

“OLD BAY” DAVIS PANTRY

With low-effort, high-reward staples,



**OH
SNAP!**

**SIMPLE,
SOULFUL
INGREDIENTS**

PERFECT FOR SEASONED
FOLKS WHO KNOW THAT
GOOD FOOD IS ABOUT
COMFORT, NOT
COMPLICATION.

HEALTHY

**LOW-SALT
LOW-SUGAR**

**HIGH FLAVOR &
COMFORT**

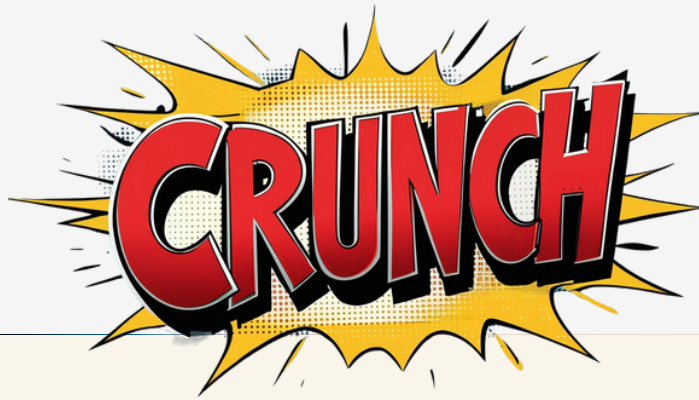
Whip up meals that nourish the body and warm the heart.



Flavors With Wisdom: Old Bay Market Pantry Guide

Welcome to Flavors With Wisdom, where comic book heroism meets nutritious, delicious meals crafted specifically for older adults. This guide bridges the bounty of Maryland's farmers markets and your home kitchen, offering low-effort, high-impact recipes that minimize salt and sugar while maximizing flavor. With a playful Marvel-inspired twist, we combine the excitement of superhero themes with practical nutrition tips to support seniors in enjoying both comfort and health. From Hulk-green vegetables to Captain America's red, white, and blue fruit medleys, these recipes turn everyday market finds into extraordinary meals that nourish both body and spirit.





Marvel Inspiration: Turning Heroes Into Meals

Food becomes more than just sustenance when infused with a sense of play and imagination. Our Marvel-inspired approach transforms ordinary meals into extraordinary culinary adventures that delight the senses while providing optimal nutrition for older adults. By connecting familiar superhero themes to wholesome recipes, we create an engaging framework that makes healthy eating both fun and accessible.

Each recipe in this guide draws inspiration from beloved Marvel characters, incorporating their colors, powers, or personalities into delicious, nutrient-dense meals.

These playful connections serve as mnemonic devices that make meal planning more enjoyable and memorable for seniors who might otherwise find cooking to be a mundane task. The beauty of this approach lies in its flexibility. Whether you're cooking for yourself or sharing meals with family (including grandchildren who might recognize these hero-inspired themes), these recipes create opportunities for storytelling and connection around the dinner table.



Hulk Smash Potatoes

Vibrant green mashed potatoes infused with farmers market herbs and spinach, delivering incredible nutrition with minimal effort

Star-Spangled Apple Pie Parfait

Layers of red apple compote, white yogurt, and blueberries create a patriotic treat that's lower in sugar than traditional desserts

Ant-Man Mini Waffles

Small-batch, protein-packed breakfast bites that minimize cleanup while maximizing nutrition





Maryland's Farmers Market Bounty

Maryland's unique geography between the Chesapeake Bay and Appalachian foothills creates a diverse agricultural landscape that yields exceptional produce year-round. The state's farmers markets offer a rotating selection of seasonal treasures that form the foundation of our Marvel-inspired meals, ensuring maximum nutrition, flavor, and connection to local food systems.

