Eat Well. Be Well.

You buy your food locally. Shouldn’t your doctor be nearby too?

Inova offers world-class primary care built around you, in your neighborhood. Our board-certified family medicine and internal medicine physicians take a personalized approach to getting you healthy and keeping you well. Access has never been easier with same-day or future appointments, early morning, evening and weekend appointments.

Inova Primary Care Practices:
- Annandale
- Ashburn HealthPlex
- Ballston
- Centreville
- Chantilly
- Dulles South
- Dunn Loring
- Fairfax
- Falls Church
- Gainesville
- Lake Ridge
- Lorton
- Mark Center
- McLean
- Mount Vernon
- Oxonot
- Old Town
- Reston
- Springfield
- Tysons Corner
- Woodbridge

Schedule An Appointment 24/7:
- Online at inovamedicalgroup.org
- Call 1.855.IMGDOCS or 1.855.464.3627

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Get to Know Our Physicians:
Visit inovamedicalgroup.org
facebook.com/inovamedicalgroup
@InovaMedicalGrp
youtube.com/inovahealthsystem

Learn more at inovachildrens.org/prepared-parent or download today for Android or Apple.

Watermelon!

Key Points
- High in vitamins A and C and high in lycopene. Contains carotenoid that may be good for health.
- Choose symmetrical watermelons with dried stems and yellowish undersides that are heavy for their size.
- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Store whole watermelons at room temperature. Refrigerate cut watermelons in airtight container for use within five days.

Watermelon Salsa

Number of servings: 4
Ingredients:
- 3 cups watermelon, cut in bite-size pieces
- 1 green bell pepper
- 2 tablespoons lime juice
- 2 tablespoons fresh cilantro, chopped
- 1 green onion, chopped
- 1 jalapeno pepper
- 1/4 teaspoon garlic powder

Directions:
In a large bowl, combine the watermelon, green pepper, lime juice, cilantro, green onion, jalapeno, and garlic salt. Mix well and serve.

Per serving: 33 calories; 1 g fat (trace saturated fat); 1 g protein; 8 g carbohydrate; 1 g dietary fiber; 0 mg cholesterol; 3 mg sodium.

Quick Tips
- Puree watermelon and pour into small paper cups and freeze for a healthy snack.
- Clean watermelon and other firm-skinned produce under running tap water while rubbing with your hands or scrubbing with a clean brush.
- Add thin slices of watermelon to your favorite sandwich as a substitute for tomatoes.
- No matter how you slice it, your kids will love watermelon.

Source: Virginia Cooperative Extension

This FREE app, available for Apple and Android devices, allows users to:
- Organize and share important phone numbers such as pediatricians, grandparents, daycare providers
- Get quick emergency care information
- View concussion check guidelines
- View pediatric medication dosage guidelines
- Connect with Inova Children’s Hospital staff
- View Routine Immunization Guide
- And much more!
### Northern Virginia Farmers’ Markets

#### City of Alexandria

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<thead>
<tr>
<th>Day</th>
<th>Market</th>
<th>Time</th>
<th>Monthly Operation</th>
<th>Address</th>
<th>City</th>
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<tr>
<td>Monday</td>
<td>Crystal City Farmers Market</td>
<td>3:00pm – 7:00pm</td>
<td>April – October</td>
<td>Crystal City Drive, 18th &amp; 20th Sts</td>
<td>Alexandria</td>
<td><a href="http://www.cristalfarmersmarket.com">www.cristalfarmersmarket.com</a></td>
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#### Arlington

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### Inova.org/BuyFreshBuyLocal

Visit [www.inova.org/buyfreshbuylocal](http://www.inova.org/buyfreshbuylocal) for more information on farmers’ markets and fresh produce options.
**NORTHERN VIRGINIA FARMERS’ MARKETS**

