

Special Summer Edition



**BENTONVILLE FARMERS MARKET**  
Great Food Starts Here!

Every Saturday from April 27 to October 26, 2013

**Connect to the Farmers Market**

Pinterest: <http://pinterest.com/ndmcnelly/bentonville-farmers-market/>

Blog: <http://bentonvillefresh.blogspot.com/>

Instagram: DBIConnect

Facebook: DowntownBentonville

## Ripe for the Picking!

Inside this issue:

<i>Ripe for the Picking!</i>	1
<i>Produce Shelf Life</i>	1
<i>Healthy Recipes</i>	2
<i>Food Prep and Safety</i>	2
<i>Food Preservation</i>	2



<http://marketsnap.uark.edu/>

**Sweet Corn** – Buy sweet corn early in the morning. Sugar converts to starch as freshly picked corn sits unrefrigerated. The sweetest corn should be purchased early and promptly refrigerated.

**Tomatoes** – Tomatoes continue to ripen after picking, so don't worry about green at the top,

**Cucumber** – Cucumbers should be completely green on the outer skin. They begin to turn yellow as they age.

**Eggplant** – Eggplant should be shiny and heavy for the size. Pass on wrinkled ones.

**Peaches, apricots and nectarines** – Stone fruit will continue to ripen after picking. Fruit is ripe when it gives slightly when pressed. Buy them at various stages of ripeness so you don't have to quickly use all of them at once.

**Cantaloupe and Watermelon** - Your nose knows the best melon! Sniff the stem end – it should have a distinctive melon aroma. And don't mind the yellow spot on a watermelon – it means it has ripened on the vine long enough.

**Apples** – Apples should be crisp and hard if they are fresh and ripe.

**Okra** – Okra should be no longer than 5 inches to taste best. Long, large okra will be tough, so go small.

**Squash** – Look for ones with no cuts in the skin or soft spots.

**Leafy greens** – For lettuce, spinach, and kale, look for firm, crisp, and plump leaves that are consistently colored.

**Mushrooms** – Mushrooms should not be slimy, wrinkly, or have dark spots. Look for firmness to touch and an even color when selecting.



**Berries** - Check the bottom of the container when buying blackberries, strawberries, or raspberries. It shouldn't be stained or moist. Look for berries that are full and plump.

**Pod vegetables** – Green beans, string beans, or peas in the pod should be green and plump but also crisp. They should give a good snap if you break one.

**Root vegetables** – Potatoes, carrots, garlic, and onions should be firm and tough and show no signs of sprouting. Avoid root vegetables with cracks.

### Locally Grown Produce

A wide variety of produce is grown in Arkansas, and the Arkansas Grown® trademark will help you spot it in the retail outlets. If you see the trademark, you can be sure the food was grown or produced in Arkansas.

For more information on buying Arkansas produce, go to <http://www.arkansasgrown.org>



### Produce Shelf Life

Some of the products listed may last longer than the days given, but once the maximum length of time is reached, it's crucial to take a closer look at your produce before eating it.

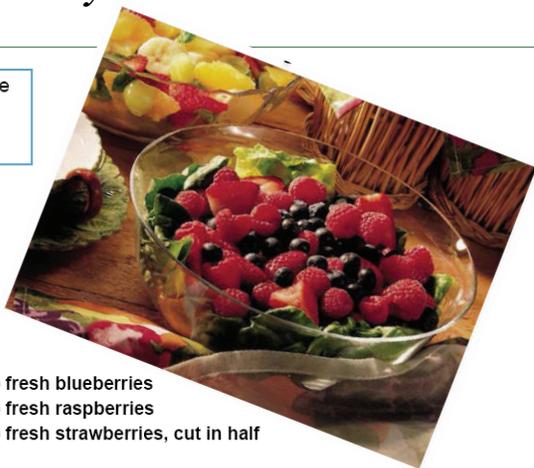


Bon Appétit!

