

THIS WEEK AT THE MARKET



August 30, 2013

Virginia Mason Medical Center, 925 Seneca Street, Seattle, WA 98101 VirginiaMason.org

Eating with the seasons



As you start to notice the weather getting cooler and the sun setting earlier, you may begin to count down the days to the end of summer and the beginning of the fall season.

The seasons bring change. Change in the weather, change in the colors of the leaves, and change in the food that is harvested. When we change with the seasons and incorporate new foods, we are not only supporting local and sustainable agriculture, but also increasing the variety of nutrients we are integrating into our diet.

Autumn brings an abundant harvest to the Pacific Northwest. We are lucky enough to experience a cornucopia of local apples, hearty greens, root vegetables and a variety of the winter squashes. These exciting additions to farmers market baskets can help ease the change from long summer days and to embracing hot cider and cozy sweaters.

This talk of sweaters may be a little early; it is still August, and there are plenty of warm days ahead. Although the end of the Virginia Mason Farmers Market season is here, it is still the perfect opportunity to discover new resources to help you continue to support and enjoy local foods, markets and farmers all year long.

The following organizations provide excellent resources to what is fresh and in season, where the closest market to you is located as well as a variety of creative and healthy recipes to try at home.

- **Puget Sound Fresh, a program of Cascade Harvest Coalition,** www.pugetsoundfresh.org
- **Neighborhood Farmers Market Alliance** www.seattlefarmersmarkets.org

Health Highlight: Sweet Corn

Corn is many different things to many different people. To some it may be a staple in their diet in the form of corn tortillas, to others corn on the cob may be a summertime treat, and some may think of it as a delicious snack food in the form of popcorn. Along with an important historical role in many cultures, this delicious food also offers us a variety of health benefits.

Corn comes in a variety of colors: white, yellow, red and blue. Each color provides unique antioxidant benefits. Sweet corn is also a good source of soluble and insoluble fiber, keeping the heart and digestive tract healthy. This vegetable also provides a decent amount of vitamin C, supporting the immune system, as well as manganese, which helps keep the blood sugar levels stable.

When choosing corn on the cob, look for fresh and green husks with plump kernels that are tightly arranged in rows. The husk protects the flavor of the corn, so do not remove it until you are ready to eat it. Corn can be cooked in a variety of ways, including boiling, steaming, grilling or broiling, with or without the husk.

Despite the fact that corn is not listed on the Environmental Working Group's Dirty Dozen list, samples of conventionally grown corn have repeatedly been found to contain pesticide residue. Sweet corn is one of the items you may find in the grocery store that has been genetically modified. The long term effects of genetic modification of food on human and environmental health are still unknown. Choosing organically grown sweet corn allows you to avoid foods that have been treated with pesticides or have been genetically modified.

**The Virginia Mason Farmers Market
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Chef Jeff's Market Fresh Recipe of the Week:

Spanish Fiesta Barley Salad

Recipe by Chef Jefferson Anderson



Nutrition Facts

Calories: 189
Total Fat: 4.5 grams
Protein: 6.5 grams
Carbohydrate: 33.5 grams
Fiber: 8 grams
Sodium: 158 mg
Cholesterol: 0 mg
Saturated Fat: 0.71 gram
Monounsaturated Fat: 2.68 grams
Polyunsaturated Fat: 0.85 grams

Makes 8 servings

Serving size 6 ounces

Ingredients:

1 cup barley
2 cups water
7 ounces canned black beans
4 ounces green peppers, diced
4 ounces red peppers, diced
9 ounces corn
4 ounces celery, diced
4 ounces red onion, diced
1 jalapeño, diced small
2 tablespoons olive oil
½ teaspoon sea salt
½ teaspoon black pepper, ground
½ teaspoon cumin, ground
3 tablespoons lime juice
¼ cup fresh cilantro, chopped
1 tablespoon white balsamic vinegar

Preparation:

1. Bring the barley and water to a boil in a large saucepan over high heat.
2. Cover, reduce heat to low and simmer until barley is tender, about 30 minutes.
3. Remove from heat, and chill in the refrigerator.
4. In a large bowl, combine the cooked barley, black beans, green and red peppers, corn, celery, red onion and jalapeño. Toss gently to mix ingredients.
5. Add remaining ingredients and toss to combine.
6. Transfer to a serving dish and chill until you are ready to serve.



For more recipes and information, follow Virginia Mason on Facebook and Twitter!

Thank you so much for your support of the Virginia Mason Farmers Market. See you next year!