

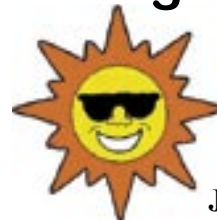


Northern California Indian Development Council, Inc. (NCIDC)

www.ncidc.org

## California Native Food and Nutrition Program

241 "F" Street, Eureka • CA • 95501  
707.445.8451 (voice) • 707.445.8479 (fax)  
dwoodman@ncidc.org



June 2005

### Local Farmer's Markets

By: Dawn-Marie Woodman, Mohawk & Oneida

I recently walked through our local farmer's market to see what was available this season. Here at NCIDC, we are lucky to have the farmers market right outside our door. This was the first market of the season. The flowers and variety of foods was good to see again.

Amongst all the squash, beans, beets and berries, I noticed that farmers were also selling their own mixed salads, jellies and various pickled vegetables.

I asked a local vendor what fruits and vegetables sold the best during the summer months:

"Tomatoes, squash, beans, corn and peppers usually do the best, but people buy a wide variety of items."

I then asked why she thought that local farmer's markets are important to have:

"They give back to our community and local farmers, it also reduces the amount of big business."

Also available for sale that day were lots of fresh herbs, flowers, home canned goods and honey. Most of the vegetables and fruits available there were grown organically and are non-GMO (Genetically Modified Organism). Many Native



Fresh, tasty, local produce



people do not have their own gardens, so when looking to create a fresh tasting, healthy meal, turn to your farmer's market. Your family will not only eat better but you will be supporting your local community as well.

### NCIDC Employee Farmer's Market Survey

NCIDC recently asked employees about their experience with our local Farmer's Markets, which we are fortunate to have in front of our office weekly.

#### What foods do you look forward to every season?

"Leaf lettuces, strawberries, whatever is in season and freshest." *Terry Coltra Executive Director*

#### What do you enjoy most about the experience?

"That it is community based, lots of people coming together." *DonnaMarie Ayala, Employment Assistant, Yaqui Tribe*

#### Why Do You Shop At Farmers Markets?

"Because it is mostly organic produce with a better selection of food and I know where it is grown."

*Anna House, Employment Specialist, Yurok Tribe*



Farmers market, Old Town Eureka

#### Do you have other comments about Farmer's Markets?

"I like the different varieties of fresh produce. Being just out of the garden makes it much juicier and tastier." *Betty Hennessy, Bookkeeper*

# How to use the Web to locate a Certified Farmers Market in your community:

## Step 1:

Open Web Browser, go to: [cafarmersmarkets.com](http://cafarmersmarkets.com)

Click on link to "Find a market"



## Step 2:

Enter your City or your County, or select your region from the menu and hit the "GO" button next to your entry



## Step 3:

From the list of markets provided, select the Farmers Market link you wish to get more detail about.



## Step 4:

Read the location, date, time and contact information, and optionally get a map to the market by clicking on the map link.





### Senior Section: Eating Fresh & Staying Healthy

The number of Farmer's Markets has increased by 111% in the past decade. They are great places to not only find locally grown produce, but you can often time get a variety of other items. Eggs, herbs, honey, olive oil, candles, plant starts, seafood, hand knitted items, jams, jellies, live music and art objects can be found at most markets.

It is recommended that all people eat 5 or more servings a day of fruits and veggies, but this is especially important for Elders. Eating a well rounded diet can protect your heart, give seniors a burst of energy, can help prevent cancer, and may also help resist Alzheimer's Disease. For Elders who are looking to add more nutritious fruits and vegetables into their summer-time diet you should look at the Senior Farmers' Market Nutrition Program (SFMNP). This works much like the Women Infant and Child program (WIC) which offers vouchers that you take to your participating farmer's market to redeem for fresh produce.

The purposes of the Senior Farmer's Market Nutrition Program are to:

1. Provide fresh, nutritious, unprepared, locally grown fruits, vegetables, and herbs from farmer's markets, roadside stands and community supported agriculture programs to low-income seniors.
2. Increase the consumption of agricultural commodities by expanding, developing, or aiding in the development and expansion of domestic farmer's markets, roadside stands and community supported agriculture programs.