Summer Treasures

June through August brings an explosion of flavor with sweet Silver Queen corn, heirloom tomatoes, peaches, blackberries, and green beans

Fall Harvest

September through November delivers apples, winter squashes, sweet potatoes, Brussels sprouts, and hearty kale varieties

Spring Renewal

March through May offers tender asparagus, strawberries, spring greens, ramps, and fresh herbs like mint and chives

Local Proteins

Year-round access to farm-fresh eggs, pasture-raised chicken, Chesapeake blue crabs, and rockfish provides essential nutrients for muscle maintenance

Maryland's agricultural heritage shines through specialty items like Old Bay seasoning (a perfect low-sodium flavor enhancer), local honey varieties that offer subtle seasonal flavors, and small-batch preserves that capture peak-season fruits. These products provide convenient shortcuts for seniors looking to maximize flavor with minimal preparation.

Shopping at farmers markets also creates valuable social connections for older adults, with many Maryland markets offering senior hours, assistance programs, and community tables where knowledge about preparing seasonal foods is freely shared between generations.





Nutrition for Seasoned Superheroes

As we age, our nutritional needs evolve while our energy for elaborate meal preparation often diminishes. The recipes in this guide acknowledge those realities, offering streamlined approaches to nutrient-dense meals that support overall health without requiring excessive time or effort in the kitchen. Each Marvel-inspired recipe focuses on ingredients and preparation methods specifically beneficial for older adults, with attention to texture variety that accommodates common dental concerns while still delivering a satisfying mouthfeel. Portion sizes are tailored to meet appropriate caloric needs, while thoughtful ingredient combinations support key health priorities such as cardiovascular health, bone density, cognitive function and digestive wellness. The “five ingredients or fewer” approach reduces kitchen fatigue and simplifies shopping lists, all while delivering rich, complex flavors. This method pairs perfectly with the superior quality of farmers market ingredients, which shine with minimal manipulation.

The “Seasoned Superhero” approach recognizes the shifting taste perceptions that often come with aging. Instead of relying on added salt or sugar, it uses layered flavor techniques to bring out natural depth and satisfaction in every meal. Roasting helps concentrate natural sweetness, while citrus or vinegar adds bright acid balance. Umami-rich ingredients like mushrooms provide a savory backbone, creating meals that feel complete and flavorful without the need for excessive sodium or added sugars.

These recipes are thoughtfully designed to support key areas of health. For heart health, they incorporate ingredients rich in potassium, omega-3 fatty acids, and antioxidants while keeping sodium low to promote cardiovascular function.

Cognitive support comes from the inclusion of deeply colored fruits and vegetables packed with flavonoids linked to brain health. To strengthen bones, the recipes go beyond dairy by adding calcium-rich options like leafy greens and small fish with edible bones.

Finally, digestive wellness is boosted through fiber-rich combinations that nourish the microbiome and encourage regular, comfortable digestion.



Comic-Inspired Meal Ideas & Recipes

Transform your farmers market finds into superhero-worthy meals with these simplified recipes. Each dish balances nutrition, flavor, and ease of preparation while honoring the spirit of beloved Marvel characters. These recipes serve as flexible templates that can adapt to seasonal availability and personal preferences.

Hulk Smash Potatoes

Ingredients: 1 pound small red potatoes, 2 cups fresh spinach or kale, 2 tablespoons olive oil, 1 tablespoon fresh herbs (any combination), 2 cloves roasted garlic

Method: Steam potatoes until tender. Gently flatten with the bottom of a cup. Blend greens, oil, herbs and garlic into a vibrant sauce. Drizzle over potatoes and bake at 425°F for 15 minutes until edges crisp.

Star-Spangled Apple & Oat Breakfast Bake

Ingredients: 2 red apples sliced, 1 cup rolled oats, 1/2 cup blueberries, 1 cup plain yogurt, 1 tablespoon honey

Method: Layer sliced apples in a baking dish, top with oats mixed with a touch of honey. Bake 25 minutes at 350°F. Serve with yogurt and fresh blueberries for a red, white and blue breakfast that provides sustained energy.

