

# **Good Cooking/Buena Cocina at the Farmers' Market**

## ***Seasonal Series***

### **Program description**

**SUSTAINABLE ECONOMIC ENTERPRISES OF LOS ANGELES (SEE-LA)** is a nonprofit community development corporation dedicated to engaging in and promoting self-sustaining farming, education, community, and economic development activities within the city of Los Angeles. SEE-LA operates seven certified farmers' markets, including the Hollywood Farmers' Market, and three Farm-to-Table Programs. SEE-LA's *Good Cooking/Buena Cocina* program is an intensive and successful food and nutrition education program designed for the busy cooks of limited income families that promotes consumption of fruits, vegetables, and a healthy diet based on the USDA dietary guidelines. Our certified farmers' markets and programs aim to create better environments for healthy eating and sustainable living in our local communities. All seven of our certified farmers' markets accept SNAP/EBT (Food Stamps), and WIC (Women Infant & Children) and Senior Farmers' Market Nutrition Program coupons.

The barriers in access to fresh fruits and vegetables in underserved Los Angeles communities extend beyond the physical obstacle of simply bringing fresh produce into neighborhoods. If community members are not empowered with the knowledge of how to choose, prepare, and consume fresh produce, it remains inaccessible despite its geographic proximity. Building upon the successes of the *Good Cooking/Buena Cocina* program, the **Seasonal Series Project** will increase access to fresh produce by making it truly available to community families. This project conducted at the Echo Park Farmers' Market and Los Angeles Medical Center Farmers' Market will serve as a one year model that can be continued at these locations, as well as additional farmers' markets in the future.

SEE-LA will conduct one Seasonal Series class each season at the Echo Park Farmers' Market and Los Angeles Medical Center Farmers' Market (four classes at each market in one year). Each class will focus on seasonal fruits and vegetables and will link a nutrition concept to the seasonal produce (e.g. Vitamins and Winter Greens or Spring Berries and Antioxidants). Interactive classes include a live cooking demonstration and allow participants to sample a recipe and to ask questions. Using fresh seasonal produce supplied by growers from the Farmers Market, each class demonstrates recipes that show how easy it is to include more fresh fruits and vegetables in family meals.