



Healthy Eating: Local & Seasonal

A tart, crunchy apple on a brisk fall day...the juice of a ripe early-summer peach trickling down your chin...the amazing sweetness of fresh-picked corn. Is anything more delicious than eating foods in season?

Seasonal eating means two things: building meals around foods that have just been harvested at their peak and adjusting your diet to meet those particular produce options. While it may seem convenient to have *any* food we want, *anytime* we want, eating foods in season offers many benefits. For starters, it connects us to our community and local resources. Secondly, produce picked and eaten at its peak generally has more vitamins, minerals, and other nutrients. Eating seasonally often means eating locally grown foods, so it's good for the environment as well. Buying produce locally usually supports small and midsize farmers who don't have to ship their product very far, which reduces your carbon footprint. If all that's not enough to get you to make seasonal switches in your diet, consider that in-season foods save you money too! The process of picking, packaging, and shipping food can be expensive. The extra costs of the labor and supplies are often times passed on to you, the consumer.

<http://www.clevelandclinicwellness.com/food/SeasonalEating/Pages/introduction.aspx>

PRODUCE BY THE

SEASONS

SPRING	SUMMER
Artichokes • Asparagus Arugula • Beets • Nettles Garlic • Peas • Parsley Rhubarb • Spinach • Ramps Fiddleheads • Turnips Strawberries • Kumquats Kiwi • Sweet Onions Leeks • Cherries • Mint Oranges • New Potatoes Radishes	Basil • Carrots • Coriander Cucumber • Eggplant Parsley • Lettuce • Potatoes Squash • Sugar Snap Peas Corn • Tomatoes • Zucchini Apples • Apricots • Chard Blackberries • Cherries Mangoes • Nectarines • Okra Plums • Shallots • Figs Peaches • Melons • Chilies
AUTUMN	WINTER
Broccoli • Eggplant Fennel • Wild Mushrooms Sweet Potatoes • Pumpkins Spinach • Tomatillos • Okra Figs • Grapes • Pears Lemongrass • Persimmons Rutabagas • Radicchio Beans • Artichokes • Beets Celery • Quinces • Peppers Pomegranate • Turnips	Celeriac • Broccoli Brussel Sprouts • Cabbage Cauliflower • Fennel Mandarins • Leeks • Onions Parsnips • Potatoes • Lemon Shallots • Pears • Oranges Kale • Kiwis • Carrots Beets • Belgian Endive Clementines • Escarole Horseradish

Jackson County Farmers Markets:

Carbondale Farmers' Market



Murdale Shopping Center

April-November, Saturdays, 8:00a-Noon.

Carbondale Community Farmers' Market

Washington St. (Between Jackson & Oak)

May-October, Wednesdays, 3:00p-6:00p.



DeSoto Farmers' Market

Senior Citizens Park (Just West of Old National Bank)

June-October, Tuesdays, 3:00p to 6:00p

Elkville Farmers' Market

Elkville Community Garden

(Next to the Firehouse)

Thursdays, 3:30p-6:30p



Murphysboro Farmers' Market

1101 Walnut Ave.

May-October, Saturdays, 8:00a-Noon.



SIU Sustainable Farm Stand

3373 Pleasant Hill Rd.

Fridays, 3p-6p