Black Widow's Roasted Beet & Red Quinoa Salad

Ingredients: 3 medium beets, 1/2 cup red quinoa, 1/4 cup walnuts, 2 ounces goat cheese, 2 tablespoons balsamic glaze

Method: Wrap beets in foil and roast at 400°F for 45 minutes. Cook quinoa according to package. Peel and slice beets, arrange over quinoa with walnuts and goat cheese. Drizzle with balsamic glaze for a vibrant crimson dish rich in antioxidants.

Captain Marvel's Market Vegetable Stir-Fry

Ingredients: 2 cups mixed seasonal vegetables, 1 tablespoon sesame oil, 1 tablespoon fresh ginger, 1 tablespoon low-sodium soy sauce, 2 eggs

Method: Heat oil in a wide pan. Add ginger and vegetables (cut to similar sizes for even cooking). Stir-fry 3-4 minutes. Push to side, scramble eggs in same pan. Mix together with soy sauce for a protein-rich, one-pan meal featuring Captain Marvel's signature blue, red and gold colors.

These recipes emphasize texture variety that accommodates dental considerations while maintaining satisfying mouthfeel. Each dish can be prepared in advance and reheated for multiple meals, maximizing effort efficiency. The visual appeal of these colorful, character-inspired creations enhances appetite - particularly important for older adults who may experience diminished hunger cues.



Maximizing Flavor, Minimizing Salt and Sugar

Older adults often face a double challenge: changing taste perceptions that may lead to over-salting or over-sweetening foods, coupled with health conditions that require limiting sodium and sugar intake. Our Marvel-inspired approach addresses this dilemma by harnessing powerful flavor-building techniques that create deeply satisfying meals without compromising health.

Fresh Herbs

Incorporate leafy herbs like basil, parsley and cilantro in larger quantities than typically called for in recipes. These provide bright flavor notes without sodium. Use woody herbs like rosemary and thyme early in cooking for infusion.

Acid Balance

A splash of vinegar or citrus juice added at the end of cooking brightens flavors and creates the perception of saltiness without added sodium. Try lemon zest for intense flavor without sourness.

Roasting & Caramelization

Slow-roast vegetables to concentrate their natural sugars, creating sweetness without added sugar. The Maillard reaction develops complex flavors that register as "complete" on the palate.

