



The Be Fit Minute

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THE BEST OF SEASON

Eating seasonal fruits and vegetables has many benefits: for starters, fruits and vegetables are often cheaper and tastier when in season. Turns out, they may be more nutritious too.

Your Vegetable's Voyage

It is not uncommon for produce to travel over 1,500 miles to reach your dinner plate. Produce is often picked as early as possible to withstand the bumps and bruises associated with long distance travel before arriving at your supermarket. Unfortunately, if plants are picked before they are truly ripe, their nutrient content can suffer. Nutrients can also be affected if travel conditions are not ideal during transit.

Tomatoes Can be Temperamental Too

Tomatoes, peaches and apricots are often prematurely picked, which does not allow for the vitamin C content of the fruit to fully develop. Other nutrients, such as folate, are very sensitive to light and temperature; if produce is stored at the wrong conditions—for only a few days—significant nutrient losses can occur. In the case of folate, spinach stored at 50 degrees can lose 50% of its folate content after 6 days, higher temperatures cause more rapid nutrient loss.

Be On the Lookout For "Locals"

Farmers growing local produce don't need to worry about their fruits and vegetables traveling long distances. Their produce is usually picked when ripe and is often sold within 24 hrs after being harvested. You can find locally grown produce in your area by visiting farmers markets and frequenting stores and restaurants that offer locally grown products. Visit www.eatwellguide.org to learn where local food can be purchased in your area. And read on to learn when you can expect to see your favorite local fruits and vegetables this season.

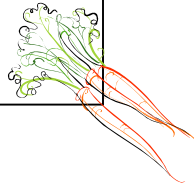
May

- Arugula
- Asparagus
- Fava beans
- Fiddlehead ferns
- Pea greens
- Radish
- Rhubarb



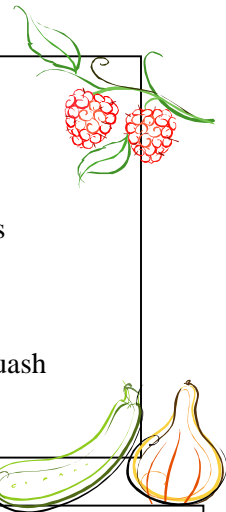
June

- Beets
- Broccoli
- Carrots
- Greens
- Lettuce
- Peas
- Spinach
- Strawberries



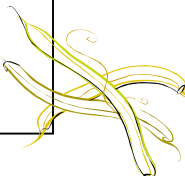
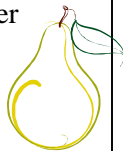
July

- Blueberries
- Cucumbers
- Cherries
- Green beans
- Peaches
- Peppers
- Raspberries
- Summer squash
- Tomatoes
- Zucchini



August

- Cantaloupe
- Cauliflower
- Celery
- Corn
- Currants
- Eggplant
- Pears
- Plums
- Shelling beans
- Watermelon



September

- Apples
- Brussels sprouts
- Cabbage
- Escarole
- Grapes
- Potatoes
- Radicchio
- Rutabagas



October

- Celery root (celeriac)
- Cranberries
- Fennel
- Parsnips
- Pumpkin
- Turnips
- Winter Squash