

Mayo Clinic Minute

A chef's advice at the farmers market

VIDEO	AUDIO
	It doesn't get much fresher than the food at a farmers market.
Jen Welper Executive Chef Mayo Clinic Healthy Living Program	"It's literally picked fresh and brought here for you."
	Executive chef Jen Welper has some ideas for making the most of this garden of eating.
Jen Welper	"Go in with a plan. Right, that's the No.1 thing."
	Welper says that will keep you from wasting food by scooping up more than you'll be able to use.
Jen Welper	"Maybe do one hot lap, and let it sink in."
	Tip 2: Stock up on staples that you can incorporate into more than one meal.
Jen Welper	"So maybe you're going to have steamed green beans tonight, and, two nights later, you're going to do a stir-fry with green beans."
	Tip 3: Try to create a rainbow of colors with your choices.
Jen Welper	"You know that you're kind of hitting all nutrients by having different colors."
	Tip 4: Don't be afraid to try something new.
Jen Welper	"It really gives you that opportunity to kind of branch out your diet."
	And tip 5: If you don't know what it's called or how it's prepared, ask a vendor for advice.
Jen Welper	"Can I boil it? Can I grill it?"
	They'll likely have suggestions and they may even offer you a sample.

For the Mayo Clinic News Network, I'm Jeff Olsen.