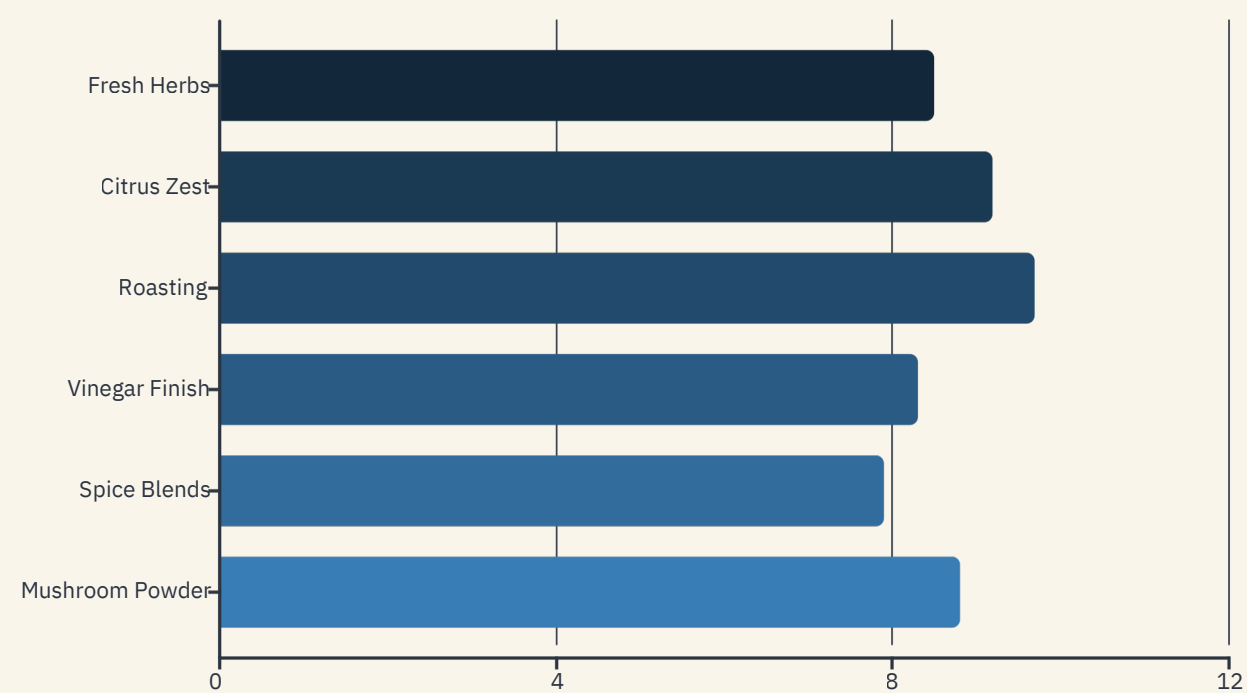
Allium Power

Roasted garlic, slow-cooked onions, and sweet shallots create depth and umami that satisfies the palate's desire for richness without relying on salt or fat.



The natural vibrancy of farmers market produce provides a head start in flavor development. Truly fresh vegetables and fruits contain more complex flavor compounds and natural sugars than their supermarket counterparts that may have been stored for weeks.

For those managing specific health conditions like hypertension or diabetes, these flavor-building techniques create meals that feel indulgent and complete while supporting medical nutrition goals. The sensory pleasure of these techniques helps combat appetite decline that sometimes accompanies aging.





Shopping & Prep Shortcuts for Wisdom Kitchens

Cooking should remain joyful rather than burdensome for older adults. Our approach acknowledges that energy conservation matters, creating strategic shortcuts that maximize nutrition and flavor while minimizing physical strain and kitchen fatigue. These tactics transform Maryland's farmers market bounty into accessible meals for seasoned superheroes.

Energy Saved

Pre-prepped vegetables reduce standing time and hand fatigue

Reduced Waste

Small-batch purchasing eliminates spoilage and food waste

Time Reduced

One-pan techniques cut active cooking and cleanup time

Many Maryland farmers markets now offer senior-specific services including pre-ordering systems, delivery options, and assistance programs that accept SNAP benefits and Senior Farmers Market Nutrition Program vouchers. Building relationships with vendors can unlock additional assistance, with many farmers willing to pre-chop items or recommend the ripest, most tender selections that require less preparation.

Strategic Shopping

- Visit markets early for best selection and smaller crowds
- Bring rolling carts rather than carrying heavy bags
- Look for vendors offering washed, trimmed produce
- Purchase small quantities of multiple items for variety
- Select "seconds" (slightly imperfect but fully nutritious items) for significant savings

Kitchen Efficiency

- Prep ingredients while seated at a table when possible
- Use sharp kitchen scissors instead of knives for many tasks
- Embrace sheet-pan meals that minimize standing time
- Consider electric pressure cookers for tender results with minimal effort
- Store prepped ingredients at eye level to reduce bending

The "cook once, eat twice" approach transforms market shopping into multiple meals. For example, roasted vegetables can serve as a side dish on day one, then transform into a frittata filling or soup base on day two. This strategic cooking conserves energy while maintaining meal variety and preventing waste. Many of our Marvel-inspired recipes deliberately create versatile components that can be repurposed throughout the week, making each cooking session more efficient.



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Everyone deserves access to fresh, local food — and farmers deserve support for the essential work they do. This platform helps bring those two communities together.

2025