

What's HIP This Season?

The weather is warming up & summer is almost here! With the summer season comes an abundance of delicious produce. Eating in-season produce is a simple & tasty way to celebrate the season.



Here are some benefits to purchasing seasonal produce at a farmer's market:

- Produce tends to cost less when in season.
- Support local farms by buying produce at farmers markets, mobile markets or through community supported agriculture (CSA) farm share programs.
- Get \$1 back for every dollar spent on produce for SNAP participants!

SNAP recipients in MA are automatically enrolled in a program that allows them to buy fresh produce AND get some of their money back if they spend them on qualified items at HIP vendors! It's called the Healthy Incentives Program (HIP).

Qualified vendors include farmers markets, farm stands, mobile markets & CSAs. Traditional grocery stores do not qualify to earn HIP. The amount that is reimbursed for HIP depends on the amount of people included in the household.

- 1-2 people: \$40 per month
- 3-5 people: \$60 per month
- 6+ people: \$80 per month

Qualified goods include any fruits or vegetables sold by a HIP vendor as long as they do not contain added salt, sugar, fat or oil. Items can be fresh, canned, dried, or frozen. Participants can also purchase fruits & veggies that are in seed or seedling form, allowing them to grow their own produce if they want to!

Funds are added to the EBT card right away, so the amount that is reimbursed can be used right away, or saved for other SNAP eligible foods at any store that accepts SNAP.

Click here to learn more about HIP: [City of Boston - HIP](#)

Food Safety Tips

Wash or scrub all your produce under running water—even if you don't eat the peel.

Germ or bacteria on the peel/skin can get inside the fruits and vegetables when you cut them, potentially making you sick.

You do not need to use soap or any special products to properly wash your produce.



Lettuce Go to the Market!

Farmer's markets are in full bloom! Here are some resources to find markets near you:

[Mass Farmers Markets](#)

[City of Boston - Market Map](#)

[Mass.gov - Farmers Markets](#)



Frozen Fruit Cups

These frozen treats are full of fruit and calcium, and they're like a stick-free popsicle!

Ingredients

- 3 bananas
- 8 ounces yogurt, non-fat strawberry
- 1 1/4 cups strawberries, frozen, thawed and undrained
- 1 cup crushed pineapple with juice

Directions

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining ingredients.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.

Recipe Tips

Use plain or Greek yogurt in place of flavored yogurt.

Nutrition Facts

Frozen Fruit Cups
Amount Per Serving (1 frozen cup each)

Calories 40

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 1mg	0%
Sodium 9mg	0%
Potassium 143mg	4%
Total Carbohydrates 9g	3%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 1g	2%
Vitamin A	1%
Vitamin C	19%
Vitamin D	0%
Calcium	2%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.

LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at clickncook.org



What can you do with: Cucumbers



Cucumbers are a crisp, cool treat perfect to beat the summer heat!

- Choosing: Pick dark green, firm cucumbers, without blemishes or soft spots.
- Storing: Keep cucumbers cool in the fridge. Do not freeze as they can get soft and brown. Store chopped cucumbers in a container or wrapped in plastic.
- Preparing: Thoroughly clean the cucumber under running water. Peels can be left on & eaten. Chop into desired size/shape.
- Uses: Cucumbers are typically eaten raw with dips, salads, or on their own. Certain varieties can be pickled. They can also be cooked or blended into meals.
- Nutrition: The high amount of water in cucumbers provides hydration in food form. They also contain fiber, vitamin K, and antioxidants!
- Fun Fact: Some cucumbers can grow up to 2 feet long. The [Guinness World Record](#) for a cucumber is 3.5ft (107cm)!

A CLICK N' COOK RECIPE
MORE AT: CLICKNCOOK.ORG

Cucumber-Yogurt Sauce



Use this sauce as a dip for vegetables or crackers or spoon it over grilled meats!

Ingredients

- 2 large cucumbers
- 1/2 teaspoon salt
- 2 cloves garlic
- 3 tablespoons fresh dill (or 1 1/2 teaspoons dried)
- 2 cups plain 2% Greek yogurt
- 1 1/2 tablespoons white wine vinegar (or lemon juice)
- 3 tablespoons olive oil

Directions

1. Halve cucumbers lengthwise and scrape out seeds with spoon. Using a box grater, coarsely grate the cucumber. Toss with salt and let cucumber drain in a colander for 15–20 min. Press out any excess moisture, then pat dry with paper towels.
2. Finely mince garlic or crush with a press. Finely chop dill. Add both to a medium bowl with yogurt, vinegar, oil, salt, and pepper.
3. Stir grated cucumber into the yogurt mixture. Allow to rest in the refrigerator for at least an hour before serving.



National Eat Your Vegetables Day

June 17th is National Eat Your Vegetables Day! Even though this holiday is once a year, it is important to include veggies in your [diet](#) regularly. A diet that has a variety of vegetables has [benefits](#) that keep your body healthy.

Eating a variety of vegetables can be a challenge, so here are some different ways to include vegetables in your diet:

- Add chopped veggies like onions, garlic, or leafy greens to your soups and sauces. Frozen vegetables work for a quick add-in too!
- Cook & puree veggies using a blender then add them into dips, sauces, or make a soup.
- Shred some veggies using a box grater to try a different cut. They also work well in baked goods!
- Challenge yourself to buy & try a new vegetable next time you get food, especially if you're visiting the farmers' market. Any variety - canned, frozen, or fresh - is a great choice!



June 2022

National Fresh Fruit and Vegetables Month

National Iced Tea Month

June 3

National Egg Day

June 14

Strawberry Full Moon

June 17

National Eat Your Vegetables Day

June 27

National Onion Day