To be eligible for this unique program you must be a low-income senior who is at least 60 years old and have an income of not more than 185% of the federal poverty income guidelines (published each year by the Department of Health and Human Services).



**Violet Super-Karuk Tribe**  
87 years old

Some State agencies accept proof of participation or enrollment in another program, such as the Tribal Commod-

ity Food Program or the Food Stamp Program, for

SFMNP eligibility. In 2003, nearly one million Elders were served by this program.

You can find more information on the California SFMNP by contacting:



#### **Randii MacNear**

California Federation of Certified Farmer's Markets  
P.O. Box 1813  
Davis, CA 95617  
Phone: (530) 756-1695  
Fax: (530) 756-1858  
E-mail: [rmacnear@wheel.dcn.davis.ca.us](mailto:rmacnear@wheel.dcn.davis.ca.us)

### **Foods to Avoid for a Healthy Heart**

**Cookies:** Cookies and other sweet treats, such as cakes, pastries and doughnuts are made with hydrogenated oils. The hydrogenation process, which turns oil into a more solid fat, results in trans fatty acids (or trans fat), which have been shown to increase the LDL, or "bad" cholesterol levels and decrease the HDL, or "good" cholesterol levels.

**Ice Cream:** Ice cream can contain up to 300 calories and 20 grams of fat per half cup. If you want a tasty way to increase your calcium intake, try some low-fat yogurt, low-fat ice cream or frozen yogurt.

**White Bread:** Refined grains, such as white breads, are nothing more than simple sugars. Replace these foods with nutrient-dense, whole-grain breads and pastas. look for whole wheat as the first ingredient. Similarly brown rice is healthy than white rice.

**Potato Chips:** Like chips, other savory snacks such as pretzels, nuts and crackers can increase the sodium levels in your diet. Chips are also full of trans-fats. If your really craving a crunchy snack like chips or pretzels, buy the unsalted variety or eat carrots, celery or apples. Also, choose fresh food items, since canned and processed foods tend to have salt added.

## Kid's Korner: Your Children's Diet, Adding Fruits and Vegetables

Colorful and crunchy fruits and vegetables can be an hearty enjoyable part of your child's life. Pay attention to presentation: keep a bowl of fresh fruit handy and vegetables such as peas, cherry tomatoes, baby carrots and mushrooms in the fridge to grab for a quick snack. Serve different colored fruit and veggies, chop them up for a change, or serve them on a special plate.

It is important to keep offering vegetables and fruit in a variety of ways, as children learn to eat what is familiar to them. Never assume that your child dislikes a particular fruit or vegetable. The next time you offer may be the day they decide to try it. Children's tastes do change with age, sometimes it seems daily.

### Involve your children:

- Involve your child in choosing which fruits or vegetables they would like.
- Take your child shopping at a farmer's market and let them see, smell and feel the fruits and vegetables with you.
- Let your child help wash and prepare fruits and vegetables.
- Encourage their independence by letting them make a simple salad to serve to the whole family.
- Count out grapes or berries together into a bowl.
- Grow some vegetables or herbs in pots or in the garden. Let your child water and nurture the plants.

Make eating good food enjoyable. Remember to en-

joy meals together with your children whenever possible. If children see you eating and enjoying a wide variety of fruit and vegetables, they are more likely to join in.

### Lack Of Water = Summertime Blues

We all know that water is important, but I've never seen it written down like this before:

