

The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 4



FRESH RX FOR MOMS
FOR MOTHERS-TO-BE ON MEDICAID



FRESH. LOCAL. LIVELY.

Folic Acid and Pregnancy

Folic acid is a B vitamin that is important for pregnant women. It may help prevent major birth defects of the fetus's brain and spine called neural tube defects. **While pregnant, you need 600 micrograms of folic acid each day.** It is hard to get this much from food sources alone, so make sure your prenatal vitamin has at least 400 micrograms in it.

Food sources

A wide variety of food naturally contain folate but folic acid, the kind that is added to foods and supplements, is better absorbed.

Good sources of folic acid:



Dark green vegetables
(spinach, asparagus, brussels sprouts, broccoli)



Beans, peanuts, sunflower seeds



Fortified grains
(breads, cereals, pasta, rice)

Seasonal Recipes



Black Bean and Veggie Quesadilla

Servings: 6 Prep time: 20 min Cook time: 10 min

INGREDIENTS

- 1/2 (15 1/2 ounce) can black beans, no salt added**
- 2 medium zucchini**
- 1 bunch fresh spinach (about 4 cups)**
- 1 ear fresh corn or 1 cup canned corn**
- 4 ounces of shredded cheese**
- 1 tablespoon olive oil**
- 1-2 teaspoons water**
- 1/2 teaspoons black pepper (optional)**
- 6 (8-inch) whole wheat flour tortillas**
- Non-stick spray**

DIRECTIONS

- 1. In a colander, drain and rinse black beans.**
- 2. Rinse zucchini. Shred with a grater. If you don't have a grater, cut into very thin strips.**
- 3. If using fresh corn, peel. Use a knife to cut kernels off the cob. If using canned corn, drain and rinse.**
- 4. In a large skillet over medium-high heat, heat olive oil. Add zucchini and cook until semi-soft, about 5 minutes.**
- 5. Add corn and spinach. Cover and cook, stirring a few times, until tender, about 5 minutes. Remove from heat.**
- 6. Add black beans to veggie mixture. Smash beans lightly with a fork. Add 1-2 tspns of water as need to make bean and veggie paste.**
- 7. Add black pepper (optional). Transfer mixture to medium bowl. Reserve skillet.**
- 8. Spread veggie/bean mixture evenly on half of tortilla. Add cheese to top of mixture. Fold tortilla over.**
- 9. Add skillet to medium-high heat. Spray skillet with non-stick spray. Add on folded tortilla and cook about 4 minutes per side, or until both sides golden brown. Repeat until all quesadillas are cooked.**
- 10. For easier eating, cut each quesadilla into 2 wedges.**

FreshRx for Mothers-to-Be provides pregnant women with Medicaid \$24 each week to buy fresh fruits and vegetables at the Franklin County Farmers Market. To learn more, stop by the Market on Tuesdays or Saturdays, 8:30 am - 12 noon, or visit www.fcmarket.org.

FreshRx for MOMs is a collaboration of the Franklin County Farmers Market and Community Farm Alliance, funded by a USDA/NIFA GusNIP grant.