

SPOTLIGHT ON SUMMER FOODS

WHAT'S IN SEASON FOR THE SUMMER?

Healthy summer eating. It's something many of us look forward to after feeling the weight of winter's heavy comfort foods. Farmer's markets and gardens are full of fresh produce in the summer, providing light, seasonal foods, and flavours. From fresh fruits to sizzling grilled vegetables, you'll feel good feasting on the power foods of summer.

GET FRESH AND EAT SEASONALLY

There is nothing better than eating a fresh summer peach, a vine-ripened tomato, or a sweet strawberry grown by a local farmer. Summer allows us to experience the freshest and tastiest foods available. Seasonal eating simply means you are eating foods that are locally grown and ready to harvest at the same time of the year that you are eating them.

It isn't a coincidence that refreshing melons grow in the heat of the summer and heavy squashes in the cooler fall and winter months. Summer foods provide an abundance of antioxidant nutrients to protect us from sun damage. They include foods that have a high water content, which helps to hydrate and cool the body. Keeping your diet in tune with what nature provides within your local climate will keep you energized and balanced. Your natural body clock also makes seasonal foods taste better.

THE BENEFITS OF SEASONAL EATING

There are a number of benefits to enjoying fresh and local summer foods.



Nutrient-Dense. Studies have shown that produce can be 3x more nutritious when grown in season. They are also more delicious! Have you ever eaten a strawberry in February? Enough said.



Nature's Harmony. Our bodies were designed to be in harmony with nature. Your body does best when respecting what nature provides as fuel for your body in every season. Foods are hydrating in the warm months and more grounding in the cool months. When your body is in tune with its natural surroundings, you will feel more energized, have a greater sense of balance, and be more in tune with your body's needs.



Cost-Effective. When food is grown in its proper season, there is no need for mass transportation, meaning it costs less for farmers and distributors to get the food from farm to table. This also means a reduction in costs associated with food spoilage.



Support Your Local Economy. When you buy local, you're investing in the local economy, rather than giving to a large company. Supporting local creates a stronger, more socio-economically sustainable community.

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Handy Grocery Checklist

WHAT'S IN Season?

With so many fruits and vegetables being imported from other countries, it can be hard to know what produce is in season. Look for these super hydrating fruits and vegetables at your local grocery store, farmer's markets and roadside stands. Use this handy checklist to reap the benefits of nutritious seasonal local foods and work them into your daily diet.

- | | |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Peaches | <input type="checkbox"/> Lettuce |
| <input type="checkbox"/> Plums | <input type="checkbox"/> Cabbage |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Celery |



In this summer series, we are going to put the spotlight on seasonal foods with simple ways to make summer's bounty taste great. You'll discover the secret health benefits they have to offer and find new ways to grill and chill some summer favourites. Here's a great recipe to tantalize your taste buds and have you wanting more!

Sources:
<https://www.ontario.ca/foodland/foodland-ontario>
https://www.canr.msu.edu/news/7_benefits_of_eating_local_foods

Raspberry Mint Lemonade Salad

Antioxidants, vitamin C, and a good source of healthy fats and fibre, this recipe is both hydrating AND satisfying!

- 3 cups fresh local raspberries
- 1/4 cup mint leaves, finely chopped
- 1/2 avocado, diced
- 1/3 cup raw walnuts, chopped
- 2 lemons, juiced and 1/8 tsp lemon zest
- 1 tablespoon maple syrup
- Pinch of cayenne and/or sea salt (optional)

Simply toss in a bowl and chill!

Nutrition Per Serving: Cal: 139 | Fat: 8.9g | Protein: 3.4g | Sodium: 3mg
Carbohydrate: 14g | Fibre: 7g | Sugar 5.8g
Adapted from <https://healthyhappylyfe.com/raspberry-mint-lemonade-fruit-salad>

