

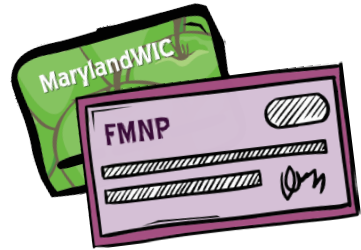


FARMERS' MARKET COOKBOOK 2022

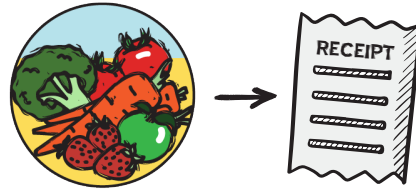
Recipes for every month of the year



1. Grab your FMNP checks or eWIC card & head to a Maryland Markey Money Market *



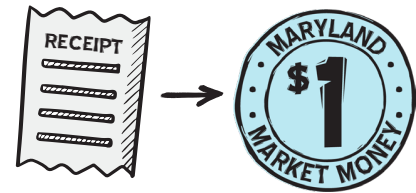
2. Use FMNP checks or eWIC card to buy produce & get a receipt from the vendor



3. Take receipt to "Market Info" tent, show it to staff & ask for your FREE Maryland Market Money



4. Exchange receipt for FREE Maryland Market Money tokens to spend at market!



* find a market: www.marylandmarketmoney.org

How to Use Your FMNP & eWIC Benefits & get FREE Maryland Market Money



MarylandMarketMoney.org

(240) 528-8850

info@marylandmarketmoney.org

@MDFarmersMarkets

TABLE OF CONTENTS

What's in Season?.....4

JANUARY:

Baked Cauliflower Tots.....6

Pinto Bean Dip.....8

FEBRUARY:

Valentine's Day Salad.....10

MARCH:

Collard Greens Pasta.....14

Broccoli Baked Potatoes.....17

APRIL:

April Fools Fried Egg.....18

Veggie Omelet in a Mug.....19

MAY:

Grilled Vegetable Casserole.....20

Pickled Cucumbers.....23

JUNE:

Tomato Basil Bruschetta.....24

Simple Fish Tacos.....29

JULY:

Red, White, and Blue Potato Salad.....32

Blueberry Smoothie Pops.....35

AUGUST:

Summer Salad.....36

SEPTEMBER:

Carrot Cake Baked Oatmeal.....39

Apple Chips.....41

OCTOBER:

Autumn Pumpkin Muffins.....42

Witch's Brew Veggie Stew.....44

NOVEMBER:

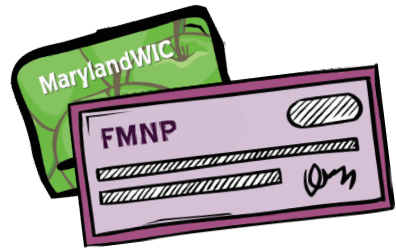
Homemade Cranberry Sauce.....47

Turkey Cranberry Quesadilla.....48

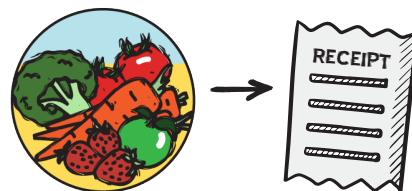
DECEMBER:

Cream of Mushroom Soup.....51

1. Toma sus cheques de FMNP o su tarjeta eWIC y visita un Maryland Market Money mercado*



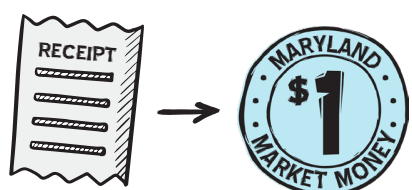
2. Usa sus cheques de FMNP o su tarjeta eWIC para comprar productos agricolas y recibir un recibo desde el vendedor



3. Tomas su recibo al "Informacion del Mercado" y pregunta por su partido de Maryland Market Money



4. ¡Cambia su recibo por tokens de Maryland Market Money GRATIS para gastar en el mercado!



* Encontrar un mercado: www.MarylandMarketMoney.org

Como Usar su Beneficios de FMNP y eWIC y Recibir GRATIS Maryland Market Money



Por favor, responda a nuestra encuesta.

Please take our survey.

WHAT'S ON YOUR PLATE?

Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.

Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save for later. Use them for a stew, soup or pasta dish.

Make half of your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein food for a nutritious meal.

Move to low-fat or fat-free milk or yogurt

Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get two more food groups.

Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, or chicken.

Drink and eat less sodium, saturated fat, and added sugars

Cook at home and read the ingredients to compare foods.

Based on the Dietary Guidelines for Americans
Go to [ChooseMyPlate.gov](https://www.choosemyplate.gov) for more information.

WHAT'S IN SEASON?

A month-by-month guide to buying the freshest fruits and vegetables at your farmers' market

MAY

Asparagus	Green Peas	Radishes
Broccoli	Greens	Strawberries
Cauliflower	Lettuces	Tomatoes
Cucumbers	Mushrooms	Turnips
Green Beans	Onions	

JUNE

Apricots	Corn	Potatoes
Asparagus	Cucumbers	Radishes
Blueberries	Green Beans	Raspberries
Broccoli	Green Peas	Strawberries
Cabbage	Lettuces	Summer Squash
Cauliflower	Mushrooms	Tomatoes
Cherries	Onions	Turnips

JULY

Apricots	Eggplant	Okra
Beets	Green Beans	Onions
Blackberries	Green Peas	Peaches
Black-eyed Peas	Greens	Peppers
Blueberries	Lettuces	Plums
Carrots	Lima Beans	Potatoes
Cherries	Melons	Raspberries
Corn	Mushrooms	Summer Squash
Cucumbers	Nectarines	Tomatoes

AUGUST

Apples	Green Beans	Pears
Beets	Greens	Peppers
Blackberries	Lettuces	Plums
Black-eyed Peas	Lima Beans	Potatoes
Blueberries	Melons	Raspberries
Carrots	Mushrooms	Summer
Corn	Nectarines	Squash
Cucumbers	Okra	Tomatoes
Eggplant	Onions	Winter Squash
Grapes	Peaches	

