DEPOSIT WITHIN 30 DAYS OF LAST DATE TO SPEND

WIC FVC Reminder
Be sure to look for the first date to spend and last date to spend on your WIC FVC.

Spend your FMNP checks at the Farmers' Market anytime from June 1 to November 30.

Maryland 2014 Farmers' Market Nutrition Program
Pay to the order of authorized
Maryland Farmers' Market Vendor
Deposit no later than December 5, 2014
NOT VALID AT GROCERY STORES
Good for the purchase of fresh, locally grown vegetables, fruits, and cut herbs from a FMNP Vendor. Any other use constitutes fraud.

Account #
75-1248/919

STAMP AUTHORIZED FMNP

VENDOR NUMBER HERE

FIRST DATE OF USE: 6/01/14 | LAST DATE OF USE: 11/30/14

PAY EXACTLY
$ 5.00
NO CHANGE GIVEN

MARYLAND

PARTICIPANT'S SIGNATURE

Spring Forward with Fresh Vegetables!

The growing season in Maryland starts in spring.

Spring Clean Your Refrigerator

It is the perfect time for spring cleaning, which includes your refrigerator.

Follow these simple steps:

1. Empty the refrigerator and freezer. Store foods in a cooler with ice while you clean.
2. Throw away all foods that are past their "use-by" date or are moldy.
3. Plan meals and make a grocery list using what you have on hand in the refrigerator and freezer.
4. Unplug the refrigerator and use a coil brush to remove dust underneath the refrigerator. Cleaning the coils saves electricity.
5. Remove shelves and bins and wash them in warm water and detergent in the sink. Dry with a towel or let them air dry.
6. Clean the outside of the refrigerator too, including the door handle, using warm, soapy water.
7. Return shelves and bins to the refrigerator and freezer when you are done cleaning.
8. Don't forget to plug-in the refrigerator when you are finished cleaning.
9. Return food in the cooler to the refrigerator and freezer.

Visit Your Local Farmers' Market

Shopping at a farmers' market is a great way to meet local farmers and buy fresh fruits and vegetables to enjoy throughout the growing season.

Farmers' markets are open spring through fall in every county in Maryland. See the directory at the back of this publication to find a farmers' market near you.

Enjoy Fresh Asparagus this Spring!

Try something new! Serve asparagus for a snack, as a side dish, in soups or in salads.*

Raw:

Serve asparagus spears with a low-fat dip or cut spears into one inch pieces and add to salads.

Baked:

- Preheat oven to 400 degrees.
- Place fresh asparagus in a plastic zip-top bag, drizzle with vegetable oil. Add salt and pepper to taste.
- Shake until asparagus is coated with oil and seasoning.
- Remove asparagus from zip-top bag and place on baking sheet.
- Bake in oven until asparagus begins to brown, about 10 minutes.

Steamed:

Microwave asparagus in a safe bowl, or cook asparagus on the stovetop in a pan. Add a small amount of water before cooking. Cook until tender, about 5 minutes. Season with salt and pepper to taste.

Grilled:

Place asparagus spears on a preheated grill coated with vegetable oil spray and cook for about 5-8 minutes until tender, turning occassionally.
Add your favorite herbs or spices.

*** For all recipes, wash asparagus and remove tough ends before preparing.**

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What's In Season Guide for
Spring & Summer

Fresh Food	At The Market	Storage	Preparation
Apricots	Choose plump, firm fruit with golden orange skin.	Ripen at room temperature. Store in the refrigerator. Avoid bruising by arranging in a flat container.	Gently rinse. Eat skins and flesh. Dry in a dehydrator for later use.
Asparagus	Choose bright green, firm, straight stalks with compact tips.	Refrigerate upright in container with an inch of water for up to 7 days.	Rinse and snap off ends. Boil, steam or microwave until tender.
Broccoli	Choose dark green, firm stalks with compact florets.	Refrigerate unwashed in a plastic bag in the crisper drawer for up to 5 days.	Wash before using. Eat raw, or steam or sauté until crisp and tender.
Cabbage	Choose firm heads with shiny, loose outer leaves. *Varieties:* Red, Green	Store in the refrigerator crisper drawer in a plastic bag for up to 2 weeks.	Remove thick outer leaves, core, slice and rinse just before cooking. Steam, sauté or boil until tender.
Green Beans	Choose bright green, firm beans.	Store in the refrigerator crisper drawer in a plastic bag for up to 7 days.	Rinse and cut or snap off ends just before cooking. Steam, sauté or microwave in an inch of water.
Greens: Kale, Chard & Collards	Choose firm, crisp and deeply colored leaves. *Varieties:* Swiss Chard, Curly Kale, Tuscan Kale, Collard, Turnip, Mustard.	Refrigerate in a plastic bag for up to 5 days.	Rinse, remove thick stems and chop. Sauté, steam or microwave in an inch of water. Can also be baked as chips or added to soups.
Honeydew Melon	Choose melons with waxy surface. Fruit should feel heavy for its size. Ripe melons feel slightly soft when skin is pressed.	Store whole melons at room temperature or cut and store in a container in the refrigerator for up to 2 weeks.	Cut 1/4 inch from rind and eat fresh, alone or add to salads, salsas and desserts.

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What's In Season Guide for
Spring & Summer

Fresh Food	At The Market	Storage	Preparation
Leeks	Choose ones with crisp tops and shiny white skin.	Store in refrigerator in an open plastic bag in the crisper drawer for up to 2 weeks.	Wash, trim roots, and remove outer layer before chopping. Use in soups, stews and quiches.
Lettuce	Choose crisp, closely bunched, bright leaves or heads. *Varieties:* Iceburg, Butter, Leaf, Romaine, Mesclun (mix of small lettuces and herbs)	Rinse and store in paper towel and open plastic bag in refrigerator for up to 1 week.	Wash and pat or spin dry before using. Eat raw in salads, sandwiches and wraps.
Mushrooms	Purchase fresh or dried. With fresh, choose firm, unblemished caps without mold or wet spots. *Varieties:* Button, Portobello, Oyster, others.	Store loose mushrooms in the refrigerator in an open bag or packaged mushrooms in original packaging. Use within 5 days.	Clean mushroom by rinsing and drying or wiping with a damp cloth.
Peas	Choose firm, plump, bright green pods.	Refrigerate in original container or plastic bag. Use within 3 days.	Wash and remove peas from pods. Steam or sauté with casseroles and pasta dishes or add to soups.
Rhubarb	Choose firm, flat stalks that have a red hue.	Wash and trim leaves and ends. Refrigerate in a plastic bag for up to 5 days.	Do not eat the leaves. Cut stalks into small pieces and place in saucepan. Cover with water, add sugar, and cook until very tender.
Spinach	Choose crisp, dark green, even-colored leaves.	Store unwashed in the refrigerator for up to 5 days.	Soak in cold water and swish leaves to remove sand and dirt. Dry and use raw or sauté. Also good in side dishes and soups.
Strawberries	Choose bright red, plump berries with leafy green tops. Avoid bruised, soft or moldy berries.	Refrigerate unwashed berries in loosely packed container. Use within 4 days.	Rinse, dry and cut off tops. Eat alone or add to cereal, salad, yogurt, smoothies and desserts.

