



August

What's in season this month in North Dakota? Find out at your local farmers market. At your farmers market, you can get to know your farmer and how he or she grows the food you eat. When you purchase food locally, your dollar stays in the local economy. Take your children with so they can help you choose what to prepare for dinner. Did you know there are more than 40 farmers markets in North Dakota? Here is where to locate a farmers market near you and find out days and hours of operation:

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

Green beans are ripening in your garden or can be found at your farmers market. Here's a zesty way to enjoy green beans - *Orange-Scented Green Beans with Toasted Almonds*

http://www.eatingwell.com/recipes/orange_almond_green_beans.html

Watermelon – what would summer be without it? It refreshes on hot summer days and is great for dessert or a snack. The nutrients in watermelon, like lycopene, can help prevent cancer. More on watermelon:

<http://www.fruitsandveggiesmatter.gov/month/watermelon.html>

Watermelon Kebabs can make a quick meal, snack or party food; kids will love them, too:

http://www.watermelon.org/recipe_detail.asp?recipeDisp=4

Grow Your Own

How does your garden grow? In August in North Dakota, many vegetables are producing at their peak. Maybe the weeds are, too! Gardening (including pulling weeds!) is good physical activity and adds to the

two and one-half hours a week that is recommended in the Physical Activity Guidelines for Americans. Find out more how to *Be Active Your Way* at

<http://www.health.gov/paguidelines/adultguide/default.aspx>