SEPTEMBER

Apples	Green Beans	Plums
Beets	Greens	Potatoes
Blackberries	Lettuces	Pumpkins
Brussels Sprouts	Lima Beans	Raspberries
Cabbage	Mushrooms	Summer Squash
Carrots	Melons	Sweet Potatoes
Cauliflower	Okra	Tomatoes
Corn	Onions	Turnips
Cucumbers	Peaches	Winter Squash
Eggplant	Pears	
Grapes	Peppers	

OCTOBER

Apples	Greens	Sweet Potatoes
Broccoli	Lettuces	Tomatoes
Brussels Sprouts	Mushrooms	Turnips
Cabbage	Onions	Winter Squash
Cauliflower	Pumpkins	
Cucumbers	Radishes	

NOVEMBER

Apples	Greens	Radishes
Broccoli	Lettuces	Sweet Potatoes
Brussels Sprouts	Mushrooms	Tomatoes
Cauliflower	Onions	Turnips
Cucumbers	Pumpkins	Winter Squash



JANUARY

These recipes are perfect for when you're hosting your New Year's Party—or any other party!

BAKED CAULIFLOWER TOTS

Time to Make: 30 minutes | Servings: 3

DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. Lightly grease a baking sheet.
3. In a medium bowl, combine all ingredients and mix well.
4. Press mixture together to make about 15 small balls or logs and put them on the baking sheet with space between each one.
5. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.

INGREDIENTS

- 2 cups grated or finely chopped cauliflower (about half a medium head)
- 1 egg
- 3 tablespoons flour
- $\frac{1}{4}$ cup grated cheddar cheese
- $\frac{1}{4}$ teaspoon salt



JANUARY

PINTO BEAN DIP

Time to Make: 5 minutes | Servings: 3 ¼ cups

Recipe credit: Food Hero



DIRECTIONS

1. For a smooth dip, place ingredients in a blender and blend until smooth. For a chunky dip, mash beans well with a fork or potato masher, stir in remaining ingredients.
2. Add additional water as needed for desired consistency.
3. Refrigerate leftovers within 2 hours.

INGREDIENTS

- 1 can (15 ounces) pinto beans, rinsed and drained*
- 1 can (4 ounces) mild jalapeño peppers
- 1 tablespoon vegetable oil
- 1 tablespoon barbecue sauce or ketchup
- 1 tablespoon water
- ½ teaspoon onion powder
- ⅛ teaspoon each salt and pepper

* Cook your own dry beans. One can (15 ounces) is about 1 ½ to 1 ¾ cups of drained beans.

Have questions about **Car Seat Safety??**

What's the
law about
Car Seats?



What's
the best
car seat for
my baby?



Where
can I get
a car seat
for my
child?



Is there
a seat check
near me?



Maryland **Kids In Safety Seats** has answers!

Helpline:
800-370-SEAT

e-mail:
[MDH.kiss@
maryland.gov](mailto:MDH.kiss@maryland.gov)

website:
www.mdkiss.org



FEBRUARY

This recipe is the perfect way to tell your kids you want to be their Valentine.

VALENTINE'S DAY SALAD

Time to Make: 10 minutes | Servings: 4



INGREDIENTS

- 8 cups baby spinach, stems removed (or any salad greens)
- 1 pint strawberries, washed and cut into hearts (see opposite page)
- 1/4 cup feta cheese, goat cheese, or other cheese, crumbled or shredded
- 1/4 cup sliced almonds, or pecans*
- Optional mix-ins: chicken or tofu, avocado, extra veggies
- For serving: low-fat dressing (Poppy seed, vinaigrette, ranch or balsamic)

* Nuts are a choking hazard for children four and under.

DIRECTIONS

1. Place the spinach in a large bowl. Next, add the strawberry hearts, cheese, and nuts. Add additional mix-ins if desired.
2. Drizzle the dressing over top and then toss with salad tongs. Serve immediately.

HOW TO MAKE STRAWBERRY HEARTS



1. Cut a "V" shape out of the top of the strawberry.



2. Remove the strawberry's hull.



3. Make one vertical cut to slice the strawberry in half.



4. Enjoy!

If you're interested in...



- Preventing pregnancy
- Pregnancy planning & counseling
- STD/STI testing & treatment
- Cervical & breast cancer screenings
- Health education
- Referrals for additional health services



The Maryland Family Planning Program has you covered.

We offer **quality** and **affordable** services to women, men, teenagers, and individuals at over 60 clinics in Maryland.



To find your closest clinic:

1. Visit bit.ly/MDclinics - or -
2. Call 2-1-1 and ask for "family planning clinics" - or -
3. Scan the QR code!



SCAN ME

For more information, visit our website: bit.ly/MFPPsite

Questions? Email mdh.mchb@maryland.gov

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



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



MARCH

St. Patrick's Day means green, and that's what you get with the recipes for this month.

COLLARD GREENS PASTA

Time to Make: 20 minutes | Servings: 3 to 4

DIRECTIONS

1. Bring a large pot of salted water to a boil and cook the pasta according to directions. Drain quickly, reserving a bit of cooking water, and set aside.
2. Cut out the center rib of each collard green. Stack a few greens at a time and roll them up into a cigar-like shape. Slice across the roll as thinly as possible (1/8-inch to 1/4-inch). Shake the greens and a chop into smaller strips.
3. If using nuts, heat a heavy-bottomed 12-inch skillet over medium heat and toast the nuts until they turn golden and fragrant. Pour them out of the skillet and save for later.
4. Return the skillet to medium heat and pour in a tablespoon of olive oil. Add a pinch of red pepper flakes and the garlic and stir. When the oil is hot, add the collard greens and sprinkle with salt and pepper, if using. Sauté the greens for about 3 minutes, stirring often so they don't clump together.
5. Remove the pan from heat. Add the greens to the pasta pot and toss with another 1 to 2 tablespoons of olive oil, adding pasta water if necessary. Divide onto plates, top with nuts (if using) and Parmesan cheese and serve with 1 to 2 lemon wedges per person.