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Put Some Sizzle in Your Summer!

Tips for enjoying a safe and tasty summer with your family.

Summer Food Safety

Enjoy summer meals without the risk of getting food-borne illness.

At the grocery store:

- Choose meat, chicken, and fish at the end of your store visit, right before checkout.
- Do grocery shopping as your last errand before going home.

At home:

- Refrigerate or freeze meat, chicken, and fish as soon as you get home.
- Defrost food in the refrigerator until it is time to cook family meals.
- Thaw frozen foods in the refrigerator, not on the counter.
- Use a meat thermometer to be sure meat has reached a safe temperature.
- Place cooked meat on a clean platter, not the one you used for the raw meat.
- Throw away food that has been sitting at room temperature for more than 2 hours, or 1 hour if temperatures are 90 degrees or higher.

For more information on food safety visit: www.fightbac.org

Sizzling Summer Dinners

Dinner is fast and flavorful with these cooking tips:

- Marinades or salad dressings make cheaper cuts of meat more tender and add great flavor.
- Marinate meats with lemon, fresh or dried herbs, garlic, or pepper to add flavor without adding salt.
- Cook meat and vegetables outside on the grill.
- Serve less meat and more grilled or roasted vegetables. You will stretch your food budget and boost nutrition.
- Top a green salad with baked or grilled chicken, fresh summer berries, cucumber slices, and a light salad dressing.
- Eat breakfast for dinner! Eggs make a low cost summer meal. Add chopped onion, peppers, mushrooms, and fresh or dried herbs to make a veggie omelet.
- Make a main dish salad with fresh corn, canned beans, and chopped tomatoes. Fresh herbs and lime juice add flavor without adding fat or salt.

Outdoor Summer Safety Tips:

- Watch your children closely when they play at the playground, when they ride bikes, and when they swim at the pool.
- Everyone should wear helmets when riding bikes.
- When mowing the lawn, wear closed-toed shoes, not sandals.

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Freshen Up Meals with Fall Fruits and Vegetables

Buy fresh fruits and vegetables in season.
They cost less and taste great!

Apples are Amazing!

- Pack apples in lunch boxes.
- Make homemade applesauce and enjoy on top of oatmeal or pancakes.
- Chop apples and add them to salads.
- Cook and puree apples for baby food.
- Apple slices with peanut butter make a healthy snack.

How to Select:

Choose firm, shiny, smooth-skinned apples. Fruit should smell fresh, not musty.

How to Store:

Refrigerate apples in a plastic bag away from strong-smelling foods. Use within 3 weeks.

Nutrition Facts:

Apples are fat-free, sodium free, cholesterol free, and a good source of dietary fiber.

Fall is a great time to buy apples and cabbage in Maryland.

Purchase seasonal fruits and vegetables at the farmers' market or in the grocery store.

Eat a variety of fruits and vegetables each day.

Make half your plate fruits and vegetables.

Cabbage adds Crunch!

- Shred cabbage to make coleslaw.
- Add chopped cabbage to homemade soups and stews.
- Top tacos with shredded cabbage.
- Cook cabbage with onions and apples for a tasty side dish.
- Add cabbage to a stir-fry with fresh or frozen vegetables and leftover meat or chicken.
- Use cabbage in place of lettuce on a sandwich.

How to Select:

Choose green or purple cabbage heads that are compact and firm. Cabbage leaves should be tightly closed.

How to Store:

Refrigerate cabbage for up to 7 days.

Nutrition Facts:

Cabbage is fat-free, very low in sodium, low-calorie, and high in vitamin C.

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What's In Season Guide for
Fall & Winter

Fresh Food	At The Market	Storage	Preparation
Kale	Choose firm, crisp and deeply colored leaves. *Varieties:* Curly, Tuscan	Refrigerate in a plastic bag for up to 5 days.	Rinse, remove thick stems and chop. Sauté, steam or microwave in an inch of water.
Onions	Choose firm dry onions with shiny, thin skin. *Varieties:* Yellow, Red, White	Store in a dry, dark spot that is not next to potatoes for up to 1 month. Or up to 2 weeks if next to potatoes.	Use a sharp knife to slice or chop. Use raw in salads, salsas and sandwiches. Add raw or sautéed to sauces, soups and stews.
Pears	Buy them when they are firm and free of bruises and marks. *Varieties*: Anjou, Bartlett, Bosc, Comice, Asian.	Ripen on countertop until they yield to gentle pressure. Store ripe pears in the refrigerator for up to 3 days.	Always wash the skin before eating.
Potatoes	Choose firm potatoes without green spots or sprouts. *Varieties:* Red, Russet, New, White	Do not wash your potatos before storing. Store potatoes in a dry, dark, cool place for up to 2 weeks.	Scrub with a vegetable brush before cooking.
Rutabagas	Also known as a yellow turnip. Choose smooth skinned without blemishes.	Store in refrigerator crisper for up to 2 weeks.	Roast or bake. Remove leaf and root ends, wash, and peel before cooking.
Sweet Potatoes & Yams	A yam has white to yellow flesh. Sweet potatoes have orange flesh. Choose firm, small to medium sized sweet potatoes with firm skin.	Store in a dark, dry, cupboard. Use within 1 week.	Bake, boiled, or microwave peeled or unpeeled.
Turnips	Choose smooth skinned without blemishes. *Varieties:* Baby Turnips, White, Japanese	Store in refrigerator crisper for up to 2 weeks.	Roast or bake. Remove leaf and root ends, wash, and peel before cooking.
Winter Squash	Choose firm, smooth, deeply colored skin with no spots or bruises. *Varieties:* Acorn, Butternut, Butter-cup, Pumpkin, Spaghetti	Store for up to 1 month in a dark, cool spot.	Cut the squash in half and discard the seeds. Peel and cut the squash into chunks. Bake, boil or microwave.

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SPRING

Sweet and Sour Cabbage

Always wash your hands before preparing food

Makes: 8 servings
Serving size: ½ cup

Ingredients:

½ head of cabbage, washed and chopped
½ teaspoon salt
½ teaspoon celery seed
2 Tablespoons sugar
3 Tablespoons vinegar

Directions:

1. In a large bowl, combine ingredients and mix well.
2. Cover the bowl.
3. Chill in the refrigerator for several hours before serving.

Add shredded cabbage to salads or tacos instead of lettuce.

