

Nutrition Notables

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Special points of interest:

- Find your local farmers' market!
- Enjoy the produce you find at the farmers' market in a easy to make kababs!
- Learn about the newest information about the benefits of vitamin D!

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Farmers' Markets

Summer is in full swing and it's a great time to check out the local Farmers' Markets. Chocked full of fresh produce, they are a great place to support our local farmers and often get great prices too. Check below for the one nearest you:

Downtown Charleston

Location: Marion Square Park

Dates: April 11-Dec 20th

Day: Saturdays

Time: 8am-2pm

Special Note: Excepts EBT and WIC vouchers

MUSC

Location: MUSC Horseshoe, Charleston Memorial Hospital and Harborview Office Towers

Dates: Year-round

Day: Fridays

Time: 7am-3:30pm

Mount Pleasant

Location: Mount Pleasant Farmers Market Pavilion on Coleman Blvd.

Dates: May 12th-Oct. 20th

Day: Tuesdays

Time: 3pm-dark

Special Note: Clemson Mas-

ter Gardeners will be on site.

James Island

Location: James Island Presbyterian Church on Corner of Ft. Johnson and Folly Road

Dates: Nearly Year round

Day: Saturdays

Time: 8:30am-5pm

Special Note: WIC vouchers

North Charleston

Location: Park Circle's Felix C Davis Community Center

Dates: mid-April-mid-Oct.

Day: Thursdays

Time: 1pm-7pm

Special Note: WIC vouchers, plenty of organic foods

N Charleston/Hanahan

Location: Westvaco Park at corner of Remount and North Rhett

Dates: Seasonal

Day: Thursdays

Time: 8am-2pm

Special Note: WIC vouchers

Moncks Corner

Location: Gullede and Heatley Streets

Dates: June 13 - October 31



**Enjoy fresh produce
and support our
local farmers!**

Day: Saturdays

Time: 8am-1pm

Special Note: WIC vouchers

Goose Creek

Location: 101 Old Moncks Corner Road

Dates: April 16-Sept 24

Day: Mondays

Time: 3pm-7pm

Special Note: WIC vouchers

Summerville

Location: W. Doty Street

Dates: Early Spring-Late Fall



Use your produce finds at the farmers' market to make these flavorful kebabs!



Vitamin D is important for your health, and you can get it without the sun.



Recipe Box—Balsamic and Rosemary Scented Lamb Kabobs

1 1/4 lbs lamb leg or shoulder, cut into 18 cubes
 1/4 cup balsamic vinegar
 3 cloves garlic, finely chopped
 2 tsp. fresh rosemary leaves, finely chopped
 3/4 tsp. ground cumin
 3/4 tsp. salt (optional)
 1/2 tsp. pepper
 1/2 tsp. ground coriander
 12 medium mushrooms
 2 bell peppers, cut into 1-inch pieces
 1 large red onion, cut into 12 wedges
 1 large zucchini, cut into 12 pieces

6 wood skewers (12-inch) soaked in water

In a small bowl, combine vinegar, garlic, rosemary, cumin, salt, pepper and coriander.

Prepare kabobs by threading lamb, mushrooms, bell peppers, onion and zucchini onto skewers. Baste with herb sauce. Broil 4 inches from source of heat for 4 minutes per side or to de-

sired degree of doneness: 145°F for medium-rare, 160°F for medium and 170°F for well. Turn once and baste with herbs.

Serves 6.

Enjoy this recipe compliments of Lean on Lamb. For more great lamb recipes visit:

www.LeanonLamb.com!

Food Facts—Vitamin D

Recently, quite a bit has been learned about the benefits of vitamin D for our health. Unfortunately, many of us are not making enough vitamin D. If you are older than 50, work indoors all day, have dark skin and/or wear lots of sunscreen, you're most likely low in vitamin D.

And why is this important?

First, having enough vitamin D improves your immune system.

Second, it reduces your

risk of several types of cancer and heart failure.

Have high blood pressure? Having enough vitamin D may help with that too.

Finally, recently it was determined that increasing vitamin D intake may help with people who are at high risk for falling. It is thought that vitamin D helps strengthen muscles and therefore, reduces the risk of falls.

So now that you know you

need it; you're probably wondering how much you need. Recent research suggests that if you are under 50, you should have 2,000 IU a day and for over 50, 400 to 600 IU a day.

Good places to get this are multivitamins, milk, salmon, mackerel, tuna, cod liver oil, and foods fortified with vitamin D.

So for better health, make sure you get plenty of vitamin D.

Farmers' Markets—Continued

Day: Saturdays

Time: 8am-1pm

Special Note: WIC vouchers

Summerville-Oakbrook

Location: Trolley and Dorchester

Day: Thursdays

Daniel Island

Location: Family Circle Tennis Complex

Dates: April 30-Sept. 24

Day: Thursdays

Time: 3pm-dark

Don't live in the Charleston area? You can go to this website to see if there is a market in your area: <http://www.almanac.com/garden/farmersmarkets>

Hopefully, you will soon be enjoying our local bounty!

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