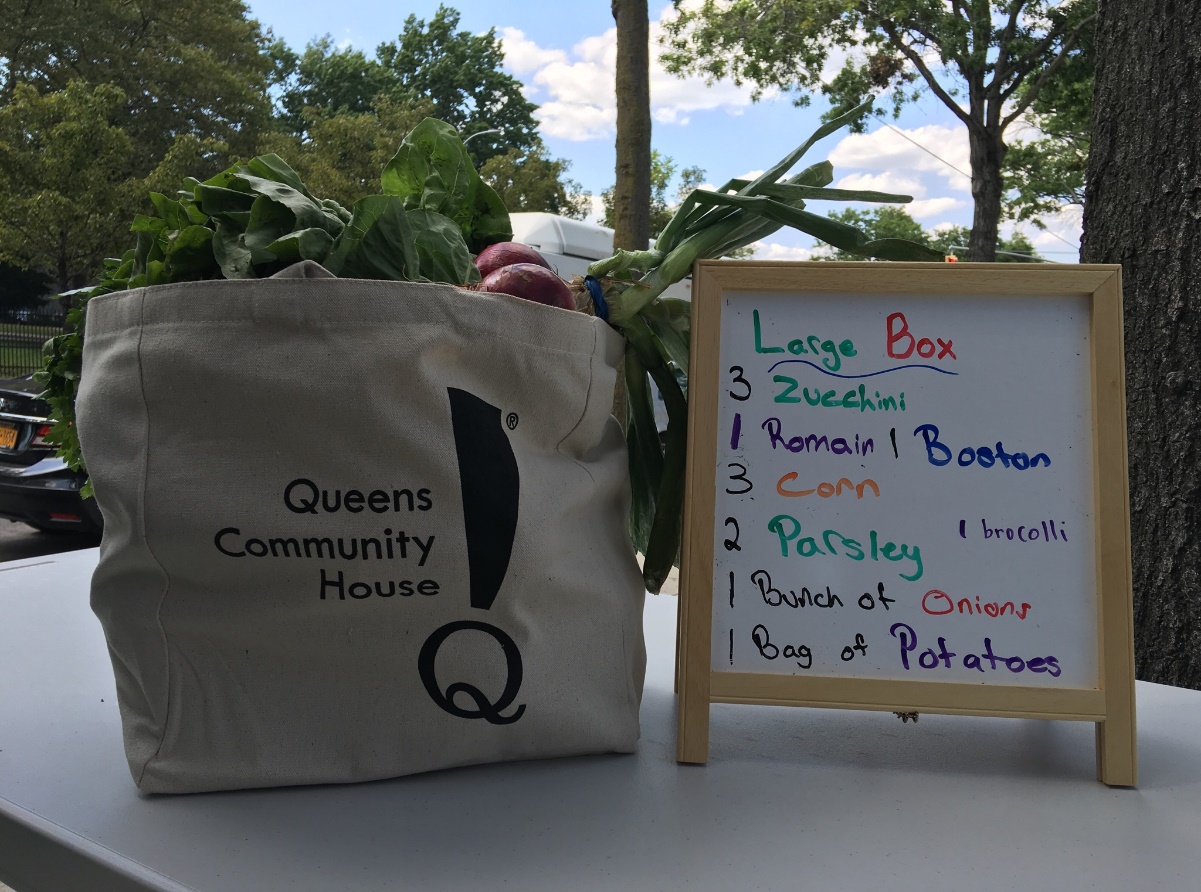


The Pomonok Community Center’s Farmers Market provides residents with locally grown organic fruits and vegetables. The market is open to the public and offer food boxes filled with the produce that is being sold that week. Community house residents receive a discounted price.

When the market season is over, the Pomonok center offers a community cooking class. Every week, participants learn to prepare and cook a new dish. The point is that they can go home and cook a home cooked meal for themselves and their family.

The purpose of this cook book it to provide participants with easy recipes which include the fruits and vegetables that they purchase from our farmers market. It is meant to correspond with the market and inform people of the health benefits of each item, as well as how to prepare them.



**Dinners & Side Dishes:**

Marinated Beet Salad

**Ingredients:**

* 1 (16 ounce) can whole beets
* ¼ cup white sugar
* 1 teaspoon prepared mustard
* ¼ cup white wine viegar
* ¼ cup diced red onion

**Directions:**

1. Drain beets, reserving ¼ cup of liquid, and slice into ¼ to ½ inch slivers. Add onions and toss.
2. In a saucepan over medium heat, cook the sugar, mustard and reserved ¼ cup of liquid until dissolved. Add vinegar and bring to a boil. Remove from heat and allow to cool.
3. Pour over the beet slices and onions, toss and refrigerate for 4 to 6 hours. Remove from refrigerator and serve at room temperature.