1-2 Days	2-4 Days	4-6 Days	7+ Days
Artichokes	Arugula	Apricots	Apples
Asparagus	Avocados	Blueberries	Beets
Bananas	Cucumbers	Brussels sprouts	Cabbage
Basil	Eggplant	Cauliflower	Carrots
Broccoli	Grapes	Grapefruit	Celery
Cherries	Lettuce	Leeks	Garlic
Corn	Limes	Lemons	Hard Squash
Dill	Pineapple	Oranges	Onions
Green beans	Zucchini	Oregano	Potatoes
Mushrooms		Parsley	
Strawberries		Peaches	
Watercress		Pears	
		Peppers	
		Plums	
		Spinach	
		Tomatoes	
		Watermelon	

## Mixed-Berry Salad

Prep Time  
**10**  
Minutes



### Salad

- 1 cup fresh blueberries
- 1 cup fresh raspberries
- 1/2 cup fresh strawberries, cut in half

### Dressing

- 1/4 cup plain fat-free yogurt
- 1 1/2 teaspoons honey
- 1 1/2 teaspoons orange juice

1. In large bowl, toss raspberries, blueberries and strawberries.
2. In small bowl, mix all dressing ingredients until smooth. Serve fruit with dressing.

Makes 5 servings

## Fresh Corn and Tomato Salad

### Ingredients:

- 6 ears corn
- 3 large fresh tomatoes
- 1/2 large onion or about 1 cup chopped
- 1/2 cup chopped fresh basil
- 2 to 3 sprigs fresh oregano (optional)
- 2 tablespoons white or Balsamic vinegar
- 1/4 cup olive oil
- Coarse sea salt to taste
- Fresh ground pepper to taste

### Directions:

Boil corn in large pot of water for about 7 minutes. Drain and plunge corn into cool water. Cut corn off cob and set aside to cool completely.

Chunk tomatoes and onion. Coarsely chop basil and strip the oregano off stems. Place cooled corn, chopped vegetable and herbs into large bowl. Toss with vinegar and olive oil. Season to taste. Serve chilled or room temperature.

**BENTONVILLE**  
**FARMERS MARKET**  
Great Food Starts Here!



## Food Preparation and Safety

- Wash hands for 20 seconds before preparing fresh produce.

- Thoroughly wash all produce before cooking, even if you plan to peel it. You should scrub firm produce (ex. melons and cucumbers) with a clean produce brush.

- Cut away bruised areas on fruit and vegetables, but if part of the item is rotted, it needs to be discarded completely.

- Drying your produce with a clean, dry towel will help to further reduce the spread of bacteria.

- Wash cutting boards, dishes, utensils and counter tops with soap and hot water between the preparation of raw meat, poultry and seafood products and the preparation of produce that will not be cooked.

- Store perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) in a clean refrigerator at a temperature of 40° F or below.

- Refrigerate all produce that is purchased pre-cut or peeled.

- Bag fresh fruits and vegetables separately from meat, poultry and seafood products.

Special thanks to:



**THE GRADUATE SCHOOL**  
**JOHN BROWN UNIVERSITY**  
Business



*Home canning preserves food  
freshness year round.*

## Food Preservation Methods

**Canning** is the process in which foods are placed in jars or cans and heated to a temperature that destroys microorganisms and inactivates enzymes.

**Pickling** is another form of canning. Pickled products have an increased acidity that makes it difficult for most bacteria to grow.

**Jams and Jellies** have a very high sugar content. The sugar binds with the liquid present making it difficult for microorganisms to grow.

**Freezing** reduces the temperature of the food so that microorganisms cannot grow.

**Drying** removes most of the moisture from foods. Thus microorganisms cannot grow and enzyme action is slowed down.

For more information on food preservation please visit:

<http://www.motherearthnews.com>

[http://nchfp.uga.edu/how/can\\_home.html](http://nchfp.uga.edu/how/can_home.html)

**Want insider access to the Bentonville Farmers Market?**

Find out how by visiting [www.downtownbentonville.org](http://www.downtownbentonville.org).

Email us at [info@downtownbentonville.org](mailto:info@downtownbentonville.org) or call 479.254.0254.