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Lobster Roll



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FUN ON A  
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**HOW TO #WIN AT THE FARMERS' MARKET + HAPPY BIRTHDAY, RACH!**

JULY/AUGUST 2018  
♻️ RECYCLED PAPER

# MARKET STRATEGY

Everyone knows that if you want to win at the farmers' market, you should go as early as possible. But once you're there, where do you start? Gaby Dalkin—Los Angeles-based blogger, cookbook author, and produce enthusiast—has all the answers.



**Q What's the first thing you do when you get to the market?**  
I'm very strategic. I'll typically walk the farmers' market once before buying anything, just to scope out who has the best produce. I look, smell, etc., then I'll walk it again and stock up.

**Q What are you looking for?**  
Mostly fruits, vegetables, dried fruits, and eggs. Someday I'll raise my own chickens for fresh eggs, but that's not happening in my two-bedroom apartment.

**Q What are some strategies for finding the really good stuff?**  
Ask a lot of questions. I always want to know if

any pesticides or chemicals have been used while the plants are being grown and if there's anything new and exciting happening. Being inquisitive spurs whoever is working the stand to be a bit more talkative and let out some secrets.

**Q Is it OK to touch the produce?**  
You should have common sense about it. I wouldn't manhandle a tomato, but it's OK to touch the avocados. I like them rock hard because then they can ripen at home. And don't be afraid to ask for samples!

**Q Once you get home, what's the best way to store everything?**  
I keep a lot of fruits on the

counter as a reminder to eat them! But some things should go in the fridge. For berries, I line glass Tupperware with a dry brown paper towel, add the berries, and close two sides of the lid, leaving the other two sides open so a little bit of air can sneak in if moisture needs to escape.

**Q Any advice on what to make?**  
Fresh, colorful things don't require a ton of work. But I always prep dressings on a Sunday, so it's easy to assemble a salad once I come home from the farmers' market.  
—KENDALL WENAAS

**Need more inspiration? Pick up a copy of *What's Gaby Cooking* for satisfying recipes featuring fresh fruits and veggies.**

## CHECKOUT

Five things our staffers are psyched about this month



**SAMBAZON SUPERFRUIT AÇAÍ BITES (\$6.99)**  
"The inside tastes like a berry smoothie (without the effort), and I love that the chocolate shell is dairy-free."  
—Alexandra Wozniczka, art/production assistant



**ABSOLUTELY GLUTEN FREE PISTACHIO TAHINI BAR (\$3.99 FOR SEVEN BARS)**  
"I'm the office tahini enthusiast, so these crunchy, not-too-sweet bars are my perfect snack."  
—Nina Elder, executive food editor



**GARDEIN ASIAN STYLE CHICK'N FRIED RICE SKILLET MEALS (\$7.99)**  
"Wait, this is vegan?! I really thought I was eating chicken fried rice here!"  
—Grace Rasmus, associate digital editor



**WHOLLY GUACAMOLE CLASSIC SNACK CUP (\$2.79)**  
"The chips are crunchy, the guac tastes fresh, and the chip-to-dip ratio is spot-on."  
—Sophia Caraballo, editorial associate



**DR. PRAEGER'S HUEVOS RANCHEROS BREAKFAST BOWL (\$5.99)**  
"If I could eat Mexican food for breakfast, lunch, and dinner, I would—especially if it was this flavor-packed bowl."  
—Samantha Ulban, associate photo editor