What I might find at an Iowa Farmers’ Market in June:

- Asparagus
- Beans
- Blueberries
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Cherries
- Leeks
- Lettuce
- Onions
- Potatoes
- Radishes
- Rhubarb
- Spinach
- Strawberries

* Recipe is adapted from Spend Smart. Eat Smart. You can find more easy and healthy recipes at: www.extension.iastate.edu/foodsavings/.

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**Capitol Complex Farmers’ Market**

*Every Tuesday, June 13 – September 26, 11:00 a.m. – 1:00 p.m.*

(except July 4th)

E. 13th Street between E. Walnut and E. Grand Avenue

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**Salad in a Bag**

**Ingredients**
- 1 cup leafy greens per person (spinach, romaine, kale)
- 1/2 cup vegetables per person (broccoli, black beans, kidney beans, garbanzo beans, shredded carrot, peas, cabbage, cauliflower, celery, cucumbers, onions, tomatoes, zucchini, bell peppers, mushrooms)
- 1 to 2 tablespoons salad dressing per person

**Instructions**
1. Use a one-quart sized plastic storage bag for individual salads.
2. Place 1 cup leafy greens in each bag.
3. Add 1/2 cup of vegetables to bag.
4. Add dressing.
5. Zip bag shut and shake to distribute the dressing over all the ingredients.

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**Berry Yogurt Parfait**

**Ingredients**
- 2 cups fresh berries or unsweetened frozen fruit (thawed, drained, and cut up)
- 2 cups low fat vanilla yogurt
- 4 tablespoons raisins, dried fruit, chopped nuts, sunflower seeds or crunchy cereal (optional)

**Instructions**
1. Wash fruit and cut into bite sized chunks or thaw and drain frozen fruit.
2. Put 1/4 cup fruit into bottom of four glasses. Top with 1/4 cup yogurt. Add another 1/4 cup fruit and top with 1/4 cup yogurt.
3. Top with optional ingredients if desired.
4. Chill until ready to serve.