Butternut Squash Cajun Fries:

**Ingredients:**

* Cooking spray
* 1 pinch of salt (to taste)
* ¼ teaspoon ground black pepper (or to taste)
* ½ teaspoon Cajun seasoning (or to taste)
* 1 pound of butternut squash (peeled, seeded, and cut into thick French fries

**Directions:**

1. Preheat oven to 450 degrees F (230 degrees C). Spray a baking sheet with cooking spray.
2. Blot any moisture from the butternut squash fries with paper towels, and place on prepared baking sheet. Sprinkle with salt, black pepper, and Cajun seasoning.
3. Bake in the preheated oven until lightly browned and tender, 15-20 minutes. Turn once.

Simple Roasted Butternut Squash

**Ingredients:**

* 1 butternut squash – peeled, seeded, and cut into 1-inch cubes
* 2 tablespoons of olive oil
* 2 cloves of garlic, minced
* Salt & ground pepper (to taste)

**Directions:**

1. Preheat oven to 400 degrees F (200 degrees C)
2. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.
3. Roast in the preheated oven until squash is tender and lightly browned, 25-30 minutes.

Butternut Squash Bake:

**Ingredients:**

* 1 (4 pound) butternut squash- peeled, seeded, and cubed
* 1/3 yellow onion, minced
* ¼ cup extra-virgin olive oil
* ½ cup Italian bread crumbs
* 1 tablespoon minced fresh thyme
* 6 ounces crumbled blue cheese
* Sea salt and ground pepper to taste
* ¼ cup Italian bread crumbs

**Directions:**

1. Preheat oven to 435 degrees F (220 degrees C)
2. Toss the squash, onion, olive oil, ½ cup Italian bread crumbs, thyme, and blue cheese in a large mixing bowl. Season with salt and pepper. Pour the mixture into a large baking dish. Sprinkle ¼ bread crumbs over the squash.
3. Bake in the preheated oven until lightly browned on top, 35-40 minutes.

Roasted Cauliflower

**Ingredients:**

* 1 pound of cauliflower, about 1 medium-large head, trimmed and cut into ¼ inch thick slices
* Extra virgin olive oil to coat
* Sea salt
* Coarsely ground black pepper

**Directions:**

1. Preheat oven to 375 degrees F. Place cauliflower in a large mixing bowl. Pour on enough olive oil to coat (a few tablespoons). Season generously with salt and pepper and toss gently until evenly coated.
2. Lay cauliflower pieces out on baking sheet. Drizzle any remaining oil from the bowl on top. Bake, turning once, until caramelized on edges and tender, 25-30 minutes. Serve warm or at room temperature as a side dish. You can also sprinkle with a good aged vinegar, or cut florets into smaller pieces and add to salads.

Roasted Turnips, Sweet Potatoes, Apples, and Dried Cranberries:

**Ingredients:**

* 3 cups (1/2-inch) cubed peeled turnips (about 1 1/4 pounds)
* 3 cups (1/2-inch) cubed peeled sweet potato (about 1 1/4 pounds)
* 2 1/2 cups (1/4-inch) cubed peeled Granny Smith apple (about 1 1/2 pounds)
* 1 cup dried cranberries
* 1/2 cup packed dark brown sugar
* 1 tablespoon fresh lemon juice
* Cooking spray
* 2 tablespoons butter or stick margarine, cut into small pieces

**Directions:**

1. Preheat oven to 350°.
2. Combine the first 6 ingredients in a shallow 2-quart baking dish coated with cooking spray. Top with butter. Bake at 350° for 1 1/2 hours or until tender, stirring after 45 minutes.

Cauliflower Leek Soup

**Ingredients:**

* 2 tablespoons of olive oil
* 3 cloves of garlic, finely chopped
* 3 tablespoons of butter
* 8 cups of vegetable broth
* 3 leeks, cut into 1 inch pieces
* Salt and freshly ground black pepper
* 1 large head of cauliflower, chopped
* 1 cup of heavy cream

**Directions**

1. Heat olive oil and butter in a large pot over medium heat and sautee the leek, cauliflower, and garlic for about 10 minutes. Stir in the vegetable broth, and bring mixture to a boil. Reduce heat, cover, and simmer for 45 minutes.
2. Remove the soup from heat. Blend soup with an immersion blender or hand mixer. Season with salt and pepper. Mix in heavy cream and continue blending until smooth.

Macaroni & Cheese with Broccoli

Broccoli gives flavor, texture and nutrients. Try this dish with roasted squash or sweet potatoes in the fall or winter, roasted beets in the spring, or a tomato salad in the summer for a meal with tasty seasonal vegetables.

**Ingredients:**

* 2 cups uncooked elbow macaroni
* 4 tablespoons flour
* 2 cups milk
* 2 cups cheddar cheese, low-fat shredded
* ½ teaspoon pepper
* 2 cups broccoli (cooked and chopped)

**Directions:**

1. Cook macaroni following instructions on package. Drain cooked macaroni and return to pan.
2. While macaroni is still warm, sprinkle in flour and stir thoroughly.
3. Over medium heat, slowly stir in milk. Then add cheese and pepper.
4. Stir over medium heat until milk and cheese thicken into creamy sauce, 7-10 minutes.
5. Stir in the broccoli, heat thoroughly.