INGREDIENTS

- 8 ounces fresh collard greens, or any other similar greens (about 10 big leaves)
- 1/3 to 1/2 package of whole wheat thin spaghetti or "spaghettini"
- 3 tablespoons pine nuts or walnuts (optional)*
- 2 to 3 tablespoons olive oil
- 2 small cloves garlic, pressed or 2 to 3 teaspoons minced garlic
- pinch red pepper flakes
- salt and black pepper to taste
- 2 tablespoons grated or shredded Parmesan cheese
- 1/2 fresh lemon, cut into wedges

* Nuts are a choking hazard for children four and under.



Health Coverage is Always in Season.



So head over to MarylandHealthConnection.gov to learn more or call **1-855-642-8572** to see if you qualify for free or low-cost coverage.

MARCH

BROCCOLI BAKED POTATOES

Time to Make: 40 to 70 minutes | Servings: 6

Recipe credit: Maryland SNAP-Ed



DIRECTIONS

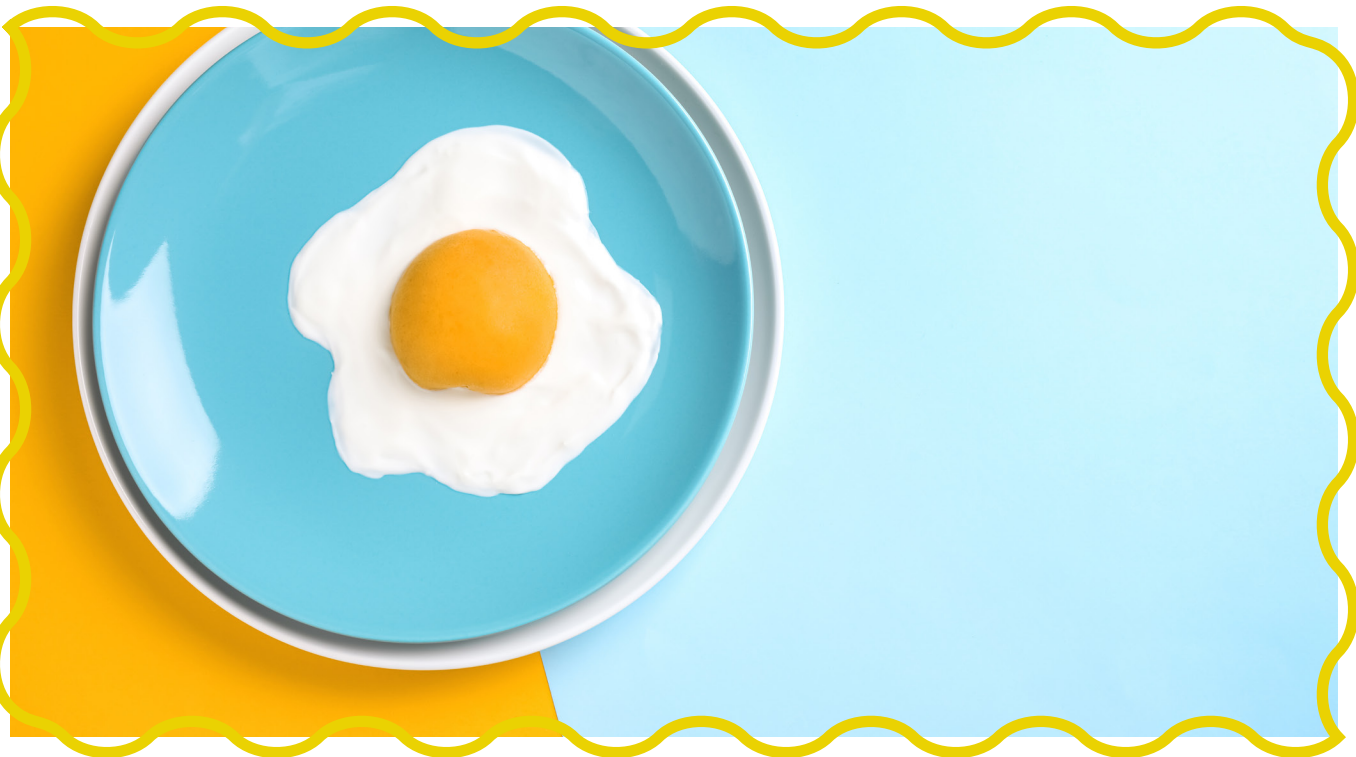
1. Preheat the oven to 350 degrees F.
2. Scrub potatoes. Poke potato skin with a fork in several places.
3. Bake for 30 to 60 minutes until soft, depending on the size.
4. Steam broccoli just until tender and chop into small pieces.
5. Slice the potatoes in half. Scoop the insides into a bowl with the broccoli. Add milk, $\frac{3}{4}$ cup cheese, salt, and pepper. Mash together until the mixture is pale green with dark green flecks.
6. Put the potato mixture into the potato skins and sprinkle with remaining $\frac{1}{4}$ cup of cheese. Microwave to heat through.

INGREDIENTS

6 medium potatoes
3 stalks broccoli
 $\frac{1}{4}$ cup low-fat milk
1 cup shredded light cheddar cheese
Salt and pepper to taste

APRIL FOOLS FRIED EGG

Time to Make: 5 minutes | Servings: 1



DIRECTIONS

- 1. Pour yogurt into a shallow dish.
- 2. Place peach or apricot in the center to resemble an egg yolk.

INGREDIENTS

- 1 6-ounce container vanilla yogurt (or ¾ of an 8-ounce container)
- ½ of a canned peach or apricot

VEGGIE OMELET IN A MUG

Time to Make: 13 minutes | Servings: 1



DIRECTIONS

- 1. Lightly grease the inside of a 12-ounce microwave-safe mug.
- 2. Use a fork to combine the eggs, milk, salt and pepper in the mug and stir well. Mix in the vegetables and cheese.
- 3. Microwave on HIGH for 45 seconds. Stir. Return to the microwave and cook on HIGH until the mixture has puffed and set, 60 to 90 seconds. The omelet may look wet on the top but it will dry as it cools.
- 4. To make a meal, serve with a slice of whole grain toast and fruit. Refrigerate leftovers within 2 hours.

