

## Eating with the Seasons

To eat with the seasons means to eat whole, unprocessed foods that grow in the climate of the local area.

### Four benefits of eating with the seasons:

1. Eating fruits and vegetables that are in season gives us access to the freshest produce. Some vitamins, minerals, and enzymes are lost as produce loses its freshness, so fresher foods have higher nutrient contents. The closer the garden, field, or orchard, the less time between the moment the food is picked from the tree, vine, or bush to the time it is eaten.
2. Some packages contain chemicals or metals that may be toxic and are harmful to the environment. When eating locally and with the seasons, we can avoid the chemicals used for storing and shipping produce.
3. Seasonal fruits offer us protection from the climate of the season in which they grow. For example, in the hot months of summer, juicy fruits high in water content grow to help us keep hydrated, while foods that grow in the cold months of winter have higher protein and fat, helping us keep warm.
4. Eating with the seasons helps us reconnect with the cycles of nature and of our bodies.



	Spring	Summer	Autumn	Winter
<b>Fruits</b>	avocado, grapefruit, jicama, lemon, lime, olive, orange, plum, strawberry, tangerine	apricot, avocado, berries, fig, grapefruit, lemon, lime melons, nectarine, orange, peach, pear, plum, prickly pear, tangerine, tropical fruits	apples, berries, date, fig, grape, mandarin orange, melon, pear, persimmon, plum, pomegranate, rosehips	apples, cranberry, date, dried fruits, grape, kiwifruit, kumquat, mandarin orange, navel orange, pear, persimmon, pomegranate, tangerine, watermelon
<b>Vegetables</b>	dandelion greens, green peas, kale, leek, lettuces, mint, mustard greens, radish, spinach, sugar peas	artichoke, beet, bell pepper, cabbage, celery, Chile pepper, chive, cucumber, eggplant, green beans, green peas, lettuce, radish, spinach sugar peas, tomato, watercress	bell pepper, broccoli, burdock root, cabbage, carrot, cauliflower, corn, cucumber, daikon radish, eggplant, ginger root, jicama, leek, potato, pumpkin, spinach, squash, sweet potato, tomato, turnip, yam	bok choy, broccoli, brussel sprout, burdock root, cabbage, carrot, cauliflower, chard, daikon radish, garlic, ginger, artichoke, jicama, kale, leek, onion, parsnip, potato, seaweeds, spinach, squash, sugar pumpkin, sweet potato, turnip, yam
<b>Grains</b>	barley, buckwheat, corn, rice, rye, sprouted wheat	sprouted	amaranth, barley, buckwheat, corn, millet, oat, quinoa, rice, rye, wheat	Same as autumn
<b>Nuts &amp; Seeds</b>	alfalfa, clover, radish, sunflower	sprouted	<b>Nuts:</b> almond, brazil, cashew, filbert, macadamia, pecan, pine nut, pistachio, walnut <b>Seeds:</b> flax, pumpkin, sesame, sunflower	Same as autumn
<b>Beans</b>	adzuki, fava, garbanzo, lentil, mung	green beans, sprouted beans	Adzuki, black, black-eyed pea, carob, garbanzo, great northern, kidney, lentil, lima, navy, peanut, pink, red, soy, white	Same as autumn