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Agriculture, Aging Secretaries Join York Chef for Cooking Demo Featuring Fresh Pennsylvania Produce Eligible for Senior Farmers Market Nutrition Program Vouchers

York, PA – Agriculture Secretary Russell Redding and Secretary of Aging Teresa Osborne joined Chef Andrew Barnes today at York Central Market House, learning to prepare dishes eligible seniors can make with fresh, Pennsylvania-grown produce purchased through the Senior Farmers Market Nutrition Program. The program is part of the Wolf Administration’s strategy for a hunger-free Pennsylvania.

Barnes, who is the Executive Chef at The Busy Bee and The Fizzy Bee stands at the market, joined Secretaries Redding and Osborne in front of a live audience in the market’s demo kitchen. Barnes demonstrated three easy recipes – a nutritious breakfast, a simple evening meal, and a seasonal strawberry shortcake – using locally grown ingredients purchased from participating market vendors. The Senior Farmers Market Nutrition Program (FMNP) provides low-income seniors with vouchers to purchase fresh, Pennsylvania-grown fruits and vegetables from June through November from approved farmers at farm markets and farm stands throughout Pennsylvania.

“Farmers markets are central gathering places in many of our communities. Senior Farmers Market Nutrition Program vouchers provide a way for seniors on fixed incomes to purchase fresh fruit and vegetables, while socializing with neighbors and meeting the farmers who grow their food,” Secretary Redding said. “Today’s demonstration shows that it’s possible to make a fresh, wholesome meal using what’s in season at your local farm market, without spending a lot of money or time in the kitchen.”

To be eligible for the program this year, seniors must be 60 years old by December 31, 2017 and have incomes that do not exceed 185 percent of the federal poverty level, which is currently \$22,311 per year for a single person or \$30,044 for a household of two. Eligible seniors can find out where to pick up vouchers by contacting the [Area Agency on Aging](#) serving their county. Agency officials distributed vouchers to eligible seniors attending today’s event.

“The Wolf Administration is pleased to offer lower income older Pennsylvanians the opportunity to purchase fresh, locally grown fruits and vegetables, while at the same time, provide an avenue for them to remain connected with and engaged in their community by visiting their local farmers markets,” said Secretary of Aging Teresa Osborne. “Events like this are important as it showcases local farmers, invests in the local economy, and encourages the importance of healthy living for all Pennsylvanians.”

Markets participating in the [Senior FMNP](#) and the Farmers Market Nutrition Program, which provide similar vouchers to low-income families eligible for the Women Infants and Children

program, or WIC, can be found at agriculture.pa.gov. Voucher holders can [search for a participating market](#) in their area or an area they are visiting.

In 2016, the state provided \$2,079,000 for the two programs, which, in combination with federal funds, made a total of \$5,725,787 available to low-income Pennsylvanians for nutritious, locally grown foods during market season. Participating farmers accepted more than \$4.1 million in WIC and Senior FMNP vouchers in 2016. Governor Wolf's proposed budget funds the FMNP and Senior FMNP programs at \$2.079 million for 2017-18 as well.

The Senior Farmers Market Nutrition Program and the Farmers Market Nutrition Program are part of the Wolf Administration's comprehensive plan to end hunger in Pennsylvania. Read more about it in [Setting the Table: Blueprint for a Hunger-Free Pennsylvania](#).

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“I have been a passionate advocate for using locally and sustainably sourced food long, long before they were fashionable buzz words. We will be doing so long after the buzz has gone.”

- Chef Andrew Barnes, Executive Chef of The Busy Bee

OUTWARD BOUND BREAKFAST – A very simple and delicious way to start the day.

Cantaloupe and Blueberry Compote:

- **1 cantaloupe, peeled and seeded**
- **1 pint blueberries**
- 2 tablespoons honey
- **1 teaspoon tarragon**

Cut cantaloupe into ½” cubes, toss with the blueberries. Place in a medium-sized bowl, drizzle with honey and sprinkle with tarragon, and allow to sit at room temperature for about 30 minutes.

In a medium-sized serving bowl, place one scoop (one cup) of yogurt. Top with two tablespoons granola. Enjoy with your favorite breakfast beverage.

SUNSHINE CHICKEN – A whole chicken pan-roasted in Summertime Marinade, with fresh-roasted summer vegetables and rice pilaf.

Sunshine Chicken:

- 1 whole chicken, split
- **1 red pepper, 1” cubes**
- **1 zucchini, 1” cubes**
- **½ red onion, medium, 1” cubes**
- 1 cup rice
- 2 cups chicken stock
- **1 tablespoon fresh parsley**
- Salt and pepper to taste
- 1 cup Italian dressing
- 2 tablespoons soy sauce
- 2 tablespoons lemon juice

Place split chicken in a roasting pan. Add enough water to reach two-thirds of the way up the chicken. Add Italian dressing, soy sauce and lemon juice. Braise chicken for approximately one hour, or until a thermometer stuck in the joint between the leg and the thigh reads and holds at 165 F degrees for at least 15 seconds. Remove chicken from the oven. Remove chicken from the pan and allow to rest on a platter or sheet pan. In a pot, bring the chicken broth to a boil for 10 minutes.

In a separate bowl, place the cubed vegetables and toss them with a dash of the Italian dressing. Place vegetables on a roasting platter or sheet pan, and set aside.

Add rice to the boiling chicken stock, reduce heat to simmer, and continue to simmer until all water has been absorbed. Allow rice to stand for 10 minutes after turning off the heat, and fluff with a fork.

In the meantime, return chicken halves and vegetables to the roasting pan, and return to the oven for approximately 20 minutes to cook the vegetables.

Place rice on a platter and surround with the vegetables. Place chicken on top of the rice and vegetables. Serve and enjoy.

STRAWBERRY SHORTCAKE – Fresh, local strawberries are macerated in tarragon and honey, served over fresh-made shortcakes with fresh whipped cream.

Strawberry Shortcake:

- **1 quart fresh strawberries**
- ¼ teaspoon vanilla extract
- 2 tablespoons extra-fine granulated sugar
- ¼ **teaspoon tarragon**

Remove tops from strawberries and slice and thinly as you can. Place sliced strawberries in a medium-sized bowl, and sprinkle with sugar, tarragon and vanilla. Allow to sit at room temperature until sauce forms, about 20 minutes.

Make simple shortcakes from your favorite brand of pancake or biscuit mix, following directions on the package.

Add whipped cream or ice cream to the top of your dessert for a wonderful treat. Place the shortcake on the bottom of a shallow bowl. Spoon approximately two tablespoons of the berry blend over the shortcake, top with your favorite creamy topping and enjoy.