SPRING

Swiss Chard Wraps

Always wash your hands before preparing food

Makes: 4 servings
Serving size: 1 wrap

Ingredients:

4 large Swiss chard leaves, or 1 cup spinach leaves, washed and chopped
1 avocado, peeled, chopped
1 teaspoon lemon or lime juice
¼ chili pepper, chopped
Salt and pepper to taste
1 tomato, washed and chopped
½ onion, chopped
1 carrot, washed and grated
4 whole grain tortillas

Directions:

1. In large bowl, mix avocado, lemon or lime juice, and spices.
2. Add swiss chard or spinach, tomato, onion, and carrots and mix together.
3. Spoon ¼ of mixture onto each tortilla and roll up.

Note- Add leftover cooked chicken or canned tuna for a healthy meal.

To boost nutrition, use spinach instead of lettuce in salads, sandwiches, and wraps.

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SPRING

Pasta with Greens, Beans, and Chicken

Always wash your hands before preparing food

Makes: 6 servings
Serving size: 1½ cups

Ingredients:

- 1 box whole wheat pasta
- 1 Tablespoon vegetable oil
- ½ onion, chopped
- 3 cloves garlic, finely chopped
- 2 cups cooked chicken, cubed
- 1 bunch Swiss chard or 6 cups spinach, washed and chopped
- 2 cups low-sodium chicken or vegetable broth
- 1 teaspoon Italian seasoning
- 1 15.5-ounce can (white beans, Cannellini, Great Northern, or Navy), rinsed
- ½ cup Parmesan cheese, grated (optional)
- Salt and pepper to taste

Directions:

1. Cook the pasta according to directions on box and drain.
2. On medium heat, add vegetable oil and onion to a large pan.
3. Cook for 5 minutes, add garlic, and cook for 1 minute more.
4. Stir in chopped chicken and cook until heated through.
5. Add beans, chard or spinach, chicken or vegetable stock, and spices.
6. Add in cooked pasta and stir to combine.
7. Cook for 5 minutes until pasta is heated through.
8. Divide into serving bowls. Sprinkle with Parmesan cheese.

This recipe makes a quick meal and tastes great when served as leftovers.

SPRING

Strawberry S'mores

Always wash your hands before preparing food

Makes: 1 serving
Serving size: 1 graham cracker with topping

Ingredients:

- 1 graham cracker
- 2 Tablespoons low-fat vanilla yogurt
- 2 strawberries, sliced and washed

**Optional ingredients: raisins or honey*

Directions:

1. Break graham cracker in half.
1. Spread yogurt on top of ½ graham cracker.
2. Place strawberries on top.
3. Top with other graham cracker half.

Serving Suggestion: Substitute your favorite low-fat yogurt flavor. Try other summer berries or dried fruit.

Makes a healthy snack or dessert.

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SUMMER

Italian-Style Vegetables

Always wash your hands before preparing food

Makes: 8 servings
Serving size: ½ cup

Ingredients:

- 2 medium zucchini, washed and diced
- 2 cups green beans, washed and chopped with ends removed
- 2 tomatoes, washed and diced, or a 16-ounce can of diced tomatoes, drained
- ½ head cabbage, shredded
- 2 cups fresh, frozen, or canned corn (drained)
- 1 onion, sliced
- 1 Tablespoon vegetable oil
- ½ teaspoon dried oregano or 1 teaspoon fresh oregano

Directions:

1. Heat oil in frying pan. Add onion and cook until soft, about 5 minutes.
2. Add add all vegetables except tomato and oregano.
3. Cook over medium heat for 5 to 7 minutes or until tender. Add chopped tomatoes at the last minute of cooking. Stir occasionally.

Add sliced yellow, orange, and red peppers to this recipe.

SUMMER

Zucchini and Tomatoes

Always wash your hands before preparing food

Makes: 4 servings
Serving size: ½ cup

Ingredients:

- 2 Tablespoons vegetable oil
- ¼ cup onion, chopped
- 2 tomatoes, washed and diced, or one 16-ounce can of diced tomatoes, drained
- 1 garlic clove, chopped
- 2 medium zucchini, washed, and diced
- 1 teaspoon sugar
- black pepper to taste

Directions:

1. Heat oil in a saucepan over medium heat.
2. Add onion and garlic. Cook until tender, about 5 to 7 minutes.
3. Add zucchini, tomatoes and seasonings.
4. Cover pan and reduce heat.
5. Cook until vegetables are tender, about 20 minutes.

Serve on top of baked fish or chicken.

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SUMMER

Fabulous Fruit Muffins

Always wash your hands before preparing food

Makes: 9 muffins
Serving size: 1 muffin

Ingredients:

- 1¼ cups flour
- ¼ cup sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 cup berries, washed
- Cooking oil spray
- 1 egg, slightly beaten
- 2 Tablespoons margarine, melted
- ½ teaspoon vanilla extract, optional
- ¾ cup low-fat buttermilk or plain low-fat yogurt

Directions:

1. Heat oven to 400 degrees. Spray muffin tin with cooking oil spray.
2. In a large bowl, combine the flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended.
3. In another bowl, combine buttermilk or yogurt, margarine, egg, and vanilla, if used.
4. Pour this mixture into the dry ingredients and stir just until mixed.
5. Mix in berries, and spoon batter evenly into 9 muffin cups.
6. Bake 20 to 25 minutes or until golden brown.

Use ½ whole wheat flour. Use paper muffin liners to make clean-up easier.

SUMMER

Peach Salsa

Always wash your hands before preparing food

Makes: 16 servings
Serving size: ¼ cup

Ingredients:

- 2 peaches, washed, peeled, and chopped
- ½ red bell pepper, washed and chopped
- ½ cucumber, washed, seeded, and chopped
- 2 green onions, washed and sliced
- 2 jalapeño peppers, washed, seeded, and finely chopped
- 2 Tablespoons honey
- 1 lime, juiced

Directions:

1. In a large bowl, combine all ingredients.
2. Cover, and chill in refrigerator.

Serve with baked tortilla chips.

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FALL

Carrot and Sweet Potato Soup

Always wash your hands before preparing food

Makes: 6 servings
Serving size: 1 cup

Ingredients:

- 1 Tablespoon vegetable oil
- 2 small onions, chopped
- 2 cloves garlic, chopped
- ¼ teaspoon salt
- 2 sweet potatoes, washed, peeled, and diced
- 1 carrot, washed, peeled and grated
- 6 cups low-sodium chicken or vegetable broth

Directions:

1. In a large pot over medium heat, add oil, onions, garlic, and salt.
2. Cook, stirring occassionally, until onions are soft, about 3 minutes.
3. Add sweet potatoes, carrots, and broth.
4. Turn the heat to medium-high and bring to a boil.
5. Lower the heat to low and cook until potatoes and carrots are soft.
6. Divide soup into 6 bowls.

For a smooth soup, blend in batches in blender. For a chunkier soup, serve as is.

