



TASTE OF THE MARKET

SERVING UP NUTRITION & EDUCATION: LOCALLY SOURCED, FRESHLY HARVESTED

EAT THE RAINBOW | *RECIPE BOOK*



HEIRLOOM
FARMERS MARKETS


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complete health.

HEIRLOOM FARMERS MARKETS
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BROUGHT TO YOU BY TASTE OF THE MARKET...

EAT THE RAINBOW | *RECIPE BOOK*

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INTRODUCTION

FOOD IS MEDICINE

When you eat the rainbow, you fill your body with the vitamins, minerals, antioxidants, and phytochemicals that it needs to function and grow. Every color represents a different set of nutrients that your body needs – so why not eat all of them?!

Fuel your body with farm-fresh, whole, colorful ingredients. Give your organs, skin, blood, muscles, and the rest of your body the nutrients it needs so that you feel energized and renewed every time you eat a meal. Shop the Rainbow, then Eat the Rainbow at the Farmers Market!

There are 5 colors to include in all of your meals: red, orange/yellow, green, blue/purple, and white.

This recipe book features 5 recipes that promote eating the rainbow, one color at a time. If you're looking for a way to get creative and introduce more colors into your diet regularly, this is a great place to start! When you shop at the farmers market, you get to choose from seasonal produce, so that's why every recipe has different seasonal ingredients. The seasons listed are in reference to Southern Arizona, and the ingredients are based on what seasonal produce is available at your local farmers markets throughout the year.

This recipe book was written for Taste of the Market, a program of Heirloom Farmers Markets that offers a weekly helping of food literacy and a taste of fresh, seasonal ingredients. This program is generously sponsored by Arizona Complete Health.

Learn more and shop our five farmers markets by checking out our website www.heirloomfm.org.

WHITE FRUITS & VEGETABLES

POTENTIAL HEALTH BENEFITS

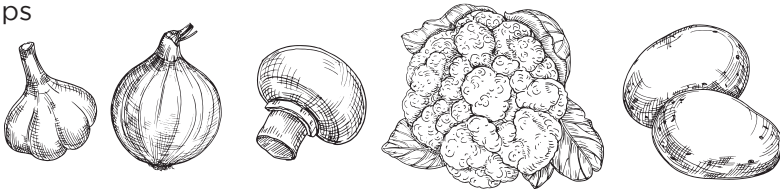
FLAVONOIDS

- Support a healthy heart!
- Support good cholesterol levels!
- (Some may contain) Sulfur
- Detoxifies liver!
- Supports skin health!

FUN FACT | Garlic is naturally anti-microbial! Eat it when you think you might be getting sick!

WHICH FOODS ADD WHITE IN THE RAINBOW?

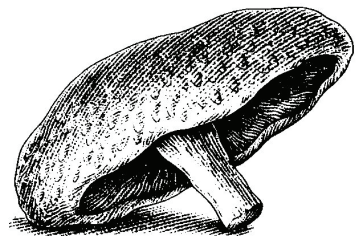
Garlic, onions, jicama, mushrooms, pears, ginger, cauliflower, potatoes, turnips



FARMERS' MARKET *Recipe*

MUSHROOM SAUTE | SEASON: LATE SPRING, SUMMER, EARLY FALL

Here's a delicious and easy way to eat white foods that are in season with one other color added so we can always Eat the Rainbow! All of the following ingredients can be found fresh from the Farmers Markets in Southern Arizona.



- Freshly chopped oyster mushrooms
- 2-3 cloves garlic, minced or cut small
- 1/2 white onion, diced
- 2 TBSP of olive oil

- 3 green onions, chopped
- Salt, pepper, other desired spices to taste

Add olive oil to a sauté pan. Heat on low-medium, then add white onions. Let them cook until they're a deeper color - about 6 minutes.

Add garlic and let sauté for another minute.

Add mushrooms and mix together with onions and garlic. Cook on medium heat stirring occasionally, then cover sauté pan for another few minutes until mushrooms are softened and have released some of their moisture.

Mix in green onions and salt and pepper to taste.

Enjoy as a side dish or main dish!

RED FRUITS & VEGETABLES

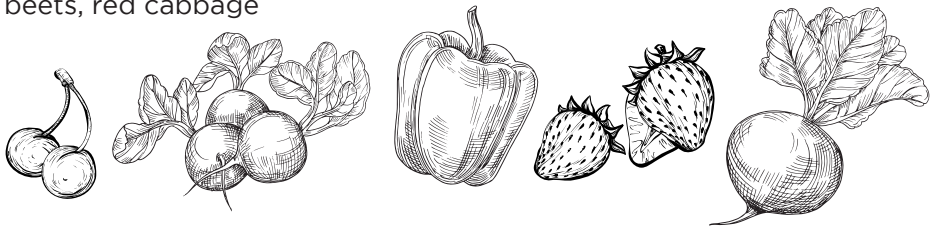
POTENTIAL HEALTH BENEFITS

Eating red whole foods support a healthy heart and a strong memory!