10 Vegetable Salad

This nutrient-packed salad uses ten different vegetable, and each serving is equal to give cups of vegetables!

**Ingredients:**

* 4 cups spinach (fresh)
* 4 cups romaine lettuce
* 2 cups peppers (any color, chopped)
* 2 cups cherry tomatoes (or regular)
* 1 cup broccoli (chopped)
* 1 cup cauliflower (chopped)
* 1 cup squash (sliced)
* 2 cups cucumber (sliced)
* 2 cups carrots (chopped)
* 1 cup zucchini (sliced)

**Directions:**

1. Wash all the vegetables and mix together in a large mixing bowl. Top this colorful meal with the nonfat or low-fat dressing of your choice.

Crunchy Chicken Salad

This dish is a combination of chicken, vegetables, and fruit. Enjoy it on a salad or as the filling of a sandwich or wrap. Or serve on lettuce, crackers, or bread.

**Ingredients:**

* 2 cups cooked chicken
* ½ cup celery
* ¼ cup green pepper
* ¼ of an onion
* ½ of a cucumber
* ½ cup of grapes
* 1 apple (small, dices, leave the skin)
* ¼ cup yogurt, plain

**Directions:**

1. Use leftover cooked chicken, or cook enough to make 2 cups of chicken pieces.
2. Chop celery, pepper, onion, cucumber, apple, and grapes.
3. Put all ingredients into a large bowl. Stir together

Classic Green Bean Casserole

**Ingredients:**

* 4 cups Green Beans (or up to 14 oz)
* 1 can creamy mushroom soup
* 1 can french fried onions (or substitute regular onions)

**Directions:**

1. Heat oven to 350 degrees F. In glass baking dish, combine cooked green beans, soup, and half of onions. Mix well.
2. Bake for 20-25 minutes or until bubbly. Top with remaining half of onions during last 5 minutes of baking time.

Cucumber Salad with Tomatoes

**Ingredients:**

* 2 cups cucumber (diced)
* 1 cup tomato (seeded and diced)
* ¼ cup onion (chopped)
* 2 cups rice (cooked)
* 2 teaspoons dill
* ½ cup Italian salad dressing (low-fat)

**Directions:**

1. Toss together cucumbers, tomatoes, onions, rice, dill, and salad dressing
2. Chill for 1 hour.
3. Serve.

Glazed Carrots

**Ingredients:**

* 1 tablespoons margarine
* 1 ½ pounds carrots
* 1 cup water
* ¼ teaspoon pepper
* 2 teaspoons sugar

**Directions:**

1. Peel carrots. Cut in half lengthwise, then cut into 1 inch pieces.
2. Melt margarine in heavy saucepan on low heat. Add carrots. Stir until coated.
3. Add water, salt, and pepper.
4. Cover and simmer for about 15 minutes until tender.
5. Drain water, then add sugar
6. Cover pan and shake back and forth on burner for 1 minute
7. Cook 1 more minute until carrots are glazed but not brown.

Roasted Potato and Vegetable Alfredo Casserole

**Ingredients:**

* 2 potatoes (cut into wedges)
* 1 cup broccoli florets
* 1 small zucchini, sliced ¼ inch thick (1 cup)
* 2 medium carrots, sliced (1 cup)
* 1 small pepper, cut into 1-inch pieces
* 2 tablespoons olive oil
* ½ teaspoon salt
* 1/8 teaspoon pepper
* 1 jar (16 ounces) alfredo sauce
* 2 teaspoons dried basil
* ½ teaspoon red pepper flakes
* Parmesan cheese, if desired (to taste)

**Directions:**

1. Heat oven to 450 degrees F. Place potatoes, broccoli, zucchini, carrots, and pepper on baking pan. Drizzle with olive oil; toss to coat. Sprinkle salt and pepper.
2. Bake uncovered for 20-25 minutes. Stir occasionally until potatoes are tender and starting to brown. Remove from oven.
3. Reduce heat to 350 degrees F. Stir in Alfredo sauce, basil and red pepper flakes.
4. Cover; continue baked 3-4 minutes until heated through. Sprinkle with parmesan cheese if desired.

