

Thyme Tomillo



Try It!



Selection

When purchasing thyme, whenever possible try and buy fresh thyme over the dried, as the fresh has more flavor. The leaves of fresh thyme should look fresh and be a vibrant green-gray in color. They should also be free from dark spots or yellowing. When storing fresh thyme keep it in refrigerator wrapped in slightly damp paper towels.

Uses

Thyme can be added to many dishes. You can add thyme to your favorite pasta sauce recipe, to omelets or scrambled eggs. Add thyme to Kidney, pinto or black beans. Thyme is also good when poaching fish.

THYME ROASTED BEETS

Ingredients

- 2 medium golden or red beets, washed and trimmed
- 1 tablespoon olive oil
- 1 teaspoon fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Instructions

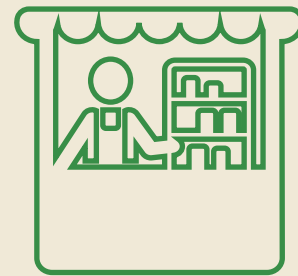
1. Heat the oven to 400 F.
2. Wrap beets in aluminum foil and bake for 40 minutes or until tender.
3. Set aside to cool slightly.
4. Peel the beets and cut beets into medium-sized chunks.
5. In a medium bowl, combine the cooked beets, oil, thyme, salt and pepper.
6. Place on a baking sheet and roast in the oven for an additional 5 to 10 minutes until hot.

History & Fun Facts

Sweet potatoes originated in the tropical Americas at least 5,000 years ago. Christopher Columbus introduced sweet potatoes to Europe, and later explorers introduced them to Asia. China is now the world's largest grower of sweet potatoes.

In the U.S., sweet potatoes are commonly called yams. True yams are usually grown in Africa and Asia- they have a pinkish white center and can grow up to 6 feet long and 100 pounds.

There are 2 varieties of sweet potatoes: Pale yellow and dark orange.



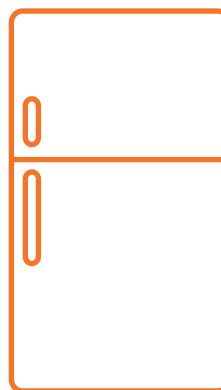
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Wash vegetables even if you are going to peel them.
- Be sure to store fruits and vegetables in separate drawers in the refrigerator.
- Fruits and vegetables store best in a clean refrigerator.
- Firm produce can be scrubbed with a produce brush.



NUTRITION FACTS

Fat free

Excellent source of fiber

Good source of calcium

Good source of Vitamin A

Good source of Vitamin C

Good source of potassium



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Double your \$10 EBT swipe on the 1st Saturday of each month!



Swipe & Shop



FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; <http://www.mayoclinic.org/healthy-lifestyle/recipes>
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