- **VITAMIN C** | Antioxidant that supports a healthy immune system and wound healing
- **FLAVONOIDS** | Supports a healthy heart and good cholesterol levels
- **LYCOPENE** | Antioxidant that can reduce the risks of certain types of cancer, lower risk of heart disease, + reduce and lower the risk of an age-related eye disorder
- **ELLAGIC ACID** | Antioxidant that can reduce the risks of certain types of cancers, reduce risk of heart disease, + promote the healing of wounds

WHICH FOODS ADD RED IN THE RAINBOW?

Cherries, cranberries, tomatoes, radishes, pomegranates, red apples, red potatoes, red peppers, red onions, red grapes, watermelon, strawberries, raspberries, blood oranges, pink/red grapefruit, rhubarb, beets, red cabbage



FARMERS' MARKET *Recipe*

MIDDLE EASTERN SALAD | SEASON: SPRING, SUMMER

This salad is not only a delicious + fresh way to incorporate red foods into your diet - it's also a great way to stay hydrated during the hot summer months! Almost all of the veggies in this salad are in season during the hot months, too! Eat your water!

- 2-3 cucumbers (Persian if available), diced

- 4-6 red tomatoes, diced
- 1/3 cup red onion, diced
- 2 red peppers, diced
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh mint, chopped (optional)
- 3 TBSP fresh lemon juice
- 3 TBSP extra virgin olive oil
- Salt to taste

Toss all ingredients together in a large bowl. Taste and adjust salt and lemon juice until you've reached your perfect combination! Experiment with additional fruits + veggies in your salad. Eat as a snack, a side, on top of toast, + more!

ORANGE/YELLOW FRUITS & VEGETABLES

POTENTIAL HEALTH BENEFITS

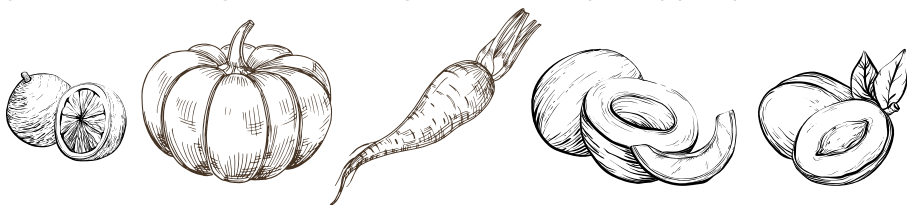
Orange/yellow whole foods support a healthy heart, eyes, & immune system:

- **BETA-CAROTENE & VITAMIN A** | Antioxidant that supports a healthy immune system, healthy skin, and healthy eyes + vision
- **VITAMIN C** | Antioxidant that supports a healthy immune system and wound healing

SPECIAL CITRUS FACT | Citrus contains the phytonutrient hesperidin which can improve blood circulation in your body! If you're someone whose hands and feet get cold during the day, try eating citrus once a day! Citrus can also potentially lower your risk of stroke!

WHICH FOODS ADD ORANGE IN THE RAINBOW?

Orange, grapefruit, lemon, mango, carrot, sweet potatoes/yams, orange winter squash, yellow summer squash, Tohono O'odham Yellow-Meated watermelon, corn, cantaloupe, orange and yellow peppers, yellow and orange tomatoes, golden beets, pineapple, peaches



FARMERS' MARKET *Recipe*

MOM'S BUTTERNUT SQUASH SOUP | SEASON: LATE FALL, WINTER

This recipe is not vegan, but you can make it vegan by substituting the butter with olive oil. You can also try other orange winter squashes, like pumpkin! Try adding a dash of curry powder to give it

some extra flavor. Get the squash, butter, onion, and carrots from the farmer's market!

- 2 medium-sized butternut squash
- Olive oil + sea salt
- 2-3 tablespoons grass-fed butter
- 1 medium yellow onion, diced
- 2 large carrots
- 3 stalks celery, chopped
- 32 oz. vegetable broth

Preheat the oven to 400°. Cut the squash and carrots in half. Remove the seeds from the squash, then lather both in olive oil and sprinkle with sea salt. Place face down on a baking sheet and bake for 30-40 minutes, or until the flesh is soft.

Meanwhile, in a large pot, heat butter on low-medium. Add onions and caramelize until light brown and aromatic (smells good!). Add celery.

When the carrots are out of the oven, add to pot. Then, add vegetable broth and bring to a simmer.

Allow butternut squash to cool so you don't burn your fingers! Then, scrape flesh out of the skin of the squash (it's okay if some makes it into the soup - the skin is really good for you!) Add all of the squash flesh to the pot.

