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MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



MORGAN COUNTY FARMER'S MARKET

If you're searching for a place to find local fruits, veggies, and other homemade goodies, look no further than the Morgan County Farmer's Market! It is hosted by the OSU Extension Morgan County office at the Main Street Church of Christ parking lot every Thursday through October from 11:00am-1:00pm.

Fruits such as blueberries have made an appearance at the Farmer's Market this month! Eating fruit has many health benefits and is packed with nutrients, such as vitamin C, potassium, fiber, and folate. These nutrients ensure that your body is functioning properly and may even lower your risk of getting certain diseases. Most fruits are also low in salt, fat, and calories. In order to get the most out of your fruit, doctors recommend sticking to whole fruits, rather than juiced or processed ones.

Additionally, this month's veggie selection at the Farmer's Market includes sweet corn, tomatoes, broccoli, cucumbers, onions, and more. Eating a diet that's rich in vegetables may help lower your risk of certain diseases, such as heart disease, including heart attack and stroke. They also contain essential nutrients such as potassium, fiber, vitamin A, and vitamin C. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed. With so many ways to eat vegetables, there's no reason not to incorporate them into meals and snacks.

How many fruits and vegetables you should eat every day depends on your age, sex, height, weight, and physical activity. The American Heart Association recommends 4-5 servings of each per day for the average adult. Talk to your doctor or visit www.myplate.gov to find out how much you should have every day.

Ready to feel and look better? Want to lower the likelihood of getting certain diseases, such as heart disease and even cancer? Consider how many fruits and veggies you should eat every day and compare it to how many you actually eat. Plan for how you can increase your fruit and veggie consumption and stick to it!

Come on down to the Farmer's Market to start off your summer with a fresh, nutritious start. Feel free to browse the vendors and ask about creative ways you can cook and bake with their produce! Be sure to visit our health educator at our table on 7/20 to learn more about healthy eating or to get a free blood pressure check.