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Each and Every Tuesday Rain or Shine

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The Suitland Farmer's Market seeks to become your community resource center for healthy and fresh produce, promote healthier lifestyles, and provide continuous support for local farmers and small business owners.



Every Tuesday!!  
from 12pm-5pm.



4508 Suitland Rd.  
Suitland, MD 20746  
(Parking Lot of  
Suitland Technology  
Center

## Our Farmers Grow What They Sell!

The Suitland Farmers' Market makes fresh, healthy food even more affordable!

### THIS WEEK:

Fresh  
Apples  
Raspberries  
Okra  
Lima Beans  
and MUCH MORE

Come enjoy amazing locally grown produce

ATTENTION: FARMERS, VENDORS & ARTISTS  
Want to be a part of our Market Family?

email at [farmersmarket@suitlandonline.us](mailto:farmersmarket@suitlandonline.us) or direct mail to the following address:  
The Suitland Technology Education Engagement Resource Center, Inc.  
P.O. Box 580  
Suitland, MD 20746

Featured Market Produce!

**The Lima Bean**



#### Nutritional Quick Facts

Lima beans are a very good source of cholesterol-lowering fiber, as are most other legumes. In addition to lowering cholesterol, lima beans' high fiber content prevents blood sugar levels from rising too rapidly after a meal, making these beans an especially good choice for individuals with diabetes, insulin resistance or hypoglycemia. When combined with whole grains such as rice, lima beans provide virtually fat-free high quality protein.



Cooking Light with Lima Beans:



**INGREDIENTS**

### **Lemon-Mint Snap Peas & Lima Beans**

Fresh-tasting lemon-mint vinaigrette dresses up snap peas and lima beans in a hurry. The creamy texture of limas is a perfect counterpart to the crunch of the sugar snap peas. Try this vinaigrette with asparagus and green beans too.

**Makes: 6 servings, about 2/3 cup each**

**Active Time: 15 minutes**

**Total Time: 15 minutes**

- 1 small shallot, minced
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh mint
- 1 teaspoon Dijon mustard
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 pound sugar snap peas, trimmed
- 10 ounces frozen baby lima beans, thawed

### **PREPARATION**

1. Whisk shallot, oil, lemon juice, mint, mustard, sugar, salt and pepper in a large bowl.
2. Bring 2 inches of water to a boil in a medium saucepan fitted with a steamer basket. Steam snap peas and lima beans until the snap peas are tender-crisp and the lima beans are heated through, 5 to 7 minutes. Toss with the vinaigrette.

*Thanks to all who joined us last Tuesday at the Suitland Farmers' Market.  
Support your local farmers and market staff by coming this Tuesday and  
stocking up!*

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