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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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.

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?”

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, 4.6% responded no, 1.3% did not respond, and 0.7% responded maybe (Table 3).