**LOUDOUN**

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<th>DAY</th>
<th>MARKET</th>
<th>TIME</th>
<th>MONTHS OF OPERATION</th>
<th>ADDRESS</th>
<th>CITY</th>
<th>WEBSITE</th>
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<tbody>
<tr>
<td>Sunday</td>
<td>Eatloco Brambleton Marketplace</td>
<td>9:00am – 1:00pm</td>
<td>Year Round</td>
<td>21060 Whitfield Pk (senior ctr parking lot)</td>
<td>Sterling</td>
<td><a href="http://www.loudounfarmersmarkets.org">www.loudounfarmersmarkets.org</a></td>
</tr>
<tr>
<td>Monday</td>
<td>Middleburg Community Farmers Market</td>
<td>8:00am – 12:00pm</td>
<td>May – October</td>
<td>290 Stonewall Avenue</td>
<td>Middleburg</td>
<td><a href="http://www.middleburgva.gov/MC_FARMERS_MARKET.html">www.middleburgva.gov/MC_FARMERS_MARKET.html</a></td>
</tr>
<tr>
<td>Sunday</td>
<td>Purcellville Farmers Market</td>
<td>9:00am – 1:00pm</td>
<td>Year Round</td>
<td>717 East Main Street</td>
<td>Purcellville</td>
<td>purcellvillefarmersmarket.com</td>
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<tr>
<td>Sunday</td>
<td>The Wellness Connection Farmers Market</td>
<td>9:00am – 1:00pm</td>
<td>April – October</td>
<td>24440 Stone Springs Blvd.</td>
<td>Aldie</td>
<td><a href="http://www.wellnessconnectionlc.com/farmers-markets/">www.wellnessconnectionlc.com/farmers-markets/</a></td>
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<tr>
<td>Tuesday</td>
<td>Cascades Farmers Market</td>
<td>9:00am – 1:00pm</td>
<td>Year Round</td>
<td>21060 Whitfield Pk (senior ctr parking lot)</td>
<td>Sterling</td>
<td><a href="http://www.eatloco.org">www.eatloco.org</a></td>
</tr>
<tr>
<td>Monday</td>
<td>Eatloco One Loudoun Marketplace</td>
<td>9:00am – 1:00pm</td>
<td>Year Round</td>
<td>20901 Town Center Drive</td>
<td>Ashburn</td>
<td><a href="http://www.eatloco.org">www.eatloco.org</a></td>
</tr>
<tr>
<td>Saturday</td>
<td>Leesburg Farmers Market</td>
<td>9:00am – 1:00pm</td>
<td>Year Round</td>
<td>Atwater St., One Loudoun</td>
<td>Leesburg</td>
<td><a href="http://www.eatloco.org">www.eatloco.org</a></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Village at Leesburg Wednesday Market</td>
<td>4:00pm – 7:00pm</td>
<td>May – October</td>
<td>Virginia Village Shopping Cir.</td>
<td>Leesburg</td>
<td><a href="http://www.loudounfarmersmarkets.org">www.loudounfarmersmarkets.org</a></td>
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</table>

**PRINCE WILLIAM**

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<tr>
<td>Thursday</td>
<td>Manassas Farmers’ Market</td>
<td>7:30am – 1:00pm</td>
<td>April – November</td>
<td>Harris Pavilion</td>
<td>Manassas</td>
<td><a href="http://visitmanassas.org/lists/farmers-market/">http://visitmanassas.org/lists/farmers-market/</a></td>
</tr>
<tr>
<td>Saturday</td>
<td>Haymarket Farmers’ Market</td>
<td>8:00am – 2:00pm</td>
<td>April – October</td>
<td>15000 Washington Street</td>
<td>Haymarket</td>
<td><a href="http://www.townofhaymarket.org">www.townofhaymarket.org</a></td>
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<tr>
<td>Saturday</td>
<td>Manassas Farmers’ Market</td>
<td>8:00am – 2:00pm</td>
<td>April – December</td>
<td>9024 Prince William Street</td>
<td>Manassas</td>
<td><a href="http://visitmanassas.org/lists/farmers-market/">http://visitmanassas.org/lists/farmers-market/</a></td>
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<tr>
<td>Sunday</td>
<td>Bristow Farmers Market</td>
<td>10:00am – 2:00pm</td>
<td>Year Round</td>
<td>13710 Milestone Ct.</td>
<td>Gainesville</td>
<td><a href="http://www.community-foodworks.org">www.community-foodworks.org</a></td>
</tr>
<tr>
<td>Sunday</td>
<td>Dale City Farmers Market</td>
<td>10:00am – 2:00pm</td>
<td>Year Round</td>
<td>14090 Gemini Way</td>
<td>Dale City</td>
<td><a href="http://www.paparks.org">www.paparks.org</a></td>
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**Zucchini!**