Hearty Vegetable Lasagna

**Ingredients:**

* 1 package lasagna noodles
* 1 pound fresh mushrooms, sliced
* ¾ cup chopped bell pepper
* ¾ cup chopped onion
* 3 cloves garlic, minced
* 2 tablespoons vegetable oil
* 2 jars pasta sauce
* 1 teaspoon dried basil
* 1 container part-skim ricotta cheese
* 4 cups shredded mozzarella cheese
* 2 eggs
* ½ cup grated Parmesan cheese

**Directions:**

1. Cook lasagna noodles in a large pot of boiling water for 10 minutes or until al dente. Rinse with cold water, and drain.
2. In a large saucepan, cook and stir mushrooms, peppers, onions, and garlic in oil. Stir in pasta sauce and basil; bring to a boil. Reduce heat, and simmer for 15 minutes.
3. Mix together ricotta, 2 cups mozzarella cheese, and eggs.
4. Preheat oven to 350 degrees F. Spread 1 cup tomato sauce into bottom of greased baking dish. Layer ½ each, lasagna noodles, ricotta mix, sauce, and Parmesan cheese. Repeat layering and top with remaining 2 cups of mozzarella cheese.
5. Bake, uncovered for 40 minutes. Let stand 15 minutes before serving.

Lemon-Garlic Spinach and Kale

**Ingredients:**

* 1 tablespoon extra-virgin olive oil
* ½ of a medium onion
* 1 garlic clove, minced
* 4 cups spinach
* 2 cups kale
* Juice of ½ a lemon
* ¼ cup of pine nuts, toasted (or nut of choice)
* Salt and pepper to taste

**Directions:**

1. Heat olive oil in a sautéed pan over medium-high heat. Add onions and cook until translucent. Add garlic.
2. Begin to add spinach and kale a little at a time, each time leaving enough room to stir. As the vegetables cook down and begin to wilt, add more. Continue until all spinach and kale is added. Let cook for about 7 minutes, or until all leaves are wilted.
3. Once wilted, take off heat. Pour lemon juice on top and stir. Add salt and pepper to taste. Stir in. top with nuts.

Buttered Leeks and Radishes

**Ingredients:**

* 1 tablespoon olive oil
* 1 tablespoon unsalted butter
* 3 scallions or 1 onion, cut into 2-inch pieces
* ¼ pound radishes, quartered
* 3 leeks, white and light green parts only- cleaned and thinly sliced crosswise
* ½ cup chicken broth
* ¼ teaspoon salt
* 1 teaspoon lemon juice
* 2 tablespoons fresh parsley, chopped

**Directions:**

1. Heat the oil and butter in a large skillet over medium heat. Add the scallions and cook until golden, about 3 minutes. Add the radishes and cook another minute. Remove the scallions and radishes from the pan and set aside.
2. Add the leeks, chicken broth, salt, and lemon juice. Cook and stir occasionally, until the leeks are softened, about 5 minutes. Add parsley, scallions, and radishes. Toss well.

One-Pan Braised Chicken Thighs with Bell Peppers and Onions

**Ingredients:**

* 6 to 8 boneless, skinless chicken thighs
* All-purpose flour, for dredging
* Neutral cooking oil (like canola, peanut, or safflower)
* 3 bells peppers, cored and cut into 1/4-inch strips
* 1 large onion, cut into ¼-inch strips
* 3-4 large garlic cloves, peeled and smashed
* 1 teaspoon Dijon mustard
* ¼ cup plus 1 tablespoon white wine vinegar, divided
* 2 cups chicken stock
* Salt and ground pepper
* Cooked white rice, to serve (optional)

**Directions:**

1. Pat chicken thighs dry with paper towels. Dust the tops with a light coating of flour and season with salt and pepper.
2. In a large dish, heat some oil over medium-high heat until shimmering and hot. Working in two batches, add the chicken- seasoned side down- and sear until golden, about 3-4 minutes. Before flipping, dust the other sides with flour and season with additional salt and pepper. Flip and continue searing. Remove to another plate and set aside.
3. Lower the heat to medium and add another tablespoon of oil if needed. Add the peppers, onions, garlic, and mustard to the pan and cook until vegetables begin to soften, about 5 minutes.
4. Increase the heat to high. Pour in ¼ cup vinegar and cook until most of liquid has evaporated, scraping the bottom of pan to loosen any brown bits that have formed. Add the seared chicken and the chicken stock and bring to a boil. Reduce heat to a simmer, cover, and cook until chicken can easily be pulled apart with a fork, 30-35 minutes.
5. Transfer chicken to another plate and tent with foil to keep warm. Add the remaining tablespoon of vinegar to the cooking liquid. Increase the heat to high and cook at a rapid boil until the sauce is thickened and reduced by half, about 10 minutes. Season with salt and pepper. Nestle the chicken back in the pan and cook until heated through. Serve alone or with rice.