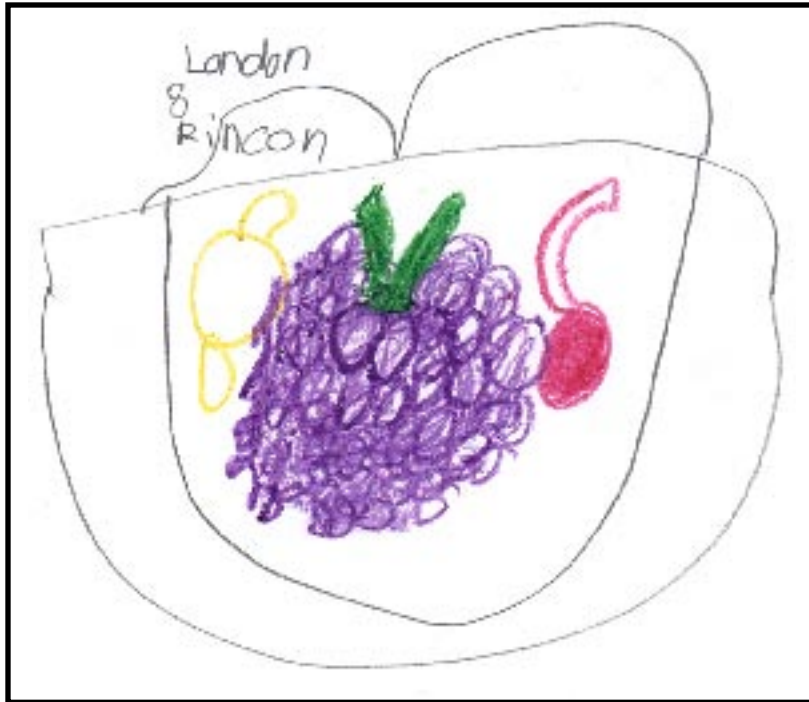
75% of our body is made of of good ol' H<sub>2</sub>O. Natives have always been aware of maintaining a good water balance in their lives. Some Tribes bathed several times a day (even in the icy winters). Some sought water in the succulents of the desert. Berries, apples and other fruits are good source of fluids (think watermelon). Staying well-hydrated can help flush toxins out of your system, maintain energy levels, lower weight and may help

prevent disease and infections.

Scientists show that 75% of Americans are chronically dehydrated. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. Even mild dehydration will slow down one's metabolism as much as 3%. One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.

Lack of water is the #1 trigger of fatigue. Research shows that 8-10 glasses of water a day can ease back and joint pain for up to 80% of sufferers. A 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

**For Your Health Drink 8-10 Glasses A Day!**



# Dr. Coyote's Clinic\*

Answers on Food and Exercise

*Dear Dr. Coyote,* I have enjoyed my share of fry bread, the occasional pint of ice cream (with chocolate sauce and whipped cream), and love fried chicken, mashed potatoes with butter and lots of gravy, and ranch dressing is great on any food. I find that as I get older, my middle age spread is turning into a hassle. It is hard to find clothes that fit comfortable and my doctor keeps warning me about obesity and diabetes. What can you suggest to help me get back into a two-piece suit? - *Living Large*

*Dear Large & In Charge,*

What do you wanna lose weight for? You can remember what your feet look like if you try hard enough. Food is too good to give up or moderate like the so-called experts would like you to think. What you really want is to look slimmer. May I offer the following:

- Stand next to a person larger than you whenever possible and never ever a real thin one.
- Always eat by yourself. If people never see you eat they'll agree you have a thyroid problem.
- Cross your legs at your ankles. Your thighs and calves will look slimmer.
- Whenever a friend calls, tell them you're leaving to work out. Word will get round about how fit and healthy you are. You may feel it necessary to actually go to a gym once in a while.

## Reasonable Health Practitioner's Reply:

Unfortunately, Native people have extremely high rates of diabetes and obesity, which leads to other health problems and even premature death. Try a

practical approach to weight control:

1) Examine your eating habits. Start off with a nutritious breakfast, mid-day snack of fruit, a protein-based lunch for energy, another mid-day snack of veggies, and a light dinner. Don't deny yourself small portions of favorite foods (even dessert), but remember moderation is the key. Focus first on healthy filling foods. At least five servings of fruits & veggies a day is always recommended to keep you in top shape.

2) Motivation is your friend, track your efforts in losing weight. Set milestones and reward yourself (without food) when you reach a goal. Maybe buy a new outfit and be sure and share your success with friends. A good tool to help encourage you is a pedometer.

Wear it all the time and set a goal to work up to 10,000 steps daily. Keeping a journal is helpful.

