



# Goldy vs. CANCER

Check out these healthy food options at the  
2024 Minnesota State Fair!



## Afro Deli

- We love the plantains!
- Mango juice is always a treat.



## Baba's

- Creamy Hummus Bowl.
- Sweet tooth? Coco-Nuts bowl.



## Caribbean Smoothees

- Fruit smoothies and chocolate-dipped fruit.
- For a little extra spice, try mango tango with Tajin!



## Corn Roast

- Corn on the cob? Fresh from the husk? Sign us up!



## French Meadow

- Sip on a hibiscus lemonade tea or munch on earth wings with sesame BBQ sauce.



## Herbivorous Butcher

- Lord of the Bings—try a little mix of vegan goodies.



## Indigenous Food Lab

- NEW VENDOR: Show this new vendor some love,
- Try the Nixtamal and Wild Rice Bowl with bison meatballs or sweet potato dumplings, served on a mix of corn and topped with a berry wóžapi sauce.



## Island Noodles

- Island Smoothies are delish!
- Island slaw is a nice mix of veggies, fruits, and lean proteins.



## Jammy Sammies by BRIM

- NEW DISH: try Marco's Garden, made with local rhubarb jam, tomatoes, cheese, jalapeño & honey. A garden of delights!



## Jonny Pops

- Toasty days need cool treats. Try our picks: the frozen dark chocolate and cream cheese pop—or, if you're feeling fruity, try the watermelon ice pop!

## **Mario's**

- Go for the chicken artichoke pita or portobello mushrooms and cheese!

## **Momo Dosa**

- Mango Lassi smoothie is a fruity, luscious treat!
- Try the chicken momo. Did you know ginger, an ingredient in the momo recipe, is linked to a healthy gut and may help combat colorectal cancer?

## **Minnesota Apples**

- Minnesota has the most delicious (University of Minnesota-created) apple varieties. Check out apples in all of their glory in the frozen cider pop and/or apple sauce.

## **Nautical Bowls**

- Tons of delicious and nutritious choices. We suggest the State Fair Bowl for a truly memorable experience.

## **Paella Depot**

- NEW VENDOR
- You can't go wrong with these veggie-heavy, delicious paella options!

## **The Produce Exchange**

- Fresh fruit galore! We recommend trying the goat cheese and honey grilled peach bowl for a new taste. Never tried a pluot? Here's your chance to try the delicious child of plums and apricots.

## **The Strawberry Patch**

- Did you know that chocolate is good for you? Indulge in some chocolate covered strawberries or try a classic: strawberries with whipped cream.

## **Smoothies**

- Can't choose between flavors? We suggest the strawberry kiwi smoothie.

## **Union Hmong Kitchen**

- NEW VENDOR
- Grilled Purple Sticky Rice: Purple sticky rice grilled over an open flame until crunchy, then topped with choice of shredded Hmong beef jerky or pickled mushrooms. Garnished with fresh herbs and finished with Union Hmong Kitchen's Krunchy Chili Aioli. (Gluten-Free, Vegetarian option)

## **Veggie Fries**

- Just when you thought fries couldn't get better, enter Veggie Fries! Try the vegetable kabob for a sampling of several tasty garden-grown delights.

Learn about foods that help fight cancer at  
[z.umn.edu/cancerfightingfoods](https://z.umn.edu/cancerfightingfoods)



**MASONIC CANCER CENTER**  

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