Rice, Pinto Bean, and Corn Salad

**Ingredients:**

* 1 cup rice
* 1 ½ cups fresh corn kernels (from 2 ears)
* 2 tablespoons red wine vinegar
* 1 garlic clove, pressed
* 2/3 cup extra-virgin olive oil
* 15 ounces of pinto beans, rinsed and drained
* 2 cups halved cherry tomatoes
* 4 green onions, chopped
* 1 bell pepper, chopped
* 2 tablespoons chopped fresh oregano

**Directions:**

1. Bring 2 cups salted water to a boil in a medium saucepan. Add rice, reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 20 minutes. Stir in corn. Remove from heat and let stand, covered for 5 minutes. Transfer rice with corn to strainer. Rinse with water to cool. Drain.
2. Whisk vinegar and garlic in large bowl. Gradually whisk in oil. Season to taste with salt and pepper. Add rice mixture, pinto beans, cherry tomatoes, onions, bell pepper, and oregano. Toss to combine.
3. Let stand at room temperature 30 minutes to blend flavors. Season salad to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to room temperature before serving.)

Easy Red Cabbage Slaw

**Ingredients:**

* 1 medium red cabbage, thinly sliced (about 8 cups)
* 2-4 onions (depending on size), thinly sliced
* 1 medium carrot, grated
* ¼ cup balsamic vinegar (can substitute red or white wine vinegar)
* 2 tablespoons sugar
* 1 tablespoon olive oil
* Salt and pepper to taste

**Directions:**

1. Toss vegetable in a large bowl or container with a lid.
2. In a small microwavable bowl, combine vinegar, sugar, and oil. Microwave for 30 seconds and stir to dissolve sugar.
3. Pour hot dressing over the vegetables and toss until well-coated. Season with salt and pepper
4. Cover with lid or plastic wrap. Refrigerate at least 3o minutes and up to a week. Serve cold.

Sautéed Broccoli & Cauliflower with garlic and olive oil

**Ingredients:**

* 1-4 tablespoons of olive oil
* 1-2 teaspoons crushed garlic
* 3 cups of broccoli florets
* 3 cups cauliflower florets
* Salt and ground pepper to taste

**Directions:**

1. Heat the olive oil in a skillet over medium-low heat.
2. Add garlic and cook for 1 minute
3. Add cauliflower and broccoli, salt and pepper and toss with olive oil and garlic until broccoli and cauliflower become tender.
4. Remove from skillet and serve.

Cold Tomato and Cucumber Salad

**Ingredients:**

* 2 tomatoes, chopped
* 1 cucumber, peeled and diced
* 1 onion, chopped
* 1 tablespoon lemon juice
* Salt and pepper to taste

**Directions:**

1. Combine all ingredients in a large bowl. Stir together.
2. Chill for at least 20 minutes.

Easy Collard Greens

**Ingredients:**

* 1 pound collard greens, washed and chopped
* 4 bacon slices, chopped (optional)
* 1 tablespoon salt
* 1 tablespoon garlic powder
* 1 tablespoon white sugar
* 1 pinch cayenne pepper
* Water to cover

**Directions:**

1. Combine collard greens, bacon, salt, garlic, onion powder, sugar and cayenne pepper in a pot. Pour enough water over the greens mixture to cover completely. Bring the water to a boil, reduce heat to low, and cook at a simmer until the greens are tender, about 2 hours.

Sautéed Fresh Corn

**Ingredients:**

* 8 to 10 ears of corn on the cob
* 3 tablespoons unsalted butter
* 1 teaspoon salt
* ¼ teaspoon freshly ground black pepper

**Directions:**

1. Remove the husks and the silk from the corn and cut the kernels off as close to the husk as possible without removing any of the husk. You should have 7 cups of kernels.
2. Melt the butter in a large, heavy sauté pan. Add the corn, salt, and pepper and sautee uncovered on medium-low heat for 8 to 10 minutes, stirring occasionally, until all the starchiness in the corn is gone. Taste, for salt and pepper and serve.

Cucumber salad with grapes and poppy seed dressing

**Ingredients:**

* 2 cups grapes
* 2 cups cucumbers, sliced
* 2 cups grape tomatoes, halved

**For the dressing:**

* 1 tablespoon vinegar
* 2 tablespoons canola oil
* 2 tablespoons lemon juice
* 1/8 teaspoon ground ginger
* ½ cup strawberry greek yogurt
* 2 teaspoons poppy seeds
* Salt to taste

**Directions:**

1. In a bowl combine all of dressing ingredients and whisk to combine. Season with salt to taste.
2. Toss the cucumbers, grapes and tomatoes in a bowl with a few drizzles of dressing until well coated. Chill or serve immediately.

**Desserts:**

Fat-Free Apple Crumb Dessert

**Ingredients:**

* 4 apples
* ½ cup oatmeal (uncooked)
* ¼ cup brown sugar (light or dark)
* 2 teaspoons cinnamon (ground)
* 1/3 cup apple juice
* Non-stick cooking spray

**Directions:**

1. Move the oven rack to the center of oven, then preheat to 350 degrees F.
2. Spray the bottom and sides of a 9” square baking dish with nonstick cooking spray.
3. Wash and peel the apples. Cut them into thin slices.
4. Spread the apple slices evenly over bottom of baking dish.
5. In small bowl, use a fork to mix the oatmeal, brown sugar, and cinnamon.
6. Spread oatmeal miz evenly over the apples in the baking dish.
7. Lightly pour apple juice over the oatmeal mixture.
8. Cover the dish and bake for 20-30 minutes until apples are just starting to soften.
9. Uncover and bake for another 15-20 minutes until apples are soft.

