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## **Spring Into Health: Fresh Spring & Summer Flavors for a Healthier Plate**

Spring often symbolizes new beginnings and renewal, making it the perfect time to refresh your plate with seasonal produce! Both spring and summer offer a wide variety of colorful, flavorful foods packed with nutrients. Eating seasonally can offer many benefits, including better taste, higher nutrient content, more vibrant colors, and often lower cost.

There are countless fruits and vegetables to enjoy during spring. Strawberries and cherries are popular seasonal fruits that provide vitamin C and powerful antioxidants. Fresh leafy greens are also at their peak during this time, offering fiber, vitamins, and minerals that support overall health. Other spring ingredients to incorporate into your meals include potatoes, radishes, onions, peas, and carrots.

As temperatures rise, summer brings an abundance of refreshing produce options. Melons can support hydration during hot weather and contribute key nutrients. Vegetables such as cabbage, broccoli, and collards are nutrient-dense, high in fiber, and low in calories. Tomatoes, peppers, and cucumbers are excellent additions to salads, while other summer favorites include peaches, corn, berries, eggplants, and okra.

As we transition into spring and summer, fresh produce becomes more abundant and accessible. Incorporating seasonal foods into your meals can be simple and enjoyable. Try adding extra vegetables to salads and smoothies. Prep some of your seasonal favorites to have on hand for easy snacks. This season, take time to explore and enjoy the fresh spring and summer flavors and add more color to your plate!

For more information, visit [kansas-grown.com](http://kansas-grown.com) OR contact, Katherine Pinto, Nutrition, Food Safety and Health Agent, [kdpinto@ksu.edu](mailto:kdpinto@ksu.edu) or 620-232-1930.

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