

The Reasons For The Seasons

By Lorraine Renae Best

Have you ever wondered why fresh fruits and vegetables have seasons? You can't buy a locally grown watermelon in February or a kiwi in August. Mother nature has a reason for the seasons. Health begins with good nutrition and some of the best nutrition comes from the freshest foods.

Spring - California produce that is ripe and ready in the spring are asparagus, cherries, sweet peas, fava beans and apricots, just to name a few. What do these things all have in common? They are body cleaners. They contain nutrients and fiber to cleanse toxins out of your body. Nature provides us with a fresh start in spring!

Summer - Some locally grown fruit and vegetables of summer are peaches, tomatoes, melons, summer squash, corn and grapes. Most summer fruits and vegetables contain high amounts of water; just what your body needs on those hot summer days. Summer fruit is also high in sugar to provide energy for the long active daylight hours of summer. Eating in season just makes sense!

Fall - This is a transition time of year. Apples, pumpkins, sweet potatoes, persimmons, pomegranates and hard squash are a few of falls harvest. Nature is now preparing us for the long dark days of winter. The common element in fall produce is the color orange and Vitamin A. With less hours of sunlight your night vision depends heavily on vitamin A. Another good reason for eating the season!

Winter - Oranges, kiwi, broccoli, tangerines, spinach and nuts are some of what nature provides us in winter. This is the cold and flu season and extra helpings of vitamin C are ready to eat the winter season fresh produce offerings. Kiwi is the number one immune system builder of all the fruits; when ripe they are sweet and ready to eat all winter long. Nuts are full of protein and calories to keep our bodies warm on cold winter days. There truly is a reason for the seasons!

Shopping for local produce at a California Grown Certified Farmers' Market will ensure that you are eating with the seasons. You will enjoy the freshest, safest and tastiest fruits and vegetables on the planet. You will also be protecting your food supply by supporting California family farms. You and your family may now enjoy a more healthful life, now that you know more reasons for the seasons.

To find a Certified Farmers' Market in your area go to
www.CaFarmersMarkets.com