FALL

Roasted Root Vegetables with Maple Glaze

Always wash your hands before preparing food

Makes: 4 servings
Serving size: ½ cup

Ingredients:

- 3 beets, washed, peeled and cubed
- 3 carrots, washed, peeled and sliced
- 1 Tablespoon vegetable oil
- ¼ teaspoon salt
- ½ teaspoon black pepper
- Cooking oil spray
- 2 Tablespoons maple syrup or honey

Directions:

1. Preheat oven to 450 degrees.
2. Mix vegetables, oil, salt, and pepper in a large bowl.
3. Coat a large baking pan with cooking oil spray.
4. Add vegetables to baking dish.
5. Bake for 20 minutes.
6. Stir in maple syrup or honey, and return to oven for another 20 minutes or until vegetables are soft.

Roasting vegetables brings out their natural sweetness.

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UNIVERSITY OF MARYLAND EXTENSION
Solutions in your community
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FALL

Confetti Apple Slaw

Always wash your hands before preparing food

Makes: 6 servings
Serving size: 1 cup

Ingredients:

- 2 Tablespoons orange juice concentrate, defrosted
- 1 apple, washed, cored, and diced
- ½ head cabbage, washed, and shredded
- 1 small red onion, finely chopped
- 3 Tablespoons raisins
- 1 red or green sweet pepper, washed, seeded, and chopped
- 1 Tablespoon reduced-fat mayonnaise
- ½ cup plain, low-fat yogurt
- ½ teaspoon dry mustard
- ⅛ teaspoon paprika
- ⅛ teaspoon black pepper

Directions:

1. In a large bowl, stir together orange juice concentrate and diced apple.
2. Add cabbage, onion, chopped pepper, and raisins.
3. In a small bowl, stir together mayonnaise, yogurt, mustard, paprika, and black pepper to make dressing.
4. Add dressing to vegetable mixture and mix well.
5. Cover tightly and refrigerate until ready to serve.

Makes a delicious colorful salad to serve with beef, chicken, or pork.

FALL

Oven-Baked Sweet Potato Fries

Always wash your hands before preparing food

Makes: 6 servings
Serving size: ½ cup

Ingredients:

- 3 sweet potatoes, washed and peeled
- 2 Tablespoons vegetable oil
- Salt and black pepper to taste

Directions:

1. Preheat oven to 425 degrees.
2. Cut sweet potatoes into ¼ inch slices.
3. In a large bowl, toss slices in oil until coated.
4. Sprinkle with salt and pepper.
5. Spread in a single layer on a baking sheet.
6. Bake until tender and golden brown, about 20 minutes, turning once to bake evenly.

A healthy alternative to French fries.

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SHARE OUR STRENGTH'S COOKING MATTERS® NO KID HUNGRY

Apple Crisp

Chef Randy Stahl • Baltimore, Md.
Serves 10, 1 piece (1/10 of crisp) per serving
Prep time: 15 minutes • Cook time: 40 minutes

Ingredients

5 medium apples
¾ cup light brown sugar, packed and divided
½ cup whole wheat flour, divided
½ teaspoon ground cinnamon
Non-stick cooking spray
½ stick (2 ounces) cold, unsalted butter
1½ cups quick oats

Optional Ingredients

¼ teaspoon ground nutmeg

Directions

1. Preheat oven to 350°F.
2. Rinse and cut apples in half, lengthwise. Remove any stems. Cut out center core of apple that contains the seeds. Do not peel.
3. Place apples cut side down. Use a sharp knife to cut apples into 1/8-inch slices.
4. In a large bowl, combine sliced apples, ¼ cup of brown sugar, 1 Tablespoon of flour, cinnamon, and nutmeg, if using. Mix well.
5. Spray baking dish with non-stick cooking spray.
6. Pour apple mixture into baking dish. Spread evenly.
7. Dice butter into smaller cubes, using a sharp knife. In a medium bowl, combine remaining brown sugar and flour, oats, and butter. Mix with hands until crumbly.
8. Spread oat and flour mixture over apple mixture. Bake uncovered on middle rack of oven for 40 minutes or until top is lightly browned or bubbly.
9. Let sit for 15–20 minutes before serving.

Learn more at CookingMatters.org

NO KID HUNGRY

Asian Chicken Salad

Chef Barb Hughes • Bloomfield Hills, Mich.
Serves 4, 2 cups per serving
Prep time: 25 minutes • Cook time: 10 minutes

Directions

1. Remove skin and trim any excess fat from chicken thighs. In a large pot over high heat, add chicken and cover with water. Bring to a simmer. Reduce heat to maintain a simmer. Cook until a food thermometer inserted in the thickest part of a thigh without touching the bone reads 165°F, about 10 minutes. Transfer to a plate and let cool. While the chicken cooks and cools, prepare rest of salad.
2. Rinse lettuce. Pat dry. Tear into bite-size pieces.
3. Rinse bell pepper. Remove core and seeds. Cut into bite-size pieces.
4. Rinse apple. Cut into thin slices. Then, cut slices into matchsticks.
5. Rinse snow peas. Slice thinly on the diagonal.
6. Drain mandarin oranges, reserving juice.
7. In a large bowl, add peanut butter, oil, soy sauce, vinegar, and 1 Tablespoon reserved mandarin orange juice. Mix until well blended.
8. When the chicken is cool, shred with two forks.
9. Add lettuce, bell pepper, apple, snow peas, drained mandarin oranges, and chicken to bowl with dressing. Toss to coat. If using almonds, sprinkle on top of salad now.

Ingredients

Salad

4 bone-in chicken thighs, about 1½ pounds
1 medium head romaine lettuce
1 medium red bell pepper
1 small apple
8 snow peas
1 (10-ounce) can mandarin oranges, packed in juice

Dressing

2 Tablespoons peanut butter
2 Tablespoons canola oil
2 teaspoons low-sodium soy sauce
2 teaspoons distilled white vinegar

Optional Ingredients

¼ cup slivered almonds

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Spinach Salad with Eggs

Adapted from "Cooking Time Is Family Time" by Lynn Fredericks
Serves 5, 1 ¼ cups per serving
Prep time: 20 minutes • Cook time: 10 minutes

SHARE OUR STRENGTH'S COOKING MATTERS® NO KID HUNGRY

Ingredients

6 cups fresh spinach
3 large eggs
⅓ cup dried cranberries
⅝ cup Parmesan cheese, grated
¼ cup canola oil
1 Tablespoon vinegar (any type)
1 Tablespoon honey
¼ teaspoon salt

Directions

1. Wash and dry spinach. Remove stems. Tear leaves into bite-sized pieces.
2. In a medium pot, add eggs. Cover with cold water by one inch. Bring just to a boil. Cover and remove from heat right away. Let sit 15 minutes. Remove eggs. Plunge into cold water to help cool. This will make it easier to peel shells.
3. Peel and slice eggs. Chop slices.
4. In a large bowl, add spinach, eggs, and dried cranberries. Sprinkle cheese on top.
5. In a jar, add oil, vinegar, honey, and salt. Cover tightly with lid. Shake well.
6. Just before serving, drizzle dressing over salad. Toss to coat spinach leaves.