INGREDIENTS

- 2 eggs
- 2 tablespoons 1% low-fat milk (or nonfat/skim milk)
- 1 pinch salt
- 1 pinch pepper
- ¼ cup finely chopped vegetables
- 2 tablespoons shredded cheddar cheese (or your favorite cheese)

Recipe credit: Food Hero

MAY

May is National Barbecue Month and we have some recipes we think you'll want to try at your next outdoor barbecue.

GRILLED VEGETABLE CASSEROLE

Time to Make: 1 hour | Servings: 4 to 6

DIRECTIONS

1. Put the eggplant slices in a colander, sprinkle with the salt, and let them sit for 15 minutes, or until some liquid comes out.
2. When the eggplant is almost ready, preheat the grill to medium-high, and lightly spray the grill racks.
3. Add the eggplant, zucchini, red pepper, and mushrooms to a large mixing bowl. Add 1 teaspoon of Italian herb seasoning and 1 tablespoon of olive oil; toss lightly to coat. Cook on the grill for 4 minutes on each side, or until they're softened and have grill marks.
4. Remove the vegetables from the grill, and place them back into the mixing bowl to let them cool. If desired, pull the blackened skins off the red peppers. Slice the red pepper and mushrooms into strips.
5. In an 8-inch baking pan or casserole dish, spread $\frac{1}{4}$ cup of the tomato sauce. Add one layer of the vegetables on top of the sauce, then layer with $\frac{1}{4}$ cup of the mozzarella cheese. Top with another $\frac{1}{4}$ cup of tomato sauce. Add a second layer of vegetables, then $\frac{1}{4}$ cup of the mozzarella cheese, and spoon the rest of the sauce over the casserole.
6. In a small bowl, combine the remaining mozzarella cheese, breadcrumbs, Parmesan cheese, $\frac{1}{2}$ teaspoon of Italian herb seasoning and 1 tablespoon of olive oil. Toss well to combine.
7. Preheat the oven to 350 degrees F. Sprinkle the cheese/breadcrumb blend on top of the casserole. Cover it lightly with foil and bake for about 25 minutes or until the cheese is melted throughout. Remove the foil for the last 10 minutes so the breadcrumbs can crisp.
8. Garnish with fresh basil leaves, if desired. Let cool for 5 minutes before serving.

INGREDIENTS

- 1 medium eggplant, peeled if desired, and cut into round $\frac{3}{4}$ -inch slices
- $\frac{1}{4}$ teaspoon salt
- 1 medium zucchini, cut lengthwise into $\frac{3}{4}$ -inch strips
- 1 large red pepper, cut in half with seeds and core removed
- 2 medium Portobello mushroom caps
- 2 tablespoons olive oil, divided
- 1 $\frac{1}{2}$ teaspoons Italian herb seasoning mix, divided* (see opposite page)
- 12 ounces prepared or homemade tomato sauce
- 8 fresh basil leaves, sliced thin (optional)
- $\frac{3}{4}$ cup shredded mozzarella cheese, divided
- $\frac{1}{4}$ cup grated Parmesan cheese
- $\frac{1}{2}$ cup breadcrumbs

*How to make your own Italian seasoning mix:

Combine $\frac{1}{2}$ teaspoon each of dried basil, oregano, parsley, and thyme with $\frac{1}{4}$ teaspoon dried rosemary, $\frac{1}{8}$ teaspoon garlic powder, and a pinch of red pepper flakes.





MAY

PICKLED CUCUMBERS

Time to Make: 20 minutes plus 1 to 3 days in the refrigerator | Servings: 10

INGREDIENTS

- $\frac{2}{3}$ cup vinegar (any type)
- $\frac{1}{3}$ cup water
- 1 teaspoon salt
- 2 to 4 teaspoons sugar
- 1 to 2 tablespoons seasonings*
- 1 $\frac{1}{2}$ cups cucumber slices

DIRECTIONS

1. In a small saucepan, heat the vinegar, water, salt, and sugar until the mixture simmers. Stir until the salt and sugar are dissolved, and remove from heat.
2. Place the seasonings in the bottom of a clean pint-sized glass jar. Add the cucumber slices, packing them closely together. Leave about $\frac{1}{2}$ inch space at the top of the jar.
3. Fill the jar with the warm vinegar mixture to cover the cucumbers. Close the jar with a clean lid and refrigerate for 1 to 3 days to allow flavors to develop.
4. Store pickles in the refrigerator. Use within 3 months.

* Ideas for fresh seasonings: basil, cilantro, dill, garlic, ginger, hot pepper, onion, oregano, thyme.

Ideas for dry seasonings: bay leaf, celery, cumin or dill seed, dried chili, peppercorn, pickling spice, turmeric

Try this: 1 clove garlic, $\frac{1}{8}$ teaspoon red pepper flakes and 1 teaspoon dill seed.

If you have high blood pressure, eat your cucumbers raw to reduce sodium and increase potassium.

Recipe credit: Food Hero

JUNE

These recipes are portable and perfect for when you're having a picnic outside.

TOMATO BASIL BRUSCHETTA

Time to Make: 12 minutes | Servings: 12

DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. Combine tomatoes, garlic, onion, basil, and olive oil in a bowl. Season with salt and freshly ground black pepper, to taste optional. Set aside.
3. Arrange bread on a baking sheet in a single layer. Bake for about 5 to 7 minutes until it begins to brown slightly.
4. Remove bread from oven and transfer to serving platter.
5. Serve the tomato mixture in a bowl with a serving spoon and let everyone help themselves. Or place some on each slice of bread before serving. If adding the tomato mixture yourself, add it at the last minute or the bread may become soggy.

INGREDIENTS

- 8 tomatoes (ripe, roma plum, chopped)
- 2 garlic cloves, minced
- ½ red onion
- 6 fresh basil leaves
- 2 tablespoons extra-virgin olive oil
- Salt (optional, to taste)
- Pepper (optional, to taste)
- 2 mini French or Italian bread, cut into ½-inch diagonal slices



Farmers' Market Scavenger Hunt



To play, visit a farmers' market or watch a family explore an Oregon farmers' market on video at <https://www.foodhero.org/farmers-market>.

As you explore, check the box when you find a food that matches the description in each square below.



