



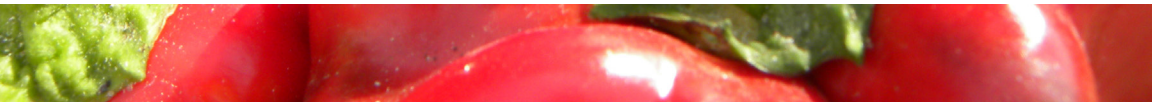
Vegetable Stir-Fry



1 teaspoon vegetable oil
1/2 cup onions, chopped
3 cups fresh, seasonal vegetables
1/2 cup celery, diced
1 green pepper, cut into strips

1 tablespoon soy sauce
pepper to taste

Chop or dice vegetables. Heat frying pan or wok over high heat. Add oil to pan. Stir-fry onion for 3 minutes. Add celery and green pepper and fresh vegetables. Stir fry 1 minute or until all vegetables are tender-crisp. Add soy sauce and pepper; stir to blend.



Farmers Market Food Safety Tips

Produce can become contaminated with other pathogens from the soil or from contaminated water. To protect your family:

- Wash hands thoroughly with soap and warm water for 20 seconds before and after handling fresh produce
- Refrigerate or chill most produce right away
- Thoroughly wash all fresh produce under cool, running water
- Scrub firm produce with a clean, hard-bristle brush
- Don't cross-contaminate produce with raw meat, fish, poultry or eggs

Food Safety Cooking Demonstrations and materials are supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.