Learn more at CookingMatters.org

NOKIDHUNGRY

Frittata

Chef Arthur Birnbaum • Ithaca, N.Y.
Serves 8, 1 slice per serving
Prep time: 15 minutes • Cook time: 55 minutes

Directions

1. Preheat oven to 350°F.
2. Rinse and cut seasonal veggies evenly into small pieces. Peel, rinse, and dice onions. If using, slice mushrooms and rinse and chop fresh herbs.
3. Grate cheddar cheese.
4. Bring a large pot of water to boil. Add seasonal veggies to boiling water. Briefly boil, about 30 seconds. Using a colander, drain the veggies.
5. In a large bowl, whip eggs with a fork until well blended. Whisk in dried herbs. Set aside.
6. Coat medium skillet with non-stick cooking spray. Heat over medium-high heat. Add onions and cook until soft, about 5 minutes. If using mushrooms, add now. Add boiled seasonal veggies. Continue cooking until soft and some of their juices have evaporated, about 5 minutes more.
7. Coat 9-by-13-inch baking dish with non-stick cooking spray.
8. Layer ingredients in the baking dish in the following order: veggie mixture, egg mixture, cheese, salt, and pepper.
9. Bake until eggs are firm and cheese is melted, about 35 minutes. A thermometer inserted in the middle should read 160°F.
10. If using, garnish with chopped fresh herbs.
11. Cut into 8 equal-size portions.

Ingredients

1½ pounds seasonal vegetables, such as broccoli, carrots, turnips, or bell peppers
2 medium onions
4 ounces low-fat cheddar cheese
12 medium eggs
1 teaspoon dried dill, thyme, or oregano
Non-stick cooking spray
½ teaspoon salt
¼ teaspoon ground black pepper

Optional Ingredients

8 ounces mushrooms
¼ cup fresh parsley, thyme, or basil leaves

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Your baby needs at least 39 weeks to grow and develop before she is born. If your pregnancy is healthy, wait for labor to begin on its own.

marchofdimes.com/39weeks

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Maryland 2014 Farmers' Markets

ALLEGANY COUNTY

Cumberland
100 Baltimore Street, Cumberland, 21502
Downtown Cumberland Pedestrian Mall
Thursday: 9:30am - 2pm, May-October

Chesapeake & Ohio Canal National Historic Park
Saturday: 9:30am - 1pm, April-October

Frostburg
14 S. Water Street, Frostburg, 21532
City Place
Friday: 9:30am - 12:30pm, June-October

LaVale
1262 Vocke Road, LaVale, 21502
Country Club Mall, Center Court
Tuesday: 9:30am - 2pm, June-October

ANNE ARUNDEL COUNTY

AAMC
2001 Medical Parkway, Sajak Pavilion, Annapolis, 21401
Friday: 11 am - 2pm, June –August

Annapolis Westfield Mall
Rt. 50 East & Jennifer Road, Annapolis, 21401
Corner of Bestgate & Generals Highway
Sunday: 10am - 2pm, May-October
Sunday: 10am - 2pm, January-April, every other Sunday

Deale
5965 Deale-Churchton Road, Deale, 20751
Cedar Grove UMC parking lot
Thursday: 3pm - 6pm, July-October

Department of Natural Resources
580 Taylor Avenue. Annapolis, 21401
DNR parking lot off Taylor Avenue
Thursday: 3pm - 6pm, June-September

FRESHFARM Annapolis
Donner Parking Lot, Compromise Street, Annapolis, 20003
Sunday: 8:30 am - noon, April-November

Healthy Markets - Saturday
300 Hospital Drive, Glen Burnie, 21061
Baltimore-Washington Medical Center (Executive Center)
Saturday: 9am - 1pm, June-October

Healthy Markets - Thursday
1140 Reece Road, Severn, 21144
Thursday: 2pm - 7pm, June-October

Piney Orchard
2400 Stream Valley Drive, Odenton, 21113
Piney Orchard Community & Visitors Center parking lot
Wednesday: 2pm - 6:30pm, June-November

Riva
Riva Road & Harry S Truman Parkway, Annapolis, 21401
Saturday: 7am - noon, April-December
Tuesday: 7am - noon, May-October

Severna Park
Ritchie Highway & Jones Station Road, Severna Park, 21012
Park n' Ride at Ritchie Hwy & Jones Station Road
Saturday: 8am - noon, April-November

BALTIMORE COUNTY

Arbutus
5200 Southwestern Boulevard, Arbutus, 21227
Arbutus Volunteer Fire Dept. parking lot
Thursday: 2:30pm - 6:30pm, June-August

Boordy
12820 Long Green Pike, Hydes, 21082
Thursday: 4pm - 8pm, May-September

Catonsville - Sunday
730 Frederick Road, Catonsville, 21228
Behind Friendly's
Sunday: 10am - 1:30pm, May-November

Catonsville - Wednesday
106 Bloomsbury Avenue, Catonsville, 21228
Bloomsberg Community Center
Wednesday: 10am - 1pm, May-November

Dundalk
Shipping Place at Dunmanway, Dundalk, 21222
Saturday: 7am - 12:30pm, June-November

East Point
7839 Eastern Avenue, Baltimore, 21224
Eastpoint Mall, 7839 Eastern Avenue
Wednesday: 10am - 2pm, June-October

Fairgrounds
2200 York Road, Lutherville-Timonium, 21093
MD State Fairgrounds Main Gate
Wednesday: 10am - 1pm, June -October

Green Spring Station
10751 Falls Road, Baltimore, 21093
Green Spring Station - North Parking Lot
Saturday: 2pm - 6pm, May-November

Kenilworth
800 Kenilworth Drive, Towson, 21204
Shops at Kenilworth
Tuesday: 3:30pm - 6:30pm, April-November

Pikesville
1700 Reisterstown Road, Pikesville, 21208
Office Depot parking lot
Tuesday: 2pm - 6pm, May-October

Randallstown
8604 Liberty Road, Randallstown, 21133
Wednesday: 12pm-5pm, June-October

Reisterstown
360 Main Street, Reisterstown, 21136
Sunday: 10am-2pm June-October

Towson
17 Alleghany Avenue, Towson, 21204
Between York Road & Washington Avenue
Thursday: 11am - 3pm, June-November

Market listing information is accurate as of March 24, 2014.
For the most up-to-date information about markets please visit:
www.marylandfma.org or ask your local WIC clinic.