Festive Microwave Baked Apples

**Ingredients:**

* 1 apple
* 1 tablespoon brown sugar
* ½ tablespoon nutmeg
* ½ tablespoon cinnamon
* 2 tablespoons raisins
* 1 tablespoon butter alternative spread (0 trans-fat, or butter)

**Directions:**

1. Place apple on a plate with opening facing up (cored apples should have bottom in tact).
2. Stir sugar, nutmeg, and cinnamon in a separate cup, and sprinkle into and onto apple.
3. Sprinkle raisings on and around apple.
4. Drop butter alternative spread onto apple and cover with plastic wrap or wax paper.
5. Microwave on HIGH for 2 ½ - 3 minutes
6. Let sit outside of microwave for at least 30 second before eating. It will be HOT

NOTE: fruit is naturally sweet, so try making this without sugar.

Easy Peach Cobbler

**Ingredients:**

* ½ cup unsalted butter
* 1 cup all-purpose flour
* 2 cups sugar, divided
* 1 tablespoon baking powder
* Pinch of salt
* 1 cup milk
* 4 cups fresh peach slices
* 1 tablespoon lemon juice
* Ground cinnamon or nutmeg (optional)

**Directions:**

1. Melt butter in a baking dish.
2. Combine flour, 1 cup sugar, baking powder, and salt; add milk, stirring just until dry ingredients are moistened. Pour batter over butter (do not stir).
3. Bring remaining 1 cup sugar, peach slices, and lemon juice to a boil over high heat, stirring constantly; pour over batter (do not stir). Sprinkle with cinnamon, if desired.
4. Bake at 375 degrees D for 40 to 45 minutes or until golden brown. Serve warm or cool.

Frozen Grapes

**Ingredients:**

* Fresh grapes

**Directions:**

1. Remove grapes from stems, rinse.
2. Place grapes in a large re-sealable Ziploc bag.
3. Put in freezer, leave for at least 24 hours or until frozen.
4. Eat

Peach and Plum Pie

**Ingredients:**

* 1 easy pie dough, one half shaped and chilled in a pie plate, the other rolled out flat and chilled on a floured sheet pan
* 5 large plums cut into ½ inch pieces
* 3 peaches, remove skin and cut into ½ inch
* 4 tablespoons corn, tapioca, or potato starch
* 1 egg
* Pinch of salt
* Brown sugar to sprinkle on top (optional)

**Directions:**

1. Preheat oven to 425 degrees F. Place plums and peaches in a large bowl. Whisk together sugar and starch in a small bowl to combine, then gently toss with the fruit until pieces are evenly coated. Allow mixture to sit for 5 minutes, then add to chilled pie shell. Cover with top crust. Crimp sides, cut a few slits in the top, and chill the pie for 15-20 minutes. Whisk together egg and a pinch of salt. When ready to bake, remove pie from oven. Brush with egg wash and sprinkle brown sugar.
2. Place pie in oven and bake for 20 minutes at 425 degrees F, turning halfway through. Reduce heat to 350 degrees F and bake until filling bubbles all over inside and crust is golden brown, 20 to 30 minutes longer. Be prepared to line the bottom of the oven with tin foil to catch any juices that leak from the pie. Remove from oven and place pie on rack to cool completely before serving.

**Fruit & Vegetable Nutritional Info:**

All vegetables help to reduce obesity

**Vegetables:**

**Red Cabbage:**

Commonly used raw in salads and coleslaws, or can be steamed and used as a side dish. Vegetables with bright colors are known to be rich in nutrients. High in antioxidants that help heart health and can prevent cancer, especially bladder, colon, and prostate cancer. It is high in vitamin A (which helps to improve eyesight, rebuild bone, and regulate cell growth), vitamin C (which promotes strong tissue and wound healing), vitamin K (which helps prevent blood clotting), and potassium (which regulates heart rhythm, promotes muscle building and regulates pH balance in the body). Helps to lower cholesterol, especially when steamed. Red cabbage has anti-inflammatory compound, can help to heal stomach ulcers and benefits the stomach and digestive tract as a whole.

**Cauliflower:**

Boiling cauliflower eliminates some of its nutrition, so steaming it, or eating it raw is the best way to preserve key nutrients. High in glucosinolates which support your body system, including our cardiovascular, digestive, immune, inflammatory, and detoxification systems. High in antioxidants, vitamin C, and manganese (a mineral antioxidant that is especially important in oxygen-related metabolism. When consumed at least once a week, it has been associated with decreased risk of colorectal cancer, breast cancer, and prostate cancer, lung and colon cancer. It also helps to decrease risk of heart disease, and regulate blood cholesterol. High in nutrients and low in calories. Also high in antioxidants that help prevent cellular mutations. Their bitter taste is what gives them the cancer fighting power. Because it is high in fiber and water, it helps prevent constipation. The choline in cauliflower helps improve sleep pattern, muscle movement, learning and memory.

