

# VitaMin



## Vital health information in a minute

### Right time, right place, right produce Go for fruits and veggies in season

Did you know that foods taste best when they are in season? And, they usually cost less than out-of-season foods that must be shipped long distances. Try these tips for making the most of seasonal produce.

- 1. Shop local markets.** Visit your local farmers market for delicious in-season foods. Or, join a community-supported agriculture farm share in your area and get farm-fresh produce every week.
- 2. Grow your own greens.** Do you have a sunny spot for a garden or veggie planter? Select a few favorite varieties of herbs, vegetables or fruits that grow in your area. You may be surprised by the food that you can grow right in your own space. Cherry tomatoes, lettuce and radishes are easy to grow in gardens or planters in full sun.
- 3. Opt for U-pick produce.** Growers in your area may open their groves and gardens to the public for picking fruits and vegetables by the pound. It's a great opportunity to enjoy some exercise and fresh-picked produce.
- 4. Freeze in bulk.** If you end up with more veggies than you can eat, learn how to freeze them for later use. Fruits and vegetables retain their best flavor and nutrition if eaten within 8 to 12 months of freezing.<sup>1</sup>



### What's in season? A few favorites

#### Spring

• asparagus • broccoli • cabbage • lettuce • rhubarb

#### Summer

• bell peppers • berries • carrots • melons • tomatoes

#### Fall

• apples • beets • garlic • pears • sweet potatoes

#### Winter

• citrus fruits • onions • parsnips • rutabagas  
• winter squash

Source: United States Department of Agriculture. "Seasonal Produce." <http://snap.nal.usda.gov/nutrition-through-seasons/seasonal-produce> (accessed April 28, 2014)

### Source:

1. National Center for Home Food Preservation. "General Freezing Information." [http://nchfp.uga.edu/how/freeze/freezer\\_shelf\\_life.html](http://nchfp.uga.edu/how/freeze/freezer_shelf_life.html) (accessed May 19, 2014)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

Together, all the way.<sup>SM</sup>



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