White Marsh
8115 Honeygo Boulevard, Nottingham, 21236
Friday: 10am - 1pm, July-November

Woodlawn
6410 Security Boulevard, Baltimore, 21207
Woodlawn AMF Bowling Lanes
Thursday: 10:30am - 1:30pm, July-September

BALTIMORE CITY

Baltimore Museum of Industry
1415 Key Highway, Baltimore, 21230
Saturday: 9am - 1pm, May-October

Canton
1300 South Ellwood Avenue, Baltimore, 21224
Near Canton Park
Sunday: 8am-12pm, June-September

Cross Keys
5100 Falls Road, Baltimore, 21210
Parking lot of Village of Cross Keys Shopping Center
Wednesday: 10am - 2pm, June-October

Druid Hill
3100 Swann Drive, Baltimore, 21217
Wednesday: 3:30pm - 7:30pm, June-September

Fell's Point
800 S Broadway, Baltimore, 21231
Broadway Square
Saturday: 7:30am - 12:30pm, May-November

Go Life / Cylburn
4915 Greenspring Avenue, Baltimore, 21209
Saturday: 9am - 1pm, June-November

Govanstowne
5104 York Road, Baltimore, 21212
Wednesday: 3pm - 7pm, June-September

Highlandtown
3428 Bank Street, Baltimore, 21224
Parking lot on Highland Avenue
Thursday: 4pm - 8pm, June-November

Howard Park
3400 Block Woodbine Avenue, Baltimore, 21207
Between Gwynn Oak & Liberty Heights Avenues
Saturday: 7:00am - 1pm, May-November

JFX
Saratoga Street between Holliday & Gay Streets, Baltimore, 21202
Under JFX Viaduct
Sunday: 7am - noon, April-December

JHU
1900 McElderry Street, Baltimore, 21205
McElderry Street Walkway
Thursday: 10am - 2pm, May-November

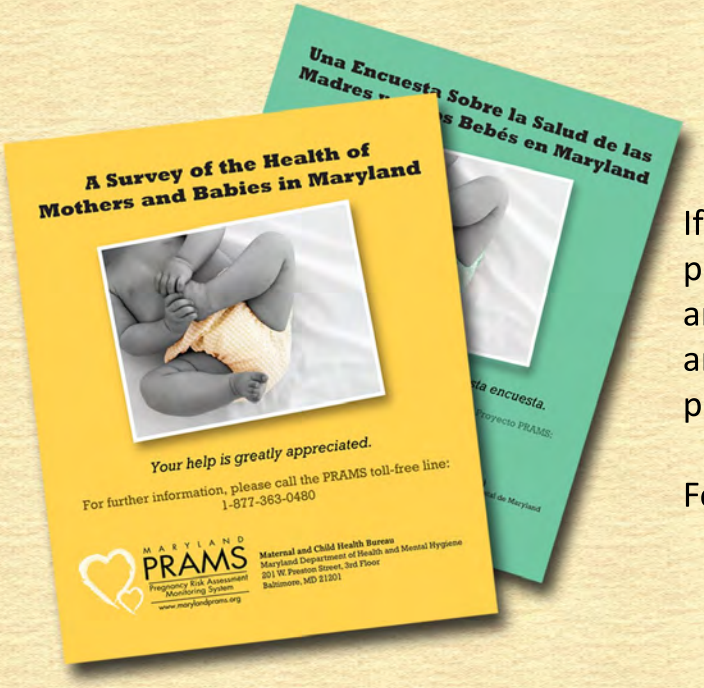
Pratt Street
100 Light Street, Baltimore, 21201
Pratt & Light Plaza, outside of the Transamerica building on Pratt Street
Thursday: 11am-2pm, May-October

Park Heights
5201 Park Heights Avenue, Baltimore, 21215
Pimlico Racetrack
Wednesday: 9am-2:30pm, June-November

Remington
2600 N. Howard Street, Baltimore, 21218
Thursday: 3pm-7pm, June-October

State Center
300 West Preston Street, Baltimore, 21201
Wednesday: 10am - 2pm, May-November

Tuesday Market in Lauraville
4500 Harford Road, Baltimore, 21214
Next to Safeway
Tuesday: 4pm - 8pm, June-October



If you receive a PRAMS survey in the mail, please take a few minutes to fill it out and send it in. Your answers are important and can help make Maryland a healthier place for mothers and babies.

For more information, please visit the PRAMS website at:
www.marylandprams.org

MARYLAND PRAMS
Pregnancy Risk Assessment Monitoring System
www.marylandprams.org

UMMC
Plaza Park, Corner of Paca & Baltimore Streets, Baltimore, 21201
Tuesday: 10am - 2:30pm, May-November

32nd Street - Waverly
400 E. 32nd Street, Baltimore, 21218
Saturday: 7am - noon, Year round

CALVERT COUNTY

Calvert County - Barstow
140 Calvert Fair Drive, Prince Frederick, 20678
Calvert County Fairgrounds
Saturday: 7:30am-12pm, May-November

Calvert County - Prince Frederick
130 Hospital Road Lot D, Prince Frederick, 20678
Calvert Memorial Hospital
Tuesday: 3pm - 7pm, May-November

Calvert County - Solomons
Solomons Riverwalk north of Pavilion, Prince Frederick, 20688
Adjacent to Solomons Island Rd.
Thursday: 4pm - 8pm, May-November

North Beach
5th & Bay Avenue, North Beach, 20714
Friday: 6pm - 9pm, May-October

CAROLINE COUNTY

Denton St. Luke's
100 S. Fifth Avenue, Denton, 21629
St. Luke's United Methodist Church
Franklin Street & 5th Avenue
Tuesday: 8am – noon, June-October

Federalsburg Farmer & Flea Market
Morris Avenue, Federalsburg, 21632
Town Parking Lot across from US Post Office
Saturday: 8am-1pm, April-November

CARROLL COUNTY

Carroll County - Ag Center
706 Agricultural Center Drive, Westminster, 21157
Saturday: 8am - 2pm, March-December

Carroll Hospital Center
200 Memorial Avenue, Westminster, 21157
Thursday: 12:30pm-4:30pm, June-September

Downtown Westminster Saturday
Railroad Avenue (MD27) & Emerald Hill Lane, Westminster, 21157
Conaway parking lot
Saturday: 8am - noon, May-November

Hampstead
1341 N. Main Street, Hampstead, 21074
Hampstead Volunteer Fire Department
Saturday: 9am - noon, June-September

Mt. Airy
5 Park Avenue, Mt. Airy, 21771
Municipal parking lot between Veterans Lane & Cross Street
Wednesday: 3:30pm - 6:30pm, May-September

Taneytown
Memorial Park Rt. 140, Taneytown, 21787
Saturday: 9am - noon, June-September

Westminster Antique Mall Tuesday
Rt. 27 & Hahn Road, Westminster, 21157
Antique Mall parking lot
Tuesday: 2pm - 5pm, May-October

CECIL COUNTY

Cecil County
308 South Main Street, North East, 21901
North East United Methodist Chuch parking lot
Friday: 2pm - 6pm, May-October

Perryville
Broad Street & Roundhouse Drive, Perryville, 21903
Friday: 3pm-7pm, May-October

CHARLES COUNTY

La Plata
305 Queen Anne Street, La Plata, 20646
Court House parking lot
Saturday: 8am - 3pm
Wednesday: 8am - 3pm

