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For more information, contact Debbie Steed

Health and Nutrition Program Assistant, Wildcat Extension District

dsteed@ksu.edu, 620-331-2690

Eating with the Seasons

Have you ever noticed how certain fruits and vegetables seem to taste better at certain times of the year? That's because they are naturally ripened and harvested during their peak season. Eating seasonally means choosing foods when they are at their freshest, most flavorful, and most nutritious. Eating with the seasons is a simple way to add variety to your meals while supporting your overall health and local agriculture. Different fruits and vegetables provide distinct vitamins, minerals, antioxidants, and other nutrients; your body receives a wider range of health benefits by eating a variety of them. Seasonal eating encourages you to enjoy what nature provides at different times, helping you avoid getting stuck in the same meal routine.

Each season offers its own unique selection of fresh produce. In the fall, crisp apples and juicy pears are popular favorites. Winter brings sweet citrus fruits such as oranges, which are rich in vitamin C. Spring brings fresh vegetables such as asparagus and spinach, while summer is known for delicious strawberries, tomatoes, peaches, and other garden favorites. Choosing in-season produce often means better taste, better texture, and greater nutritional value.

Trying seasonal produce is also a fun way to discover new recipes and experiment with different cooking methods. When fruits and vegetables are abundant, consider freezing, dehydrating, pickling, or canning them. These preservation methods let you enjoy the flavors and nutritional benefits of seasonal produce long after the harvest season ends. Seasonal eating helps you make the most of nature's bounty year-round.

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