



• Cooking Matters is back! In this six week course, participants will learn how to make healthy and delicious meals on a budget. After the class, attendees will be sent home with a bag of groceries to make the recipes at home. Classes will begin on Tuesdays at 5:30 p.m. from June 5 to July 17, in the Grand Rapids and Pine Creek Community Centers. To register for the class, contact a Health Educator at 269.729.4422

• The Farmers Market Season is almost in full swing! Be sure to take advantage of the Elders Farm Market Program to get your free vouchers toward local farmers markets! To sign up for the program, contact Health Educator Brianne Parrish at 616.249.0159 or brianne.parrish@nhbp.org

*News*



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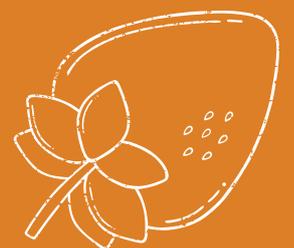
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Living in a Good Way | Volume 5 | May 2018

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## Recipe: Ground Turkey Sweet Potato Skillet

### Ingredients:

- 2 large sweet potatoes, peeled and diced (about 3 cups)
- 1 pound ground turkey
- 1 yellow bell pepper, diced
- 1 cup onion, diced
- 2 fried eggs
- ½ cup water
- ¼ cup cilantro, chopped
- 1½ tablespoons ground cumin
- 1 tablespoon garlic, minced
- 1 teaspoon chili powder
- Olive oil, for sautéing



### Instructions:

1. In a large cast iron skillet, heat olive oil over medium-high heat. Add garlic, cook for 1 minute and then add ground turkey. Use a wooden spoon to break apart the meat and continue cooking approximately 8 minutes, or until browned.
2. Add cumin, chili powder, salt and pepper. Stir well.
3. Add onion and bell pepper, and cook for an additional 3 to 4 minutes. Add diced sweet potato and water to the skillet. Stir and cover with a lid for approximately 6 to 8 minutes, or until the sweet potatoes soften. To keep the meat from drying out during this process, add additional water if necessary.
4. Remove lid and add salt and pepper to taste. Top with fried eggs. Remove skillet from heat and garnish with fresh cilantro before serving.

## REASONS TO SHOP AT A LOCAL FARMERS MARKET

### 1. The food is FRESH.

Consumers are buying food at grocery stores that is days to weeks old. The food is loaded into trucks and sometimes shipped from hundreds or thousands of miles away. However, when consumers buy food from a farmers market, the food is almost guaranteed to be fresh and local.

### 2. The food is HEALTHIER.

Many farmers grow their produce organically and they usually do not include genetically modified organism (GMOs). This method of farming is healthier for both individuals and the environment. The produce purchased is also in season and packed with more vitamins and minerals.

### 3. The food is AFFORDABLE.

Not only does quality far surpass the produce at a grocery store, but the prices tend to be better as well. At the store, shoppers spend a lot of money for organic produce. At the farmers market, most of the produce is organic and in most cases, it is the same price or cheaper than produce at a store.

### 4. The food is LOCAL.

Shopping at a farmers market supports the local economy. The majority of the produce sold at farmers markets is grown within 100 miles of the market, which means that the money spent on the produce is likely to be sent back into the local economy. This is especially beneficial for the local farmers in the area, who can struggle due to the competition of industrialized farming.

### 5. The farmer stand's are KNOWLEDGABLE.

The people selling the produce are often those who work on the farm which it came from. Feel free to ask the farmers questions about where the food came from, how to grow it or how to cook it. These workers will likely have some answers that buyers such as yourself may benefit from.

Nutrition Notes

