

August
2023

EAT BETTER FOR LESS

EatGatherGo.org

Harvest Fresh Food, Fun, and Adventure at Farmers Markets

Have you ever visited a farmers market? From apples to zucchini, there is a new experience waiting for you. They offer homemade treats, local honey, and fresh-cut flowers. Some have food trucks, crafts, and clothes. But the star of the show is the produce. You will find bushels of beautiful, seasonal fruits and vegetables for good prices.

Fun Facts

The first full week of August is National Farmers Market week. This year it is from Aug. 6-12.

Did you know many farmers markets accept EBT/SNAP cards. Many will match your SNAP dollars through a program called Double Up Bucks? Visit doubleupindiana.org/ to learn more.

Many area farmers markets also participate in the Indiana Farmers Market Nutrition Program (FNMP), a federally-funded nutrition assistance program assisting low-income seniors, families that receive WIC, and local farmers. Stop by the farmers market information booth to learn if they have Double Up Indiana or another SNAP-matching program.

To learn more about the farmers markets in Indiana, find a local market, or if you are interested in becoming a vendor, visit: <https://infmtcp.org/>.



Zucchini Pizza Boats

Ingredients

- 2 medium or 3 small zucchini
- 1/2 cup tomato based pasta sauce
- 1/2 cup shredded mozzarella cheese
- 2 tablespoons parmesan cheese

Directions

1. Heat oven to 350 degrees.
2. Wash zucchini. Trim ends and cut each in half lengthwise. Use a spoon to gently scrape out soft, seedy center of zucchini.
3. Place zucchini halves in a small baking dish. Spoon pasta sauce into zucchini halves. Top with mozzarella and parmesan cheeses.
4. Bake for 25 to 30 minutes or until zucchini can be pierced with a fork and cheese is bubbly and brown. Serve warm. Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



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Resources: <https://nfmnd.org/>, www.eatgathergo.org/recipe/zucchini-pizza-boats/

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