Waldorf
10400 O'Donnell Place, St. Charles, 20603
O'Donnell Street & St. Patrick's Drive in St. Charles
Saturday: 9am - 1pm, May-December
Wednesday: 1pm - 3pm, May-December

DORCHESTER COUNTY

Cambridge Thursday
505 Poplar Street, Cambridge, 21613
Long Wharf Park
Thursday: 3pm - 6pm, May-October

FREDERICK COUNTY

Dublin Roaster
1780 N. Market Street, Frederick, 21701
Dublin Roasters Coffee Shop
Sunday: 10am - 1pm, May-September

Emmitsburg
302 South Seton Avenue, Emmitsburg, 21727
Friday: 3pm - 6:30pm, June-September

Everedy Square
East & East Church Streets, Frederick, 21701
Thursday: 3pm - 6pm, June-October

Frederick City
331 N. Market Street, Frederick, 21701
Sunday: 9am-1pm, May-October

Fort Detrick
810 Schreider Street, Frederick, 21702
Building 549 Parking Lot (open to everyone)
Tuesday: 11am - 1:30pm, June-October

GRACE Farmers' Market
9380 Butterfly Lane, Frederick, 21703
Friday: 3pm – 6 pm, May-November

Great Frederick Fair
797 E. Patrick Street, Frederick, 21701
Saturday: 8am - 2pm

Middletown
12 South Church Street, Middletown, 21769
Thursday: 4pm - 7pm, May-October

Thurmont
East Main Street & Boundary Avenue, Thurmont, 21788
Guardian Hose Company Carnival Grounds, Boundary Avenue
Saturday: 9am - noon, June-September

Urbana
9020 Amelung Street. Frederick, 21704
Urbana Library
Sunday: 12pm - 3pm, May-October

West Frederick
110 Baughman's Lane, Frederick, 21701
Saturday: 10am - 1pm, May-November

GARRETT COUNTY

Oakland
East Oak Street at South 1st Street, Oakland, 21550
Saturday: 10am - 1pm, June-October
Wednesday: 10am - 1pm, June-October

HARFORD COUNTY

Bel Air - Saturday
2 S. Bond Street, Bel Air, 21014
Mary Risteau Building parking lot
Saturday: 7am - 11am, April-November

Bel Air - Tuesday
33 Main Street, Bel Air, 21014
Parking lot next to the Tower Restaurant
Saturday: 7am - 11am, April-November

Edgewood
Intersection of Edgewood Road (SR 755) & Old Edgewood Road, Edgewood, 21040
Edgewood MARC Train Station
Thursday: 3pm - 6pm, May-October

Havre de Grace
Pennington Avenue between Washington Street & Union Avenue, Havre de Grace, 21078
Saturday: 9am - 12pm, May-November

HOWARD COUNTY

Howard County - Glenwood
2350 Route 97, Glenwood, 21738
Saturday: 9am - 12:30pm, May-November

Howard County - Oakland Mills
5851 Robert Oliver Place, Columbia, 21045
Oakland Mills Village Center
Sunday: 9am - 1pm, May-November

Howard County - East Columbia
6600 Cradlerock Way, Columbia, 21045
Howard County Library - East Columbia Branch
Thursday: 2pm - 6pm, May-November

Howard County - Hospital
5755 Cedar Lane, Columbia, 21044
Howard County General Hospital
Friday: 2pm - 6pm, May-November

Howard County - Miller Branch
9421 Frederick Road, Ellicott City, 21042
Howard County Library - Miller Branch
Wednesday: 2pm - 6pm, May-November

KENT COUNTY

Chestertown - Saturday
Park Row at the Fountain Park, Chestertown, 21620
Saturday: 8am - noon, Year round

MONTGOMERY COUNTY

Burtonsville
2410 Spencerville Road, Burtonsville, 20868
Corner of Peach Orchard Road
Sunday: 10am - 2pm, April-October

Bethesda Central Farm Market
7600 Arlington Road, Bethesda, 20814
At Old Georgetown Road
Sunday: 9am - 1pm, Year round

Pike Central Farm Market
11561 Old Georgetown Road, Rockville, 20852
Saturday: 9am - 2pm, April-December

Clarksburg
23315 Frederick Road, Clarksburg, 20871
Public House Road & Clarksburg Road
Sunday: 10am - 1pm, June-October

Crossroads
1021 University Boulevard, Takoma Park, 20912
Anne Street at University Blvd, across from Rite Aid
Wednesday: 11am - 3pm, June-November

Damascus
25921 Ridge Road, Damascus, 20872
Damascus High School
Thursday: 3:30 pm - 6:30 pm, May-October

Essex House
7777 Maple Avenue, Takoma Park, 20912
Saturday: 12pm-3pm, May-November

FRESHFARM Silver Spring
Ellsworth Drive between Fenton & Georgia Avenues, Silver Spring, 20910
Saturday: 9am - 1pm, Year round

Fulks Corner
Corner of Fulks Corner Avenue & MD Rt. 355, Gaithersburg, 20877
Thursday: 1pm - 6pm, May-November

Gaithersburg Main Street
301 Main Street, Gaithersburg, 20878
Kentlands
Saturday: 10am - 2pm, May-November

Kensington
3701 Howard Avenue, Kensington, 20895
Train Station parking lot
Saturday: 8am – noon, Year round

Montgomery Farm Women's Co-op Market
7155 Wisconsin Avenue, Bethesda, 20814
Wednesday, Friday, & Saturday: 7am - 4pm, Year round

Montgomery Village
9801 Centerway Road, Montgomery Village, 20886
Saturday: 9am - 1pm, June-October

Olney
2801 Olney Sandy Spring Road, Olney, 20832
General Hospital Thrift Shop Grounds
Sunday: 9am - 1pm, May-November

Poolesville
19701 Fisher Avenue, Poolesville, 20837
Whalen Commons
Friday: 4pm - 8pm, June-September

Potomac Village
9908 South Glen Road, Potomac, 20854
Thursday: 2pm - 6:30pm, May-November

Rockville - Saturday
Route 28 & Monroe Street, Rockville, 20850
Jury Parking Lot
Saturday: 9am - 1pm, May-November
Wednesday: 11am - 2pm, June-September

Shady Grove
9601 Broschart Road, Rockville, 20850
Enter from Key West Avenue
Wednesday: 11am-2pm, May-October

Takoma Park
Laurel Avenue between Carroll & Eastern Avenues, Takoma Park, 20913
Sunday: 10am - 2pm, Year round

Wheaton-Layhill
2200 Bel Pre Road, Silver Spring, 20902
Plaza del Mercado
Saturday: 9am - 1pm, May-September

White Oak
11501 Columbia Pike, Silver Spring, 20904
Corner of Stewart Lane, opposite Bank of America
Saturday: 10am - 2pm, May-November

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American Diabetes Association.

