



Healthy4life.ca Newsletter Seasonal Foods Aug. 2018

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Hello, Friends!



Seasonal Foods

Food quality and nutrient levels are highest when fresh, just picked or harvested. The longer food is stored and in transportation, the more nutrients it loses and the closer it is to being spoiled and unsafe to eat.

Eating locally grown foods eliminates or dramatically reduces the larger quantity of fossil fuels used in transportation. It also means less carbon emissions. You also get to feel good about supporting your local economy.

In March we were nearing the end of winter when root vegetables, whole grains and dried legumes and seed were in season. As we approached spring, seasonal foods included sprouts, green onions, leafy greens, rhubarb, asparagus and radishes just to name a few. In summer, bush beans, cucumbers, zucchini, early tomatoes, early carrots, young beets, basil, thyme, sage, parsley, raspberries,

blueberries, cherries, grapes and many others have taken center stage. In fall we will look forward to the potatoes, onions, carrots, sweet potatoes, garlic, green tomatoes until frost, celeriac, apples, pears, fall squashes, turnips and of course the pumpkins.

A new crop of dried, fermented, preserved, canned and frozen goodies await the lean, cold winter months. Some on the counter, in the refrigerator or freezer, in a cool dark cupboard and for the luckiest people, in a root cellar.

For me, garden to table means I pick it, wash it, prepare it and eat it within a short time of picking the food whenever possible. For sweet corn, this means it is consumed within 10 minutes of being picked. I just cannot adjust to stale corn in grocery stores. I admit I found it difficult to grow in pots, so it is best suited for a garden in the ground rather than pots on decks or balconies.

As electricity goes off regularly where my house is located, fermented, dried and preserved foods make up the bulk of my winter fruits and vegetables.

Be brave! Go out and see what is local and fresh where you live.

**Be healthy 4 life,
Cathy Ferren RHN**

©2018 Ferren Consulting | PO Box 580 Ridgetown ON N0P 2C0 www.healthy4life.ca

[Web Version](#)

[Subscribe](#)

[Forward](#)

[Unsubscribe](#)

Powered by
GoDaddy Email Marketing®