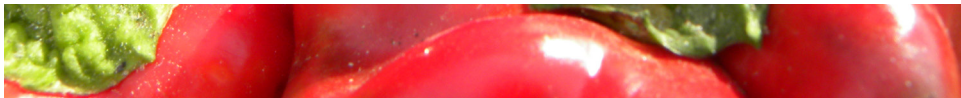


Vegetable Stir-Fry

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.

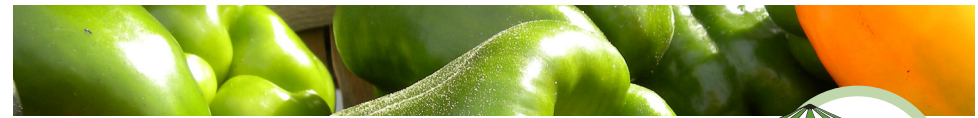
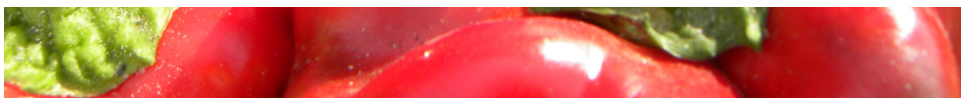


Vegetable Stir-Fry

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.

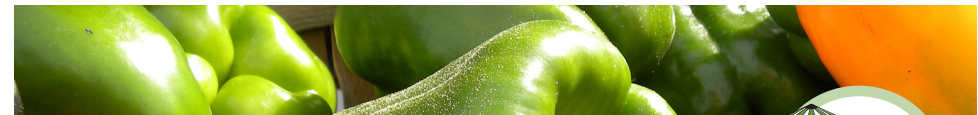
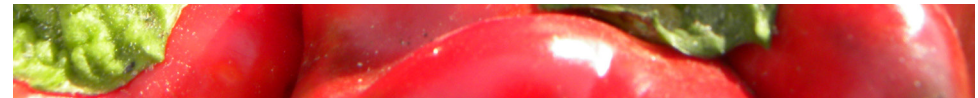


Vegetable Stir-Fry

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.

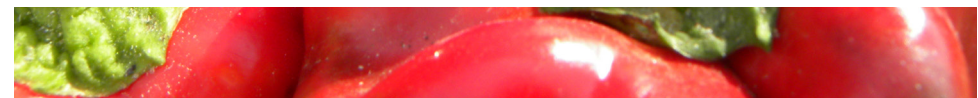


Vegetable Stir-Fry

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.

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.

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.

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.