**Broccoli:**

Similar to cauliflower with many of the same nutritional benefits. Helps to lower cholesterol when steamed, as does raw broccoli (just not as much as steamed). Benefits detoxification system. High in vitamin D, vitamin K and vitamin A. Also helps to prevent cancer. Helps prevent chronic inflammation, oxidative stress level, and inadequate detoxification (if these problems develop, they can lead to cancer). Helps prevent cancer because it provides a unique combination of antioxidant, anti-inflammatory, and pro-detoxification components.

**Cucumber:**

Belong to the same family as melons and squashes. Help reduce risk of cardiovascular disease and breast, uterine, ovarian, and prostate cancers. Have antioxidant and anti-inflammatory properties.

**Beets:**

Unique course of betalains which provides antioxidant, anti-inflammatory, and detoxification support. Likely to lessen tumor cell growth. Also help protect against heart disease, birth defects, and certain cancers, especially colon cancer.

**Onions:**

To maximize nutrition intake and maximize your health benefits, peel off as little of the layers as possible (when removing the outermost paper layer). When prepared in a soup, it does not lose nutrition, as the nutrition transfers to the water in the soup. Can lower the risk of cancer is consumed at least each week, including colorectal, laryngeal, and ovarian cancer. If consumed every day, can reduce risk of oral and esophageal cancer. Helps to protect the heart and blood vessels.

**Tomatoes:**

Tomatoes can be deep red, or orange colored. Orange colored tomatoes may be better absorbed, but both are a great source of antioxidants which help protect bones, liver, kidneys, and bloodstream. Proven to help prevent unwanted clumping together (aggregation) of platelet cells in the blood – a factor that is especially important in lowering risk of heart problems like atherosclerosis. Tomatoes are a good source of vitamin C, vitamin E, beta-carotene, and mineral manganese. They can seriously help lower the risk of heart disease by regulating fats in the bloodstream. They can also help fight against cancer, especially prostate, lung, pancreatic, and breast cancers. Tomatoes may help to reduce the risk of Alzheimer’s and obesity.

**Collard Greens:**

Collard Greens help to lower cholesterol and protect against cancer by supporting our detox and anti-inflammatory systems. The cancer-preventative properties of collard greens may be largely related to 4 specific glucosinolates found in the vegetable: glucoraphanin, sinigrin, gluconasturtiian, and glucotropaeolin. Excellent source of vitamin C, vitamin A, vitamin E, manganese, and omega-3 fatty acids. Collard greens also help improve cardiovascular health by reducing the risk of heart attack and lowering cholesterol.

**Lettuce:**

Romaine lettuce is the most nutritional lettuce, however all provide certain health benefits. Each kind offers vitamins, minerals, phytonutrients and fiber. Lettuce is very low in calories and high in water volume. It is a heart healthy food and can help lower cholesterol.

**Potatoes:**

To get the full nutritional value of potatoes, they should NOT be fried and baked potatoes should NOT be loaded with butter, sour cream, cheese, or bacon bits. They should be mashed, baked, or roasted with herbs and spices, but no additional fat should be added. They are a good source of vitamin B6, potassium, copper, vitamin C, manganese, phosphorus, niacin, dietary fiber, and pantothenic acid. Potatoes may help lower blood-pressure. The vitamin B6 helps benefit brain cells, the nervous system, and helps protect our cardiovascular system.

**Bell Peppers:**

Bell peppers can be green, red, yellow, orange, purple, brown or black. They are part of the same family as potatoes, tomatoes and eggplant. Green and purple peppers have a slightly bitter taste. Red, orange and yellow peppers are sweeter. They are available all year, but are most abundant and in season during the summer and early fall months. Excellent source of vitamins C, vitamin E, carotenoids, and antioxidants.

**Spinach:**

The brighter the spinach leaves, the more nourishing and nutritional they are. They are higher in vitamin C than leaves that are paler in color. Can help protect against cancer, especially prostate, breast, and stomach cancer. It is rich in vitamins, minerals (like vitamin C, vitamin E, vitamin A, and manganese) and flavonoids which provide you with powerful antioxidant protection. Helps protect against inflammatory problems, oxidative stress-related problems, cardiovascular problems, bone problems, and cancers. It is also important in maintaining bone health.

**Kale:**

Whether it is cooked or steamed, kale provides you with special cholesterol-lowering benefits and helps lower the risk for cancer, especially bladder, breast, colon, ovarian, and prostate. It also provides support for the body’s detoxification system. It is especially high in vitamin K, vitamin A, and vitamin C.

