



Events this Week

Come to the Farmer's Market next Tuesday, July 11, from 2:30 to 6:30 PM outside the medical school entrance. Cash only.

WORKSHOPS

NEXT WEEK
Quick & Healthy Dinners

Tuesday, 7/11/06
12 noon – S2-321

AND

Wednesday, 7/12/06
7:30 AM – S1-123

Feel free to bring your lunch!

WALKS

Meet with other walkers at the Step Ahead Information Center, across from the stamp machine, every day at noon.

To purchase a pedometer, visit the Step Ahead office at S7-746.

FARMER'S MARKET COMES TO UNIVERSITY CAMPUS!

Step Ahead and the Greater Worcester Farmer's Market are thrilled to bring a Farmer's Market to the University Campus employee community!

When and where?

Every Tuesday, from July 10th, to October 31st, vegetables, fruits, and freshly baked goods will be available outside the new entrance to the medical school from 2:30-6:30 PM.

What will be available?

Each Tuesday morning, Step Ahead will email you a list of the produce that will be available that day. For a general idea of when produce is ripe, check out the website: <http://www.mass.gov/agr/massgrown/buyguide.pdf>. July, for example, offers blueberries, peaches, raspberries, beans, carrots, cauliflower, cucumbers, peppers, spinach, summer squash, tomatoes, herbs, and others.

Do the taste test

Have you ever compared the taste of a fresh tomato just picked from the vine with one from a local grocery store? The fresh tomato almost

tastes like a different fruit, for it has been picked when ripe and brought to you directly from the farm. A tomato from the grocery store, on the other hand, may have been grown for its ability to travel long distances, picked before it is ripe, and trucked over many miles. You can really taste the difference! Farmer's Markets can also bring you healthy items that may not be available in stores, such as unique greens for salads and cooking.

Recipes and more

At each Farmer's Market, Step Ahead will be there with ideas and recipes highlighting the fresh produce of the season. Many Tuesdays we'll have samples for you to try as well.

Support local farmers

By buying at a Farmer's Market, you are supporting local businesses and family farms, so they can continue to grow fresh and nutritious produce.

The Greater Worcester Farmer's Market accepts cash as its only form of payment.

Recipe of the Week

Summer Slaw Serves 8

Dressing:

- 3 Tbsp Rice wine vinegar
- 2 Tbsp Olive oil
- 3 Tbsp Creamy peanut butter
- 2 Tbsp Reduced sodium soy sauce
- 1 Tbsp Brown sugar
- 1 Tbsp Freshly grated ginger
- 1 Tbsp Garlic, minced

Salad:

- 5 cups Green cabbage, shredded (use bagged cabbage for ease)
- 1 ½ cups Purple cabbage, shredded (use bagged cabbage for ease)
- 1 Red or yellow bell pepper, cut into thin strips

- 1 cup Shredded carrots
- 3 Scallions, sliced thinly
- 1/3 cup Fresh cilantro leaves (more or less to taste)

Dressing: In a large bowl mix the vinegar, oils, peanut butter, low sodium soy sauce, brown sugar, ginger and garlic. Refrigerate until ready to use. Can be made ahead.

Combine the remaining ingredients in a large bowl. Add the dressing and combine to coat well.

Nutritional Information:

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|-------------------|---------------------|
| Calories: 100 | Total Fat: 6.7g |
| Saturated fat: 1g | Cholesterol: 0g |
| Carbohydrate: 9g | Dietary Fiber: 2.5g |
| Protein: 3.0g | |

Tip of the Week

Do stomach exercises quietly (tense and relax the muscles) at your desk or in a meeting (helps you stay alert!)

<http://exercise.lifetips.com/cat/61292/exercise/index.html>

To learn more about Step Ahead visit www.stepaheadprogram.com