

Tips on shopping at farmers markets: get more fresh produce in your diet

Shopping at farmers markets is one way to get delicious and fresh produce you can enjoy at home.

“Getting plenty of fruits and vegetables helps families live healthier lives and reduces the likelihood of chronic disease,” said Elaine Auld, CEO of the Society for Public Health Education (SOPHE). “Lack of nutritious foods puts people at high risk for diabetes, cardiovascular disease, and obesity.” Not everyone may be familiar with shopping at farmers markets. Auld offered the following tips to help people make the most of bringing the best of the farm to their family.

Know the season. Knowing what you may find at the market, before you go, can help you shop efficiently and cost-effectively. Specific fruits and vegetables available in your community will vary based on the seasons and weather.

Plan your meals but leave room for spontaneous purchases. Plan your meals in advance but, leave some room to improvise or adapt recipes. Farmers markets can expose you to new hybrids of traditional vegetables, such as broccolini, which is a combination of broccoli and kale. Talk to the vendors and ask them how to prepare something that you may have never tried before.

Shop to save. To save money, buy in bulk or late in the day. Vendors may be more willing to make you a deal. Sometimes bulk purchases are discounted. Some vegetables can be frozen for later use. Many farmers markets also accept electronic benefit transfer (EBT) or Supplemental Nutrition Assistance Program (SNAP) purchases.

Bring your own bags. Nylon or cloth bags can help ensure your purchase makes it home safely. A backpack can help

if you have a long distance to travel.

Get used to handling fresh produce. Always wash all fruits and vegetables before eating. It may take time to learn how to handle freshly harvested produce, but the superior flavors are worth it. Ask how to best store your purchases to maximize freshness and flavor.

USDA provides federal grants to states for WIC. These programs provide breastfeeding support, supplemental foods, health care referrals, and nutrition education for low-income pregnant and postpartum women, and to infants and children up to age five who are at nutritional risk.

Here are a few examples of WIC programs that are working in their communities to help women and families access nutritious food. The area WIC program in Durango, Colorado, was able to work with com- Seas,” and it would do just that: create a national policy for meeting our military’s naval requirement of 355 ships.

The current fleet of 276 ships is too small.

Because ships and submarines take years to build, it is imperative to lay the groundwork now to ensure our military’s future readiness.

U.S. Maritime Leadership on the Line

Time is of the essence. The U.S. Navy faces more missions and more competition in today’s evolving maritime environment.



The teens at Durant Public Library recently began their summer programs with an etching glass program presented by Anthony Whitehead of Kosciusko. Teens learned the technique of etching and each completed a project to take home. (Photo submitted)

munity partners to offer a free farmers stand in low-income communities offering fruits and vegetables. They’ve served 500 people and given away an estimated 3,000 pounds of food. Getting fresh fruits and vegetables is a challenge in Angelina County in East Texas. Organiz-

China and Russia are rapidly building up their naval resources and coverage around the world. Rogue states like North Korea and Iran have similarly sought to expand their influence with investments in naval power. Our own fleet should not wane while those of our adversaries strengthen.

Listening to our naval commanders reinforces this imperative, and they tell us they do not have the ships or submarines they need. Only about 100 of our 276 ships are deployed right now. The other ships are undergoing maintenance, routine sustainment, or training for deployment.

These limitations in fleet size could have consequences when it comes to protecting our national security interests, safeguarding global commerce, projecting power, and reassuring our allies around the world.

Early Signs of Widespread Support

The “SHIPS Act” is a clarion

ers with WIC set up a network to distribute fresh produce to three area food banks serving 16,000 people. In Marion, Virginia, WIC organizers working with the H.A.N.D.S. Healthy Corner Store initiative increased availability of fresh produce and healthy snack options in rural

for restoring the capacity of our military, given the many challenges and operational demands it faces.

The Navy serves as a sentinel for maritime traffic and an agent for stability when aggression peaks.

Ensuring the Navy’s preparedness by meeting its fleet requirement should be a national priority that spans Congresses and Administrations.

Our country has the most advanced, most capable fighting forces in the world.

We can continue to have the most advanced, most capable fighting forces if we commit now to achieve a 355-ship fleet in the 2020s.

I am encouraged by President Trump’s promise last year for a bigger fleet.

Passage of the “SHIPS Act” would be a good first step, and I am encouraged by the support it has already received by members of both political parties in both houses of Congress.

THE WICKER REPORT

By: United States Senator Roger Wicker



Wicker Launches ‘SHIPS Act’

Larger Navy Critical to Protecting National Security

The Navy’s new requirement for a 355-ship battle fleet has earned the attention of Congress. As chairmen of the congressional subcommittees that oversee seapower issues, Rep. Rob Wittman and I are joining forces to pass legislation that seeks to restore our naval strength. Within

24 hours, my Senate legislation had received the support of 16 of my colleagues, including the entire Seapower Subcommittee, and the House companion bill had earned eight cosponsors.

The “SHIPS Act” stands for “Securing the Homeland by Increasing our Power on the



The Holmes County Chamber of Commerce hosted a business reception for the retired owners of Cohen’s Department Store, Phil and Sally Cohen, at the Lexington Coffee Company on the square on Wednesday, June 21 highlighting the store’s 108 years in operation. Pictured above, Phil Cohen (at right) is seen greeting well-wishers and guests during the reception.

(Photo by Matthew Breazeale)

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