- **Key Points**
  - High in vitamin C. Contains carotenoids that may be good for health. Low in calories and sodium.
  - Zucchini should be firm and free from cuts or bruises. Look for zucchini with a slightly prickly but shiny skin.
  - Children learn from you. Eat vegetables, and your kids will too.
  - Fruits and vegetables that will be eaten raw should be kept separate from other foods, such as raw meat, poultry or seafood.

**Zucchini au Gratin**

- **Number of servings:** 4
- **Ingredients:**
  - 2 zucchini, thinly sliced
  - 1/2 cup onion, sliced
  - 2 tablespoons water
  - Ground black pepper to taste
  - 3 tablespoons Parmesan cheese, grated
- **Directions:**
  1. Add zucchini and onion to microwave safe dish. Add water and pepper.
  2. Cover and cook in microwave on high power for 3 minutes.
  3. Remove cover and stir.
  4. Microwave on high power for 3 more minutes or until desired doneness.
  5. Sprinkle with cheese, toss lightly. Serve immediately.
- **Per serving:** 154 calories; 5 g fat; 12 g protein; 19 g carbohydrate; 6 g dietary fiber; 12 mg cholesterol; 294 mg sodium

**Quick Tips**

- **Store zucchini in a perforated plastic bag in the refrigerator for four to five days.**
- **Wash thoroughly under running water before eating, cutting or cooking. Do not wash until ready to use.**
- **Add shredded zucchini to meatloaf, casseroles or lasagna.**
- **Grate zucchini and form into patties (just like potato cakes). Cook in a skillet with olive oil until slightly browned on both sides.**
- **Source:** Virginia Cooperative Extension

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**RECEIVING SNAP BENEFITS? GET A $10 MATCH FROM INOVA**

Inova offers the SNAP Double Dollars program to increase access to fresh, local produce for recipients of SNAP benefits (formerly food stamps). Through this program, Inova doubles the purchases made by shoppers using their EBT card. Ten markets participate in Inova’s Double Dollars program.

If you’re a recipient of SNAP Benefits, here’s how it works:

- **Use Your Virginia EBT Card,** and visit the tentbooth at the market to get your Double Dollar tokens.
- **Spend your tokens on any eligible items at the market!**

If you’d like to donate to the Double Dollars program, and help SNAP recipients buy fresh, local produce, please visit [https://foundation.inova.org/donate-now and select ‘Buy Fresh Buy Local – SNAP program’ in the designation box.](https://foundation.inova.org/donate-now)
# Fruit & Vegetable Availability Calendar

<table>
<thead>
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<th>Fruits &amp; Vegetables</th>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
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You have the will. We have the way.

**Aching joints. Fatigue. Depression.** The symptoms of obesity, along with the heightened risk of diabetes, high blood pressure and heart disease, have a profound effect on your quality of life. So get it back, with the personalized support of Inova Weight Loss Services. We combine nutritional education, fitness counseling and personal support to meet your specific goals.

If you need surgery, Inova Fair Oaks Hospital is a nationally recognized, fully accredited Comprehensive Center for bariatric surgery. We’ve helped more than 8,000 weight loss patients. We can help you get your life back, too.

Register for a free seminar or webinar at InovaWeightLoss.org or call 703.348.4716