

Dishing out the veggies

Former USDA official lends her expertise at Farmers' Market

By NICOLE S. COLSON
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BELLOWS FALLS — Dr. Luise Light proves vegetables don't have to be a side show — they have plenty of potential to be the star attraction of any meal.

Those who visited the Bellows Falls Farmers' Market last Friday may have seen nutritionist and author Light shopping for fresh ingredients and cooking up something tasty — and nutritious — with them. Shop Fresh with the Chef was an event sponsored by the Northeast Organic Farming Association of Vermont.

Light knows a lot about food, as she is a former director of dietary guidance and nutrition education research in the U.S. Department of Agriculture. She worked on nutrition programs with organizations such as the Red Cross, the National Cancer Institute and the



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