

Fruit and Vegetable Recipes Promoted at a Mobile Farmers' Market in a Food Desert in the District of Columbia Ward 8.

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Summary Statement

Nutritional-related diseases such as hypertension and diabetes continue unabated in the District of Columbia Ward 8 whose residents are primarily African Americans. Wards are administrative divisions with approximately 75,000 persons. The District of Columbia Behavioral Risk Factor Surveillance System (BRFSS)¹ Annual Health Report confirmed that fruit and vegetable consumption were low among African Americans, especially in Ward 8 (Anderson-Morgan, Fett, Jasso, Moten, & Harrison, 2018)². May 2018 through November 2018 a mobile Farmers' Market was located at the Bellevue Library to provide the residents with access to fresh fruits and vegetables. Recipe tastings and demonstrations were included to demonstrate the ease of preparing produce that was purchased from the Farmers' Market. Six recipes were introduced: 1) pasta veggie salad; 2) 3-bean salad; 3) radish tomato salsa; 4) summer squash salad; 5) tangy savory slaw; and 6) mint citrus water. Data were collected to determine whether residents planned to prepare these recipes at home.



Figure 1 – District of Columbia Wards

Wards	# of Full Service Grocery Stores	Median Income
1	8	\$80,794
2	7	\$99,422
3	9	\$109,909
4	5	\$71,545
5	7	\$55,063
6	10	\$90,903
7	2	\$39,828
8	1	\$31,642

Table 1 – Full Service Grocery Stores in Each Ward

Objectives

Three main objectives of this research were: 1) determine the frequency of consumption of fruits and vegetables; 2) determine the ease of recipe preparation, and 3) determine improvement in the health and nutritional status of the residents.



Figure 2 – Bellevue Library



Figure 3. Fresh Produce- Mobile Market



Figure 4. Fresh Kale Greens



Figure 5. Fresh Fruit and Vegetables



Figure 6. Yellow Squash



Figure 7. Summer Squash Recipe Ingredients

Methods

A five question survey was administered to 152 attendees at the Farmers' Market located at Bellevue Library in Ward 8. Results for question two (2) are included here "After tasting this recipe, do you plan to make it at home?"

After tasting this recipe, do you plan to make it at home?



Table 2. Comparison of Results for the Six (6) Recipes from Question Two (2) on the Survey

Results

The following results were reported from the attendees who tasted the six (6) recipes prepared on different days at the Farmers' Market at Bellevue Library. 97.3% of the attendees reported they would prepare the pasta veggie salad; 88% reported they would prepare the 3-bean salad; 97% reported they would prepare the radish tomato salsa, 91% reported they would prepare the summer squash salad; 100% reported they would prepare the tangy savory slaw and 80% reported they would prepare the mint citrus water at home. Collectively, the results of the attendees who tasted the recipes showed that 93.4% responded yes, 4.6% responded no, 1.3% did not respond, and 0.7% responded maybe. (Table 3).

Response to Question Two (2)	Number of Responses
Yes	142 (93.4%)
No	7 (4.6%)
Maybe	1 (0.7%)
Did Not Respond	2 (1.3%)
Total	152

Table 3 – Responses to Question Two (2)

Conclusions

Many of the Farmers' Market attendees at Bellevue Library were very receptive of tasting the fruit and/or vegetable recipes that were prepared. Nutrition-education and recipes that are tasty and easy to prepare are key steps in changing behaviors of residents who are at high risk of nutritional-related diseases. Recommendations for future research would include: (1) a follow-up survey to determine if the attendees actually prepared the recipes without any modifications; (2) if the attendees modified the recipes, what were the modifications? (3) was there an increase in their fruit and vegetable intake; and (4) monitor their nutritional-related health indicators (i.e., blood pressure, blood glucose, body mass index, cholesterol, etc.)

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