79 million Americans have pre-diabetes and are at risk for developing Type 2 diabetes. (ada, 2013)

Are you at Risk?
Go to: diabetes.org/risktest

White Oak Middle School
12201 N. Hampshire Avenue, Silver Spring, 20904
Saturday: 10am-2pm, May-October

PRINCE GEORGE'S COUNTY

Bowie
15200 Annapolis Road, Bowie, 20715
Adjacent to Bowie Center for Performing Arts
Sunday: 8am - noon, May-October

Branch Avenue in Bloom
3737 Branch Avenue, Temple Hills, 20748
Iverson Mall
Saturday: 9am - 2pm, April-November

Cheverly
6401 Forest Road, Cheverly, 20785
At the Community Center
Saturday: 8am - noon, May-November

College Park
5211 Paint Branch Parkway, College Park, 20740
Sunday: 10am - 2pm, April-November

Downtown College Park
4500 Knox Road, College Park, 20740
Sunday: 10am - 2pm, April-November

FM at Maryland (College Park)
1115 Eppley Recreation Center,
College Park, 20742
Front of Cole Student Activities Building
Wednesday: 11am - 3pm, April-November

Freedom
10905 Livingston Road, Fort Washington, 20744
Freedom Manor
Wednesday: 2pm - 7pm, May-October

Greenbelt
25 Crescent Road, Greenbelt, 20770
Roosevelt Center West Parking Lot, Crescent Road & Southway Drive
Sunday: 10am - 2pm, May-November

Hyattsville
3505 Hamilton Street, Hyattsville, 20782
Tuesday: 2pm - 6pm, June-October

Hollywood Shopping Center
9803 Rhode Island Avenue, College Park, 20782
Next to REI
Saturday: 9am-1pm, April-November

Laurel
300 Main Street, Laurel, 20707
Thursday: 9am - 2pm, June-October

Montpelier
1720 Crain Highway North,
Upper Marlboro, 20774
Saturday: 9am - 1pm, May-November

Mt. Rainier
One Municipal Place, Mt. Rainier, 20712
3200 Rhode Island Avenue
Saturday: 10am - 2pm, May-November

National Harbor
200 Waterfront Street, Oxon Hill, 20745
Waterfront Street & Fleet Street, across from Gaylord National Resort & Convention Center
Saturday: 10am - 4pm, May-October

Riverdale Park
4650 Queensbury Road, Riverdale Park, 20737
MARC Rail Station parking lot
Thursday: 3pm - 7pm, April-December

Seat Pleasant
6001 Addison Road, Seat Pleasant, 20743
Next to Goodwin Park
Thursday: 4pm - 7pm, May-October

St. Thomas Church
14300 St Thomas Church Road,
Upper Marlboro, 20772
St. Thomas Croom Church parking lot
Saturday: 8am - noon, June-September

Suitland
4508 Suitland Road, Suitland, 20746
Parking lot of Suitland Technology Center
Tuesday: 12pm-5pm, June-November

USDA Beltsville
5601 Sunnyside Avenue, Parking Lot B,
Beltsville, 20705
Thursday: 10am - 2pm, April-November

Have questions about Car Seat Safety??

Maryland Kids In Safety Seats has answers!

Helpline: **800-370-SEAT**
e-mail: *dhmh.kiss@maryland.gov*
website: *www.mdkiss.org*
KISS Skype: *MDKISS2*

Maryland Department of Health and Mental Hygiene
Maryland KISS Kids in Safety Seats
Maryland Highway Safety Office MVA

QUEEN ANNE'S COUNTY

Centreville
101 Lawyers Row, Queen Anne's, 21617
Lawyers Row & Commerce Street
Wednesday: 3pm - 7pm, April-October
Saturday: 9am-1pm, April-October

Kent Island
830 Romancoke Road, Stevensville, 21666
Thursday: 3:30 - 6:30pm, Year round

SOMERSET COUNTY

Princess Anne Shore Fresh
30510 Washington Street, Princess Anne, 21853
Somerset Avenue & Washington Street
Thursday: 3pm - 6pm, May-November

Crisfield Elk's Lodge
4410 Crisfield Highway, Crisfield, 21817
Friday: 3pm-6pm, March-October

ST. MARY'S COUNTY

Home Grown Farm Market
21078 Three Notch Road, Lexington Park, 20653
Saturday: 9am - 1pm, May-December
Tuesday: 9am - 1pm, June-August

North St. Mary's
37600 New Market Road, Charlotte Hall, 20622
Charlotte Hall Library
Saturday: 8am - 6pm, May-November

California
22810 Three Notch Road,
Lexington Park, 20653
BAE Systems parking lot
Saturday: 9am - 1pm, May-October

TALBOT COUNTY

Easton
Town Parking lot off Harrison Street,
Easton, 21601
Saturday: 8am - 1pm, April-December
Wednesday: 8am - 1pm, June-September

FRESHFARM St. Michael's
Muskrat Park on the Harbor, at Willow & Green Streets, St. Michael's, 21663
Saturday: 8:30am - 11:30am, April-October

WASHINGTON COUNTY

Hagerstown
25 West Church Street, Hagerstown, 21740
Large building behind the downtown post office
Saturday: 5am - 1pm, Year round

Meritus Medical Center
11116 Medical Campus Road,
Hagerstown, 21742
At the "Robin's Nest" inside Robinwood – use the silver or blue entrance
Tuesday: 2pm - 5pm, May-October

Washington County - Elks Lodge
11063 Robinwood Drive, Hagerstown, 21740
Elks Lodge No. 378
Across the street from Robinwood Medical Center
Wednesday: 3pm - 6pm, May-October

Everyone deserves a healthy relationship. We can help.

The National Domestic Violence HOTLINE
1-800-799-SAFE (7233)

WICOMICO COUNTY

Camden
1401 Camden Avenue, Salisbury, 21801
Asbury Church parking lot
Tuesday: 2:30pm - 6pm, Year round

Salisbury Shore Fresh - Saturday
300 E. Market Street, Salisbury, 21801
Parking Lot 16 (at river in downtown Salisbury)
Saturday: 8am - 1pm, May-November

WORCESTER COUNTY

Berlin
200 N. Main Street, Berlin, 21811
N. Main & West Streets - Downtown Historic Berlin
Friday: 10am - 3pm, Year round
Wednesday: 2pm - 6pm, April-October

Ocean City
142nd Street & Coastal Highway,
Ocean City, 21849
Phillips Restaurant parking lot
Saturday & Sunday: 8am - 1pm, May-October
Tuesday & Thursday: 8am - 1pm, June-September

Ocean Pines Green Market
239 Ocean Parkway, Ocean Pines, 21811
White Horse Park
Saturday: 8am - noon, May-October

Snow Hill
210 W. Green Street, Snow Hill, 21863
Fire Station parking lot
Thursday: 12pm - 5pm, May-September

West Ocean City
8816 Stephen Decatur Highway, Berlin, 21811
Friday & Saturday: 4pm - 8pm, May-August

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