☐ It grows **UNDERGROUND**.



☐ It has edible **LEAVES**.



☐ You can use it to make **JUICE**.



☐ You have never **SEEN** it before.



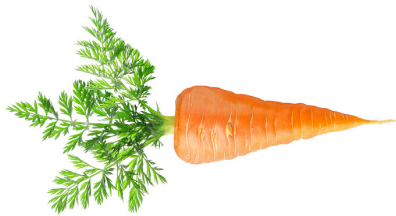
☐ You have never **TASTED** it before.



☐ It has edible **STEMS**.



☐ It grows on a **TREE**.



☐ It is **ORANGE**.



☐ It is **PURPLE**.



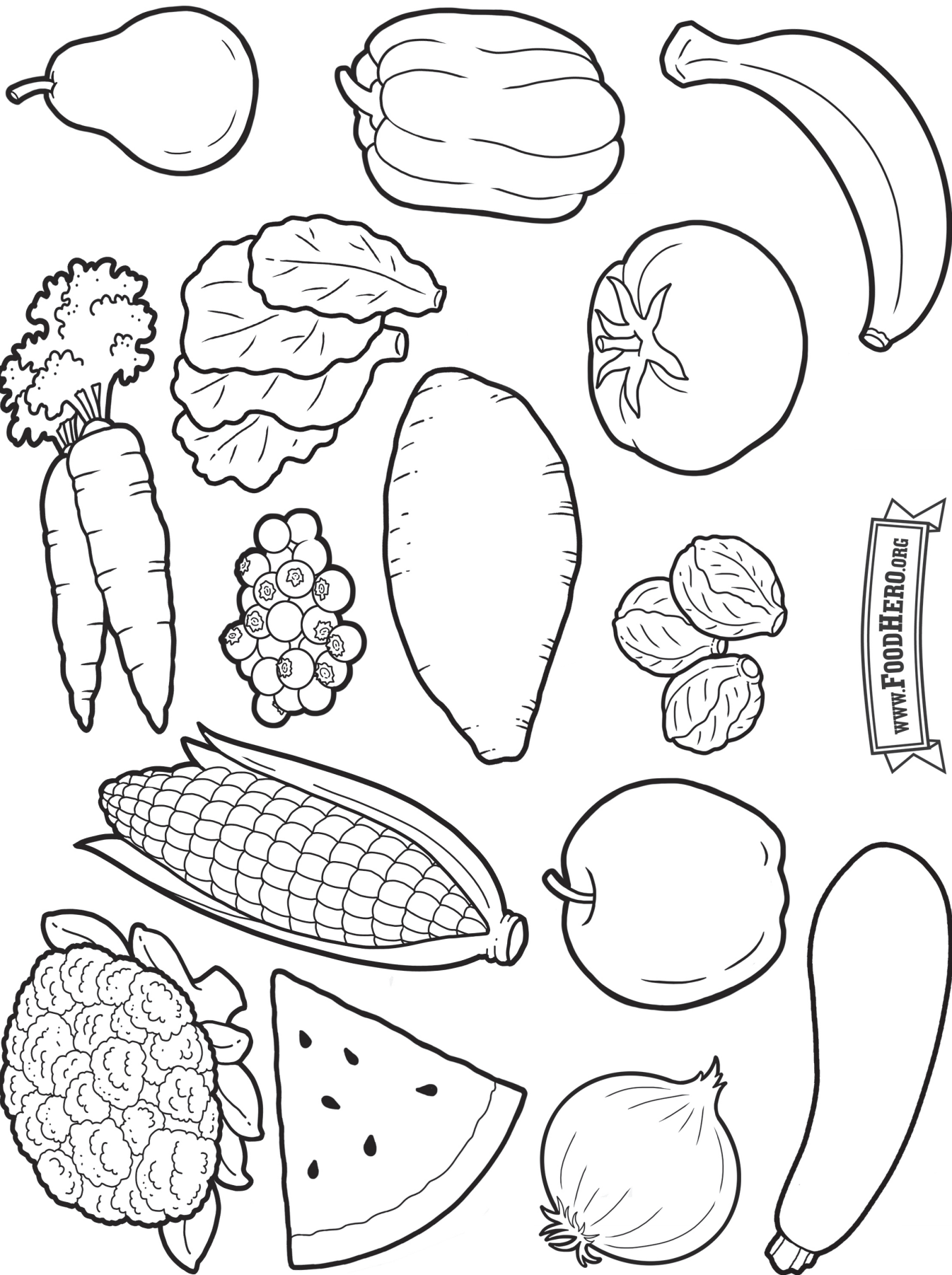
☐ It has **FRUITS**.



☐ It is **WHITE**.



☐ It has edible **FLOWERS**.



JUNE

SIMPLE FISH TACOS

Time to Make: 25 minutes | Servings: 4

DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. Combine fish taco sauce ingredients in a small bowl and set aside.
3. Combine rub ingredients and rub into fish fillets. Place fish on a parchment or foil lined pan and drizzle with olive oil.
4. Bake for 12 to 15 minutes or until flaky and cooked.
5. Heat tortillas according to package directions.
6. Break fish into large chunks and divide between tortillas. Top with shredded cabbage and any other desired toppings and serve.

INGREDIENTS

1 ½ pounds tilapia, cod, or other white fish
1 tablespoon olive oil

Rub

1 tablespoon chili powder
½ teaspoon cumin
½ teaspoon garlic powder
1 teaspoon paprika
½ teaspoon salt
½ teaspoon pepper
1 teaspoon oregano
½ teaspoon onion powder

Tacos

8 6-inch corn or flour tortillas
¼ head cabbage, chopped
1 lime cut into wedges

Fish taco sauce

2 tablespoons mayonnaise
3 tablespoons light sour cream or plain yogurt
½ lime, juiced
½ teaspoon garlic powder
½ teaspoon cumin
½ teaspoon sriracha sauce (optional)



HAS YOUR CHILD BEEN EXPOSED TO LEAD?

There is a new program in Maryland to help families with lead poisoning. The Maryland Department of Housing and Community Development, in partnership with Maryland Department of Health will pay for the removal of lead from the home or apartment where the child lives or spends time, at no cost to the homeowner or renter.