**Carrots:**

Carrots are available all year, but are in season in the summer and fall. They help to prevent oxidative inside our body. They are rich in antioxidants, especially vitamin C, and offer cardiovascular and anti-cancer benefits. They especially help fight against colon cancer. Carrots also help benefit our vision.

**Leeks:**

Leeks can be used the same way you would use onions or garlic, and contain much of the same benefits because they all belong to the same family of vegetables. Leeks are rich in vitamin K and manganese. They help protect our blood vessel linings from damage and offer many cardiovascular benefits. They also help fight against cancer, especially colorectal cancer.

**Radishes:**

Can be eaten raw or cooked. Their color depends on the season they were grown. They are very low in calories and high in anti-oxidants, electrolytes, minerals, vitamins, and dietary fiber. They are especially high in vitamin C and help protect against prostate, breast, colon, and ovarian cancers.

**Pinto Beans:**

Pinto beans are extremely high in protein. Like most beans, they are a good source of cholesterol-lowering fiber. The high fiber also helps prevent blood sugar levels from rising too rapidly after a meal, making them an especially good choice for people with diabetes. They are a good source of molybdenum, folate, protein, vitamin B1, vitamin B6, and minerals like copper, phosphorus, iron, magnesium, manganese, and potassium. Pinto beans help lower you risk of heart attack and heart disease.

**Squash (summer):**

Squash is available all year, but mainly in season in the summer months. A good source of vitamins and minerals, especially copper, manganese, and vitamin C. Provides us with antioxidants that help protect our eyes, especially age-related cataracts.

**Fruits:**

**Apples:**

Apples can help regulate blood sugar. They are rich in fiber and vitamin C, and are low in calories. They help improve our cardiovascular system by helping to prevent clogging of the arteries and/or weakening of our blood vessel lining. Apples can also help lower your risk of cancer, especially colon and breast cancer.

**Grapes:**

Grapes are high in vitamin K, copper and vitamin B2. They are also an excellent source of antioxidants and provide us with strong anti-inflammatory benefits. Grapes help benefit our cardiovascular systems by regulating blood pressure, regulating and lowering cholesterol, reducing levels of reactive oxygen molecules in the blood, preventing blood clots, and regulating inflammation. They have a low glycemic index which means they can help lower and/or regulate blood sugar.

**Pears:**

Like most fruits, the skin of the pears holds just as much nutrients as the inside. The skin of pears contains about half the of pear’s total dietary fiber. Pears can improve insulin sensitivity for diabetics. They also help decrease the risk of type 2 diabetes and heart disease. They are high in fiber, copper, vitamin C, and vitamin K. They provide us with antioxidant and anti-inflammatory support. Pears also help reduce the risk of cancer and intestinal problems.

**Peaches:**

Peaches are low in calories and contain no saturated fats. They are rich in vitamins and minerals, especially vitamin C, potassium, and iron. They are a good source of antioxidants and help develop resistance against infections. Peaches are rich in fluoride which helps benefit our bones and teeth. The potassium helps regulate our heart rate and blood pressure.

**Pre-Class survey:**

On a scale of 1 – 5 (1 is the lowest, 5 is the highest)

1. How many meals eaten at home are home cooked?

\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

1- 0-1 meals 2- 2-3 meals 3- 4-5 meals 4- most meals 5- almost all

a week a week a week

1. How often do you incorporate fruits and vegetables into your meals at home?

\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_

1 - meals rarely 2 - some meals 3 - half of meals 4 - most meals 5 - all meals

incorporate f&v incorporate f&v incorporate f&v incorporate f&v incorporate f&v

1. How difficult, or complicated, would you consider YOUR recipes? (Do they require a lot of steps, a lot of prep time, a long time to cook, do you need special ingredients, etc.)

\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

1-Not complicated 2- sometimes 3- somewhat 4- often 5- very

1. Would you say they require a lot of ingredients?

\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

1-one or two 2- very few 3- few 4- some 5- many

1. Do you know a lot about how to cook?

\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

1-Not at all 2- I can boil water 3- the basics 4- somewhat 5- Yes

and make toast

1. How confident are you to make healthy food choices?

\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

1-Not confident 2- Barely 3- Half the time 4- Usually 5- Very confident

**Post- Class Survey:**

1. Do you feel like you learned how to incorporate NEW fruits and vegetables into your cooking? (Different from the ones you used before).

\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

1. No 2- At least two 3- Yes
2. Did you hear about any fruits and vegetables for the first time in this program?

\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

1. No 2- Yes
2. Have your cooking and/or eating habits changed since participating in this program?

\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

1. No 2- Somewhat 3- Completely
2. Have you participated in any of the Pomonok center’s other programs?

\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

1. No 2 -Yes
2. Do you feel you have a sense of community at the Pomonok Center?

\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

1. No 2- Yes