Cook for as long in the vegetable broth as you like. Anywhere between 10 and 50 minutes at a low simmer will do! Then, use an immersion blender to blend all ingredients together. (Don't have an immersion blender? Pour ingredients into a blender and blend! It will still taste great).

Blend until smooth! Salt to taste. Serve as a main dish or a side, top with fresh greens or herbs, add a splash of heavy cream - the possibilities are endless!

GREEN FRUITS & VEGETABLES

POTENTIAL HEALTH BENEFITS

Green fruits & vegetables can support healthy bones, teeth, and eyes in addition to the functions below:

- **CHLOROPHYLL** | Supports wound-healing & healthy skin!
- **VITAMIN K** | Support healthy bones & healthy blood!
- **CAROTENOIDS** | Great antioxidants & decreases risk of disease!
- **ISOTHIOCYANATES** | Anti-inflammatory & great anti-oxidant!
- **OMEGA-3 FATTY ACIDS** | Integral to regulating blood clotting & inflammation! They also help your heart beat steadily for a much healthier heart!

FUN FACT | Your body cannot make Omega-3 Fatty Acids on its own, even though it needs them to function properly! Therefore, you **MUST** get all of your Omega-3 Fatty Acids from a diverse, colorful diet.

WHICH FOODS ADD GREEN IN THE RAINBOW?

Bok choy, broccoli, Brussels sprouts, cabbage, collards, green beans, green peppers, kale, peas, spinach, mustard greens, salad greens, celery, artichokes, Rapini greens, herbs, asparagus, cucumbers, green onions, okra, peas, limes, honeydew, & more!



FARMERS' MARKET *Recipe*

“EAT YOUR GREENS” HUMMUS | *WINTER, EARLY SPRING*

Find the greens in this recipe fresh from the Farmers Market!

- 1/4 cup cilantro
- 1/4 cup parsley
- 1/4 cup green onion

- 1/4 cup spinach
- 3 cups garbanzo beans (cooked or from a can!)
- 1/3 cup tahini (sesame paste) with some of its oil
- 1/2 cup extra virgin olive oil
- 2-3 cloves fresh garlic
- 1/4 cup lemon juice (or to taste)
- Salt to taste

Blend together tahini, olive oil, garlic, and lemon juice until smooth. Then, add in garbanzo beans. Blend for another minute! Taste and adjust lemon juice and salt as desired! (If you would like a creamier, thicker texture, add more tahini!) Add in greens, then blend again until incorporated. Serve as a dip, spread, or even a salad dressing!

BLUE/PURPLE FRUITS & VEGETABLES

POTENTIAL HEALTH BENEFITS

Blue/purple fruits & vegetables can support memory and healthy aging in addition to the functions below:

- **ANTHOCYANIN** | Supports healthy blood pressure and protects from pain & inflammation!

FUN FACT | Some blue/purple foods, like red cabbage and red onion, are also considered “red” foods and have additional nutrients and health benefits!

WHICH FOODS ADD BLUE/PURPLE IN THE RAINBOW?

Beets, dark beans, purple cauliflower, dates, red cabbage, red onion, purple sweet potato, eggplant, blueberries, blackberries, fig, plums, red/purple grapes



FARMERS' MARKET *Recipe*

BEET VINAIGRETTE | SEASON: FALL, WINTER, SPRING

Learn how to make a classic vinaigrette, then add a BLUE/PURPLE twist!

Makes 8 servings

- 2 small beet roots or 1 big beet root, chopped (peeled for less earthiness, with the skin for more nutrients!)
- 2 TBSP chopped red onion
- 9 TBSP olive oil
- 3 TBSP white wine vinegar
- Lemon juice to taste

- Salt and pepper to taste

Add all ingredients to a blender or small food processor.

Blend until desired consistency (about 45 seconds).

Serve over salad, on sandwiches, on red cabbage slaw, or more! Pour extra into a jar and store in fridge until your next meal!



ABOUT HEIRLOOM FARMERS MARKETS

Heirloom Farmers Markets is a 501(c)(3) Non-Profit operating five farmers markets in Southern Arizona. It is our mission to connect, educate, and empower our community to create a vibrant food system that supports local food producers and proprietors.

Since 1998, we've been dedicated to promoting local food, improving farm viability, and engaging in the food system. We're helping to build a food system that honors producers, values good local food and enhances quality of life for Tucson and beyond. Heirloom has grown from its first year with 5 participating farms to more than 22 farms, 150 vendors and more than 2,200 people attending our Farmers Markets weekly.

Our work is made possible because of our dedicated staff, Board of Directors, sponsors, vendors and farmers — and because of people like you.

To learn more about our weekly farmers markets visit www.heirloomfm.org.