For more information about the program:

866-703-3266

or your local health department

ELIGIBILITY CHECKLIST

- ☒ Under the age of 19 years
- ☒ Blood lead levels of 5 micrograms per deciliter (µg/dL) or more
- ☒ Eligible for or enrolled in Medicaid or Maryland Children's Health Insurance Program (MCHIP)
- ☒ Visit (for 10 more hours per week) or live in the home/ apartment with a lead problem



HAVE YOU EVER HAD GESTATIONAL DIABETES? IF SO, YOU COULD BE AT RISK FOR TYPE 2 DIABETES.



You have the power to fight it! The first step is finding out if you're at risk. Take a simple quiz at Health.Maryland.gov/Prediabetes.

If you are at risk, the next step is to ask your doctor to test you for diabetes. Often, simple lifestyle changes can help you stop diabetes in its tracks.

Be your own hero... It's easier than you think.

POWER TO PREVENT DIABETES

VISIT: [HEALTH.MARYLAND.GOV/PREDIABETES](https://Health.Maryland.gov/Prediabetes)

JULY

Celebrate our nation's birthday with these red, white and blue recipes!

RED, WHITE, AND BLUE POTATO SALAD

Time to Make: 25 minutes | Servings: 6

DIRECTIONS

1. Prep potatoes, onions and herbs as listed. If your potatoes vary in size, be sure to cut all of them into uniform pieces.
2. Place cut up fingerling/white potatoes and red potatoes in a saucepan and fill with enough water to cover the potatoes. Place the cut up purple/blue potatoes in a separate saucepan and fill with enough water to cover (the color tends to bleed, so it's best to cook them separately from the other potatoes). Bring both pots to a boil, then lower the heat and simmer until tender. The red and fingerling/white potatoes should take about 15 minutes, and the blue/purple potatoes should take about 10 minutes.
3. Once the potatoes are done, drain and cool slightly, and put all of them into a large bowl.
4. To the large bowl, add the onion, parsley, dill, chives, and eggs, then toss gently to combine.
5. In a separate small bowl, add the red wine vinegar, olive oil, salt, mustard, black pepper, and garlic. Whisk to combine into a dressing.
6. Pour the dressing over the potato mixture and toss gently to combine. Serve warm, at room temperature, or chilled.

INGREDIENTS

- 2 cups fingerling potatoes (or other small white potatoes), washed and cut in quarters
- 2 cups small red potatoes, washed and cut in quarters
- 2 cups small blue/purple potatoes, washed and cut in quarters
- ¼ cup finely chopped red onion
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh chives
- 3 large hard-boiled eggs, finely chopped
- ¼ cup red wine vinegar
- 2 tablespoons olive oil
- ½ teaspoon salt
- 2 teaspoons Dijon or brown mustard
- ½ teaspoon freshly ground black pepper
- 1 garlic clove, minced



PREGNANT & SMOKING?



The Maryland Tobacco Quitline is here to help.
Call today or enroll for free by texting
"READY" to 200-400.

- Call Quit Coaches 24/7
- Get extra help online and by text message
- Receive gift cards for participation*
*while supplies last



It's FREE. It's confidential. It works.

Maryland's
1-800 QUIT NOW
1.800.784.8669 SmokingStopsHere.com

ALL SERVICES ARE
PRIVATE AND FREE



JULY

BLUEBERRY SMOOTHIE POPS

Time to Make: 20 minutes plus 5 hours in the freezer | Servings: 6



DIRECTIONS

1. Take out 6 5-ounce popsicle molds or small paper cups, an 8-inch square of foil, and 6 popsicle sticks.
2. Place all of the ingredients into a blender and blend until smooth.
3. Pour into the popsicle molds or cups, leaving about 1/4-inch space at the top.*
4. Cover the molds or cups with foil and insert the popsicle sticks into the center.
5. Place in the freezer for 3 to 5 hours.
6. Before serving, briefly dip the molds into warm water to help loosen them and gently pull on the stick to release the pops from the molds or cups.

INGREDIENTS

- 1 1/4 cups fresh or frozen blueberries**
- 1 cup vanilla yogurt
- 1 large ripe banana, peeled

* These can also be served as smoothie drinks. Just pour into cups after blending.
** You can substitute any type of berries, pitted cherries, or peaches.

AUGUST *When the summer heat is scorching, you may not want to eat anything hot. This salad is a perfect meal for the occasion.*

SUMMER SALAD

Time to Make: 30 minutes | Servings: 5

DIRECTIONS

1. Stand an ear of corn up on the stem end. Using a sharp knife, carefully cut the kernels away from the cob, rotating until you've cut all the way around.
2. Cut peppers in half, lengthwise and remove the stem and seeds; chop into bite-sized pieces.
3. Slice off both ends of the cucumber and cut it into quarters lengthwise. Lay the quarters flat side down on the cutting board and slice them crosswise into thin triangular pieces.
4. Remove the stem from tomatoes and cut them into bite sized pieces. If you're using cherry tomatoes, cut them in half or quarters.
5. Toss all of the salad ingredients together in a large bowl.
6. Whisk the vinegar and olive oil in a bowl, or shake them together in a jar with a secure lid. Drizzle the dressing over the salad and season to taste with salt and black pepper.*

* This salad keeps well in the refrigerator for up to 3 days in an airtight container as long as you don't season it with salt until you're ready to eat it. The salt will cause the veggies to lose their water and soften when the salad sits.

INGREDIENTS

- 2 ears of corn**
- 2 bell peppers or sweet peppers
- 1 large cucumber***
- 2 large tomatoes or 1 pound small tomatoes
- ¼ cup minced red onion
- 1 avocado, peeled, pitted, and cubed
- ½ cup chopped fresh basil

Balsamic Dressing

- 2 tablespoons white or red balsamic vinegar or red wine vinegar
- 4 tablespoons extra virgin olive oil
- ¼ teaspoon salt to taste
- ⅛ teaspoon freshly ground pepper to taste

** If you prefer to use cooked corn, steam or boil the corn on the cob for 3 to 5 minutes, remove from the pot, let cool, then remove kernels per directions above.

