

Still Hungry?

Did you know that feeling 'still hungry' is a grave reality for a staggering 25 percent of New Mexico kids, according to

story by **CULLEN CURTISS**

photos **COURTESY OF THE SANTA FE FARMERS' MARKET**

Feeding America's Map the Meal Gap 2017? This vulnerable population is described as food insecure, meaning they lack reliable access to a sufficient quantity of affordable, nutritious food. As you might imagine, this puts our state's kids at higher risk for a lifetime of health issues, including poor cognitive development.

Of course, a lot of organizations are working on solutions. Take the Santa Fe Farmers Market Institute, for instance, whose Local Food for Local Kids program supports the Power of Produce Club, the aim of which is to engage the whole family and "establish a foundation for a lifetime of healthy and locally based eating habits." The approach is fun, tasty and intentionally non-nutrition instructive. Program Director Melissa Willis says, "We present the idea of fresh fruits and vegetables in a fun way that doesn't feel pushy. And once we have the family here, we can let them know about Double Up Food Bucks." With DUFB, families on Supplemental Nutrition Assistance Program can double their fresh-produce spending power at the Santa Fe Farmers' Markets and select grocery stores. Melissa reports \$200,000 in DUFB sales in 2017.

So, what's the fun and tasty draw? Through POP Club, over the course of five weeks at any of the three weekday markets offered in the summer, children and their families participate in hands-on experiential activities, such as building seed mosaics, crafting colorful shopping bags, and vegetable printing, as well as the Two-Bite Club, an ingenious and gentle way to encourage that second bite of a new-to-you food, generally a sample from the Market Fresh Cooking demos. "Kids are comfortable with what's familiar. With Two-Bite Club, the Farmers' Market rewards that brave second bite with a \$2 token to be used on any fresh produce." And families walk away with a new recipe to try at home.

POP Club 2017 surveys indicate 63 percent of respondents reported that their child's interest in eating fresh produce increased. In fact, one child was reported to have said she wanted the tooth fairy to give her Farmers' Market tokens instead of money. Easily achieved, as are the following four recipes—vetted and adored by Santa Fe POP Club families.

Sign up for POP Club at any Market, July 10 – Aug. 8. For more information about POP Club, visit farmersmarketinstitute.org/programs/local-food-local-kids. To find out more about DUFB, visit farmersmarketinstitute.org/programs/dufb.



photo: Daniel Quat

PEACH-CHERRY SMOOTHIE

1 handful fresh, local spinach (or any other leafy green in season/readily available: kale, Swiss chard, beet greens)
½ cup almond milk (or preferred milk)
½ cup fresh or frozen cherries (pitted)
2 medium peaches

Put the spinach and milk in the bottom of the blender. Add the cherries and the peaches. Blend and enjoy.

Recipe adapted from food52.com and edibleperspective.com.

ZOODLES WITH CHERRY TOMATO POP SAUCE

by Laura McCann, MS, RD, LD

Zucchini ingredients:

1 Tablespoon extra virgin olive oil
2 garlic cloves, minced
1 pound zucchini, cut into ribbons with vegetable peeler, mandolin or spiralizer
Salt and pepper to taste

Sauce ingredients:

½ cup extra virgin olive oil
2 large garlic cloves, minced
3 pints cherry tomatoes
1 teaspoon Kosher salt
½ teaspoon black pepper
1 cup fresh basil, shredded
Freshly grated Parmesan for serving

Method for zucchini:

Heat oil in a skillet over medium-high heat. Add garlic. Add zucchini, salt and pepper and toss gently for 1-3 minutes. Avoid overcooking or zucchini will get soggy.

Method for sauce:

Heat oil in a skillet over medium-high heat. Add garlic, tomatoes, salt and pepper. Cook and stir occasionally until tomatoes burst and release their juices—about 6-8 minutes. Serve over zucchini ribbons and top with fresh basil and Parmesan.

POP CLUB DATES

TUESDAY MARKET

(Tuesdays, May 1 – Nov. 20 at the Railyard, 7 a.m. – 1 p.m.)

EL MERCADO DEL SUR

(Wednesdays, July 3 – Sept. 25 in Plaza Contenta, 3 – 6 p.m.)

WEDNESDAY EVENING MARKET

(Wednesdays, July 4 – Sept. 26 at the Railyard, 3 – 6 p.m.)

SAUTÉED ASPARAGUS WITH HERBS AND PECANS

Serves 4

1 – 2 Tablespoons olive oil
1 bundle asparagus, trimmed
Salt and pepper to taste
½ teaspoon garlic powder
½ teaspoon red chile powder
1 Tablespoon lemon or lime juice
¼ cup unsalted pecans, chopped and lightly toasted

Add oil to non-stick skillet on medium low heat. Add asparagus, increase to medium-high heat and sauté. Season with salt, pepper, garlic powder, red chile, and citrus. Cook for 5-7 minutes, flipping spears for even cooking. Spears should stay bright green for best eating. Close to the end of the 5-7 minutes, toss in toasted pecans. Serve immediately.

Recipe adapted from Tasty Kitchen.

SAUTÉED CARROTS WITH CARROT TOP PESTO

Serves 4-5

Sauté ingredients:

2 Tablespoons of extra virgin olive oil
2 bunches of carrots (about 10 total; cut off tops and save), chopped into thin medallions

Pesto ingredients:

1/3 cup walnuts, pine nuts or pecans
1 clove garlic
2 cups rinsed carrot tops (remove the longer tough stems)
½ cup fresh basil
½ cup Parmesan
½ teaspoon salt
¼ teaspoon black pepper
¾ cup extra virgin olive oil

Method for sauté:

Heat the olive oil in a skillet over medium heat. Add the carrots. Sauté until the carrots soften and start to caramelize.

Method for pesto:

In a food processor, pulse nuts and garlic. Add carrot tops, basil, Parmesan, salt and pepper. Slowly drizzle in the olive oil as processor is running until pesto is smooth and consistent, scraping down the sides as necessary. Process until combined. Top the carrots with the drizzle of the pesto.

