

Ntawv Qhia Ua Khoom Noj (Recipes)

Thaum koj tau koj cov tshev, koj lub chaw ua hauj lwm tseem muab ib co ntawv qhia ua khoom noj rau koj sim ua nrog koj tej zaub noj thiab. Koj tus kws qhia kev noj zaub mov yuav xyeej sij hawm teb koj tej lus nug thiab yuav muab ib co tswv yim tshiab qhia koj muab koj tej khoom tshiab uas yog cog hauv zos los ua noj.

Yog vim li cas kuv tsuas siv tau kuv cov tshev Senior Farmers' Market yuav tej khoom noj uas yog cog hauv zos xwb?

Ib lub hom phiaj ntawm qhov Kev Pab Cuam Rau Cov Laus Yuav Khoom Noj Ntawm Tej Kiab Khw Tshav Puam yog pab yuav tej khoom ntawm cov khw tshav puam kom ntau ntxiv tuaj uas yog pab txhawb txoj kev lag luam kev tau nyiaj los rau hauv zos.

Noj tej khoom noj uas cog hauv zos los ntawm cov khw tshav puam:

- 🍎 Pub ib txoj kev rau koj mus yuav tej txiv ntoo, tej zaub noj thiab tej txuj lom uas tseem tshiab
- 🍎 Txhawb nqa cov tsev neeg ua liaj ua teb uas tseem me nyob hauv Wisconsin thiab cov zej zog nyob ib ncig ze
- 🍎 Nqes peev rov qab rau hauv koj lub zos
- 🍎 Pub rau kev sau tej qoob loo thaum yog nws lub caij xwv thiaj li siav zoo thiab tshiab, uas yuav ua rau cov khoom qab dua thiab zoo noj pab tau yus lub cev
- 🍎 Muab tej khoom noj rau koj uas siv tshuaj tua kab tsawg los tu hlob

Muaj Lus Nug los puas Teeb Meem?

Yog koj muaj lus nug txog qhov kev pab cuam no, nug mus rau lub chaw ua hauj lwm uas muab koj cov tshev tuaj rau koj. Xa koj tej lus tsis txaus siab txog qhov kev pab cuam los yog txog cov neeg muag khoom noj mus rau lub chaw ua hauj lwm hauv zos.

Kev Pab Cuam Rau Cov Laus Yuav Khoom Noj Ntawm Tej Kiab Khw Tshav Puam yog ib qho kev pab muaj thoob teb chaws los ntawm Tsoom Fwv Lub Chaw Ua Hauj Lwm Saib Xyuas Kev Ua Qoob Loo. Muab hais qhia rau koj los ntawm:

WI Dept. of Health and Family Services
Division of Public Health
P.O. Box 2659
Madison, WI 53701-2659

Raws li Tsoom Fwv txoj kev cai lij choj thiab Tsoom Fwv Lub Chaw Ua Hauj Lwm Saib Xyuas Kev Ua Qoob Loo (U.S. Department of Agriculture) txoj kev cai, lub chaw ua hauj lwm no txwv tsis pub cais ib tus neeg twg vim qhov nws yog nws ib haiv neeg, tsos nqaij daim tawv, keeb kwm teb chaws, poj niam/txiv neej, hnuv nyoog, los yog xiam oob qhab tu tes tu taw. Yuav sau ib daim ntawv tsis txaus siab, sau rau USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 los yog hu rau (800) 795-3272 los yog (202) 720-6382 (TTY). USDA yog ib qhov chaw muab vaj huam sib luag txog kev pab cuam thiab kev muab hauj lwm rau sawv daws.

WI Dept. of Health and Family Services
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Wisconsin Kev Pab Cuam Rau Cov Laus Yuav Khoom Noj Ntawm Tej Kiab Khw Tshav Puam

Wisconsin Senior Farmers'
Market Nutrition Program
(FMNP)



Kev Pab Cuam Rau Cov Laus Yuav Khoom Noj Ntawm Tej Kiab Khw Tshav Puam Yog Dab Tsi?

Qhov Kev Pab Cuam no muab ib txoj kev rau koj mus yuav tej txiv ntoo, tej zaub noj thiab tej txuj lom tseem tshiab uas yog cog hauv zos los ntawm cov neeg ua liaj ua teb muaj ntaub ntawv.

Cov tshev siv rau Senior Farmers' Market yog yuav tsum siv thaum lub 6 hli tim 1 – 10 hli tim 31

Koj nqa koj cov tshev mus siv rau cov khw tshav puam thiab cov rooj muag khoom ntawm ntug kev uas txais yuav cov tshev no qhov twg los tau. Yuav luag txhua lub county hauv xeev muaj tsawg kawg ib lub khw tshav puam. Koj kuj tseem nqa tau koj cov tshev nrog koj thaum koj mus ncig xyuas lub xeev thiab!

Mus rau ntawm ib lub khw uas tau ntawv tso cai lawm (koj lub chaw ua hauj lwm yuav muab ib daim ntawv teev cov npe rau koj) thiab nrhiav daim paib daj los yog xiav zoo li no:



Wisconsin Farmers' Market
Nutrition Program (FMNP)

VENDOR

*Vendor can accept
WIC and Senior
FMNP checks for
locally-grown fresh
fruits, vegetables
and herbs.*

This institution is an equal opportunity provider.

PPH 4746 (Rev. 02/01) DEPARTMENT OF HEALTH & FAMILY SERVICES • DIVISION OF PUBLIC HEALTH

- 🍏 Yuav tsis ntxiv nyiaj rov qab rau koj yog koj yuav tsawg dua qhov nyiaj teev hauv daim tshev los yog cov tshev.
- 🍏 Yog qhov koj yuav tus nqi ntau dua qhov teev hauv daim tshev lawm koj yuav tau ntxiv nyiaj ntsuab rau los yog siv lwm daim tshev los ntxiv rau los tau.
- 🍏 Koj yuav muab tsis tau koj cov tshev rau lwm tus.

Thov siv koj cov tshev kom tas!

Cov Khoom Noj Tau Tso Cai Yuav Uas Cog Hauv Wisconsin

Txiv Ntoo:

Txiv Apples
Txiv Pos (txhua yam)
Cherries
Cranberries
Grapes

Dib Pag
Txiv Duaj
Plums
Rhubarb
Txiv Pos Nphuab

Dib Ntsuab
Lws Xiav
Fennel
Zaub Ntsuab (txhua yam)
Kohlrabi
Leeks
Ntug
Zaub Xav Lav (txhua yam)

Kaus Taum
Sunchokes
Taub (caij ntuj no
& ntuj sov)
Swiss Chard
Tomatilla
Txiv Lws Liab
Hauv Paus Zaub
Zaub Dej

Zaub:

Asparagus
Taum (txhua yam)
Zaub Ntug Liab
Bok Choy
Broccoli
Brussels Sprouts
Zaub Qhwv (txhua yam)
Carrots
Zaub Pob Paj Dawb
Celery
Celeriac
Pob Kws (tsis yog cov eb
los ua paj kws)

Nceb
Okra
Hauv Paus Dos
Parsnips
Taum Mog
(txhua yam)
Kua Txob (txhua
yam)
Qos Yaj Ywm
Taub Dag
Radishes
Rutabagas
Dos Ntsuab
Spinach

Txuj Lom:

Zaub Txwg Ntses
Chives
Zaub Txhwb
Cutting Celery
Dill
Epazote
Qij
Garlic Chives
Lemon Balm
Tauj Dub

Lovage
Marjoram
Pum Hub
Oregano
Parsley
Rosemary
Sage
Summer Savory
Sorrel
Tarragon
Thyme