*** You can also use chopped zucchini in place of the cucumber.



SEPTEMBER

*You can pack these snacks into your kid's lunch when they're going to school.
(By the way, oatmeal is now a WIC food!)*

CARROT CAKE BAKED OATMEAL

Time to Make: 55 minutes | Servings: 8

DIRECTIONS

1. Heat the oven to 375 degrees F and spray an 8-inch baking pan.
2. When the oven is ready, spread the nuts on a cookie sheet and toast them in the oven for about 7 minutes until they are fragrant.
3. In a large mixing bowl, mix together the oats, cinnamon, cloves, baking powder, raisins, carrot, crushed pineapple or fresh or canned chopped peaches, and about $\frac{1}{2}$ cup of the toasted nuts. Stir well to combine.
4. Spread the dry ingredients in the baking pan.
5. In a large measuring cup or small bowl, add the milk, sweetener, eggs, vanilla, and olive oil. Whisk well to combine.
6. Pour the wet ingredients over the dry ingredients. Tap the pan a few times on the counter and pat it gently with a spatula to make sure the dry ingredients are covered with the wet ingredients.
7. Sprinkle the remaining nuts over the top.
8. Bake for about 40 to 45 minutes or until the oatmeal is set and the top is golden brown
9. Let cool and serve immediately, or cover with foil and refrigerate until ready to eat. If eating this the next day, reheat for about 5 to 6 minutes in the microwave or serve at room temperature.

INGREDIENTS

- $\frac{1}{3}$ cup chopped pecans* (optional)
- 1 8-ounce can crushed pineapple or 8-ounces fresh or canned chopped peaches
- 2 cups Old Fashioned oats
- 1 teaspoons cinnamon
- $\frac{1}{4}$ teaspoon ground cloves (optional)
- $\frac{1}{4}$ teaspoon nutmeg
- Pinch salt (optional)
- 1 teaspoon baking powder
- $\frac{1}{4}$ cup raisins
- 1 cup shredded carrot (from 1 large or 2 medium carrots)
- 1 $\frac{3}{4}$ cups milk (regular or nondairy)
- $\frac{1}{4}$ cup brown sugar, maple syrup, or sweetener of choice
- 2 large eggs
- 1 teaspoons vanilla
- 3 tablespoons olive oil

* Nuts are a choking hazard for children four and under.





SNAP + WIC + Farmers Markets = More Nutritious Food!

"Prices are crazy! But with SNAP, I don't have to worry. I am able to get fresh fruit and vegetables, and other food for my kids."

– Amornat H.

The Supplemental Nutrition Assistance Program (SNAP) provides much needed benefits to many of the two million people who may face hunger in 2022.

Did you know you can use both your SNAP and eWIC benefits at certain farmers markets in Maryland? Some even offer matching money on eligible foods.

Need help applying for SNAP benefits? MFB's SNAP Outreach team is ready and available to help enroll potentially eligible Marylanders.

Contact us today: 1-888-808-7327
snapteam@mdfoodbank.org



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SEPTEMBER APPLE CHIPS

Time to Make: 3 hours, 10 minutes | Servings: 4



INGREDIENTS

- 2 apples
- 1/4 teaspoon cinnamon

DIRECTIONS

1. Remove core with an apple corer or knife. Then, using a very sharp knife or a mandolin slicer, slice the apples widthwise into 1/8-inch thickness.
2. Transfer the apple slices to a large bowl and sprinkle with cinnamon. Toss well to combine.
3. Preheat the oven to 300 degrees F. Line a baking sheet with parchment paper.
4. Arrange the apples in a single layer on the prepared baking sheets. Bake in the preheated oven until the apples are crisp to the touch, about 3 hours, flipping halfway through.
5. Transfer the apples to a wire rack and allow to come to room temperature. This will help them get more crisp.

OCTOBER

Celebrate Halloween with these recipes using seasonal ingredients.

AUTUMN PUMPKIN MUFFINS

Time to Make: 35 minutes | Servings: 12

DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. Coat a 12-cup muffin pan with nonstick spray. Set aside.
3. In a medium mixing bowl, whisk together the all-purpose flour, whole-wheat flour, baking powder, baking soda, salt, and pumpkin pie spice or your own spice mix.
4. In a separate large mixing bowl, whisk together the brown sugar, oil, and eggs. Add the pumpkin puree, milk, and vanilla extract. Whisk to combine.
5. Gradually add the flour mixture to the pumpkin mixture, stirring gently just until combined.
6. Pour the batter into the prepared muffin pan, filling each cup to the top. Sprinkle with one of the optional toppings, if desired.
7. Bake until a toothpick comes out clean when inserted into the center of the muffin, about 18 to 22 minutes.
8. Let cool in the muffin pan for 5 minutes, then transfer to a cooling rack. Serve warm or at room temperature.

INGREDIENTS

Nonstick cooking spray
1 cup all-purpose flour
1 cup whole-wheat flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 tablespoon pumpkin pie spice*
½ cup packed brown sugar
⅓ cup olive oil or canola oil
2 large eggs
1 cup canned pumpkin puree
¾ cup lowfat milk
1 tablespoon vanilla extract
Optional mix-ins: up to ½ cup of walnuts, dried cranberries, or green pumpkin seeds**

* Instead of pumpkin pie spice, you may substitute 1½ teaspoons cinnamon + ½ teaspoon ground ginger + ¼ teaspoon nutmeg + ¼ teaspoon cloves + ¼ teaspoon allspice (any of these may be omitted).

** Nuts, seeds and dried fruit are a choking hazard for children four and under.





DIRECTIONS

1. Warm oil on medium heat and add onion, garlic, carrots, celery, and peppers. Sauté the mixture for 5 to 8 minutes until vegetables are soft.
2. Add veggie broth, sweet potato, beans, tomatoes, tomato paste and spice mix. Bring to a gentle simmer, stirring frequently.
3. When the sweet potatoes are soft enough to put a fork through, add the mushrooms and quinoa. Simmer for 10 to 15 more minutes. Simmer even longer to really soften veggies and develop the flavor.
4. Add greens at the end for a few minutes until wilted.
5. Serve with a salad or over rice. It's really good over spaghetti squash too!

