

Eating Seasonally: Fall & Winter



What does it mean to “eat seasonally?”

Eating seasonally means that you are buying and eating produce during the time of year that it is harvested: winter, spring, summer, or fall. There are many benefits to eating seasonally.

Benefits of Eating Seasonally

- Helps you save money
 - Produce that is in season requires lower production costs
- Better flavor
 - Eating seasonally allows you to consume produce when it is fresh
 - Since the produce is eaten at the time of harvest, the quality, texture, and taste of the produce have not degraded
- Promotes variety
 - Consuming different types of produce at different times of the year allows you to rotate what you eat
 - Eating a variety of produce also helps you consume a variety of nutrients
- Creativity
 - Eating seasonally pushes you to cook with new types of produce throughout the year
- Community
 - Eating seasonally often involves shopping at farmers markets
 - This allows you to get to know the farmers that grow your food and builds a sense of community



Tips for Eating Seasonally

- Buy in-season produce in bulk to save even more money
- Shop at farmers markets in your area to learn more about in-season produce
- Freeze fresh in-season produce so you can use it year round in recipes such as smoothies, soups, breads, etc.

Fall & Winter Produce Examples

Produce Type	Season	Nutritional Value
Pumpkin	Fall	Fiber, Vitamin A & Vitamin C
Swiss Chard	Fall	Magnesium, Vitamin A & Vitamin C
Apples	Fall	Fiber & Vitamin C
Butternut Squash	Fall	Vitamin A, Vitamin C, Fiber, Potassium & Magnesium
Turnips	Fall & Winter	Vitamin C, Vitamin K, Vitamin A & Folate
Sweet Potato	Fall & Winter	Fiber, Vitamin A, Vitamin C & Potassium
Kale	Fall & Winter	Vitamins A, C & K
Beets	Fall & Winter	Folate, Vitamin A, Vitamin C & Fiber
Brussels Sprouts	Fall & Winter	Fiber, Vitamin C, & Folate
Cauliflower	Fall & Winter	Vitamin C & Folate
Broccoli	Fall & Winter	Vitamin C, Folate, Fiber, & Potassium
Collard Greens	Winter	Vitamin A, Vitamin C, Folate, Calcium & Fiber
Leeks	Winter	Vitamin A, Vitamin C & Folate

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