

# Seasonal Eating



Some of the healthiest foods available are seasonal. Changes in growing conditions from spring to summer or fall to winter are considered essential for balancing the earth's resources and change which plants are able to grow.

Whenever possible choose fresh, local produce over canned. There are more nutrients and less preservatives in fresh fruits and vegetables. Frozen produce is a great second choice to fresh. To enjoy the full nourishment of food, do your best to eat seasonally. Where you live will determine the types of fresh, local produce you have access to. General rules to follow for those in New England:

## **SPRING (APRIL - MAY)**

Tender, leafy vegetables; Green hues; Kale, Spinach, Asparagus, Arugula, Artichokes, Fiddleheads, Rhubarb

## **SUMMER (JUNE - JULY)**

Light, "cool" fruits & vegetables; Colorful hues; Tomatoes, Black/Blueberries, Broccoli, Carrots, Corn, Cucumbers, Eggplant, Green Beans, Lettuce, Summer Squash, Strawberries, Raspberries, Watermelons

## **LATE SUMMER (AUGUST)**

Peppers, Pears, Onions, Pumpkins, Potatoes,

## **FALL (SEPTEMBER - OCTOBER)**

Hardier, "warmer", fruits and root vegetables; Yellow, Red and Brown hues; Apples, Beets, Brussels Sprouts, Cauliflower, Cranberries, Garlic, Leeks, Collard Greens, Turnips

## **WINTER (NOVEMBER - SNOWFALL)**

Limited due to snow cover; Lights hues; Mushrooms, Parsnip, Cranberries, Winter Squash