OCTOBER

WITCH'S BREW VEGGIE STEW

Time to Make: 75 minutes | Servings: 8

Recipe credit: Dr. Yum

INGREDIENTS

- 2 tablespoons coconut oil (may substitute olive oil)
- 1 onion, diced (medium)
- 3 large cloves garlic, minced
- 3 medium carrots, chopped
- 3 stalks celery, chopped (with greens)
- 2 bell peppers, chopped (any color)
- 32 ounces broth (vegetable)
- 1½ cups sweet potatoes, chopped (may substitute butternut squash)
- 2 15-ounce cans of beans, your favorite type
- 6 ounces tomato paste
- 28 ounces tomatoes, diced (fire roasted)
- 1 to 2 cups baby spinach (may substitute kale, arugula)
- 3 chopped portobello mushrooms
- ½ cup dry quinoa

Spice Mix:

- 1 teaspoon paprika
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- ½ teaspoon black pepper
- sea salt, to taste
- cayenne pepper, to taste



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www.DoctorYum.org
for even more free resources



NOVEMBER

With these recipes, your kids will be thankful to have you cooking for them!

HOMEMADE CRANBERRY SAUCE

Time to Make: 20 minutes | Servings: 4

DIRECTIONS

1. Add the cranberries, orange zest, orange juice, honey, water, cinnamon, cloves, and salt to a medium saucepan.
2. Set the saucepan over high heat and bring to a simmer, then reduce the heat to medium.
3. Continue cooking, stirring often, until the cranberries break down. The sauce should thicken and reduce to about 2 cups.
4. If the sauce becomes too thick, add a little extra water to reach the desired consistency. Note that the sauce will continue to thicken as it cools.
5. Serve warm, or chill before serving.

INGREDIENTS

12 ounces fresh cranberries,
thawed if frozen

Zest of 1 orange

$\frac{3}{4}$ fresh orange juice (about 2 to
3 oranges)

$\frac{1}{3}$ to $\frac{1}{2}$ cup honey, to taste*

$\frac{1}{4}$ cup water

$\frac{1}{4}$ teaspoon cinnamon

Pinch cloves

Pinch salt

* Do not serve honey to infants
under 1 year of age.

Recipe credit: U.S. Department of Veterans Affairs

NOVEMBER

TURKEY CRANBERRY QUESADILLA

Time to Make: 10 minutes | Servings: 1

Recipe credit: Food Hero



DIRECTIONS

1. Lightly grease and preheat a medium skillet over medium heat (300 degrees F in an electric skillet). Lay a tortilla flat on the skillet.
2. Sprinkle cheese evenly over one half of the tortilla. Add cranberry sauce, turkey and spinach.* Fold empty half of tortilla over filling.
3. Cover and cook on each side for 2 to 3 minutes, or until outside is golden brown and inside is heated through.
4. Refrigerate leftovers within 2 hours.

INGREDIENTS

- 1 8-inch whole-wheat tortilla
- 2 tablespoons shredded mozzarella cheese
- 2 tablespoons cranberry sauce or dried cranberries
- 2 tablespoons chopped or shredded cooked turkey**
- 1/3 cup spinach

* For extra flavor, add a dash of cayenne pepper or chili powder before folding the quesadilla in half.

** Substitute beans, tofu, or other cooked meat for the turkey.



PARENTS:

If your child has asthma or lead poisoning, a new program in Maryland can help ... for *FREE!*

DID YOU KNOW?

- **LEAD:** Lead can hurt your child’s development and growth, and its effects can last a long time. Lead can get into your child from paint and other things in and around your home
- **ASTHMA:** Asthma attacks are a big reason for missed school days and missed work days for parents. Asthma attacks can happen because of things in the home, like dust, pests, mold, pets, and tobacco smoke

THE GOOD NEWS

Maryland offers free visits to help make your home healthier. We can assist with helping you remove lead from your house and prevent asthma attacks in your children.

YOU ARE ELIGIBLE FOR OUR NEW FREE HOME VISITING PROGRAM IF:

- Your child has lead poisoning, has frequent asthma attacks, or both
- Your child is 18 years old or younger and lives in Maryland
- Your child gets Medicaid/MCHP or qualifies for Medicaid/MCHP

Childhood Lead Poisoning Prevention and Environmental Case Management Program

Call Toll-Free: 866-703-3266
Email: mdh.healthyhomes@maryland.gov
Visit: <http://bit.ly/MDLeadAsthmaHelp>





DECEMBER

A good cream of mushroom soup can warm you up in the winter, and by making your own instead of using canned soup, you can decrease sodium and fat as well as use more fresh vegetables.

CREAM OF MUSHROOM SOUP

Time to Make: 30 minutes | Servings: 6

DIRECTIONS

1. Roughly chop mushrooms. Add oil and butter (if using) to a large, heavy pot and cook over medium-high heat until butter melts. Add mushrooms, salt, and pepper; cook, stirring often, until mushrooms are browned and most of the moisture has escaped, about 8 to 10 minutes.
2. Add shallots (or onions) and scallions; cook, stirring often, until softened, about 4 minutes.
3. Add flour and stir to combine. Add stock and milk, stirring and scraping to loosen any browned bits from the bottom of the pot. Let mixture come to a low boil and cook, stirring occasionally, until broth thickens, about 5 minutes.
4. Remove from heat and transfer half of the mixture to a blender. Secure lid on blender and remove the center piece to allow steam to escape. Place a clean towel over the opening and blend until almost smooth; return to the pot. (Or use an immersion blender to pulse the soup until blended but some whole pieces of mushroom are still visible.)
5. Stir in parsley and tarragon (if using). Serve hot.

INGREDIENTS

- 2 ½ pounds cleaned and sliced fresh mixed mushrooms
- 3 tablespoons olive oil
- 1 tablespoons unsalted butter (or just use an extra tablespoon of olive oil)
- ¼ to ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup chopped shallots or white onion
- ½ cup chopped scallions (from 2 medium scallions)
- 3 tablespoons all-purpose flour
- 2 ½ cups unsalted vegetable or chicken stock
- 2 ½ cups milk
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh tarragon, optional

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