3) Exercise! This does not mean just putting in an hour in the gym 4 days a week. Take evening strolls, do some gardening, you will even get some vegetables as a bonus. Ride your bike around more often, take up an

active hobby, walk your dog. Take the stairs and look for opportunities to move during the day, even by taking stretch breaks at work. The idea is to keep mov-

ing! Don't settle down in front of a screen where you will most likely grab a snack to keep you company. Once you start trimming down, add weights to your routine, muscles burn more calories than fat. Before start any weight loss program consult your physician.

For more specific info please see:

<http://www.weightlossforall.com>

<http://www.dietitian.com/overweig.html>

\* Note that in many cultures, Coyote is the trickster and his advice should be taken with a grain of sodium reduced kosher sea salt (his section is intended as humor or parody). If you have any questions to ask of Dr. Coyote about, diet, health, nutrition or exercise, please email [coyote@ncidc.org](mailto:coyote@ncidc.org)



Artwork By: Andrew

Age: 6

Tribe: Wailaki

## Food Access: EBT and Farmer's Markets

Now that food stamps are received on an EBT card (Electronic Benefit Transfer card), farmer's markets are beginning to accept them. California has done a great job and now has 72 farmer's markets and 1 flea market accepting the EBT. Farmer's Markets can save money if the shopper is using EBT. The produce is not only fresher but can be cheaper than what you can buy for your family at a grocery store. Farmers Markets also introduce you to new fruits and vegetables that you usually would not find on the shelf. Eating fresh fruits and vegetable can lower your risk of heart disease, diabetes, obesity and even some kinds of cancer. Remember the phrase "5 A Day" when eating fruits and veggies.

Native peoples have always looked at fruits and vegetables as a main course as they are much easier to hunt than deer, buffalo, elk or other game. Natives introduced corn, tomatoes, many berries and squash to the rest of the world. Traditional diets of Natives included many items that will help you live a long and healthy life. Think of squash, salmon, beans, mushrooms, roots, nuts, seeds and berries and natural fruits and vegetables when preparing your meals.

For more information on farmer's markets and Native farms or markets please visit:

<http://www.ecology.org/ebt/>

<http://www.mohawkcommunity.com/>



## Farmer's Market Tomato Salad

### Ingredients:

3 pounds mixed tomatoes (vine, cherry, pear, etc.)  
1/3 cup extra virgin olive oil  
1 1/2 tbs. balsamic vinegar  
2 tbs. fresh basil, chopped  
6 oz. feta cheese (optional) or fresh mozzarella  
Salt and pepper to taste

### Directions:

Slice the tomatoes into different shapes (wedges, slices, small cubes etc.) and arrange on individual plates or a buffet platter. Drizzle with the oil and vinegar. Season with salt and pepper and sprinkle with basil. Dot with goat cheese or fresh mozzarella, if desired.

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## Farmer's Market Shopping Tips

Shopping at a farmer's market or open air market means that you will get the best, freshest produce available, while at the same time you are supporting small, local farms. Here are some helpful tips for shopping:

- **Take your time:** Have fun browsing. Take a good look at all of the produce that is available this season. Don't be afraid to try something new.
- **Ask Questions:** Make sure to ask questions of the vendors before you purchase unfamiliar produce.
- **Go Early:** You'll find the best selection if you show up early. The sights, smells, and colors of the farmer's market early in the morning can't be beat.
- **Experiment:** Give it all a chance. You may discover a new favorite fruit or vegetable!

*\* The contents of this newsletter are for information purposes only and should not be used for diagnosing or treating a health problem or disease. It is not a substitute for professional care. If you have or suspect you may have a health problem, you should consult your health care provider. Additional information, research, resources and links can be found at: [www.ncidc.org/food/pdfs.html](http://www.ncidc.org/food/pdfs.html)*

### ATTENTION!

The Potawatow Indian Health village produce stand in Arcata, CA., is open for the season. They will be open for business Tuesday and Friday afternoons from 12-4pm. For more information please contact the Potawatow Health Village at (707) 825-5000.

