



# Nutrition Highlights

## Eat Local with the Seasons Spring 2012

At HealthBarn USA, located at Abma's Farm in Wycoff, NJ, we promote eating fresh produce, which is in season locally. There is an array of benefits you can gain by integrating seasonal foods such as fruits, vegetables and herbs into your healthy lifestyle. We hope to inspire you to support your local farmers or even start a garden of your own. Either way, make sure to get your kids and the whole family involved!



### **BENEFITS OF SEASONAL PRODUCE:**

#### **IT'S A NATURAL EXPERIENCE**

Enjoy the earthy smells, connect with nature, and the pleasure of preparing, cooking and serving the wide varieties available through spring, summer and fall.

#### **TASTE THE DIFFERENCE**

Tired of biting into a strawberry that looks perfect but offers no flavor? What a letdown! If you stick to eating locally and seasonally, your taste buds will be forever grateful.

#### **VARIETY CURES BOREDOM**

Eating seasonally automatically changes what's on the menu – try new fruits and vegetables to make healthy cooking fun!

#### **CREATIVE KNOW-HOW**

Seasonal produce inspires your creative genius whether you eat these delicious foods raw or cooked – enjoy the process.

#### **ECONOMICALLY SOUND**

Support your local farmers. They work really hard to grow and harvest the highest quality produce for you and your family!

#### **ENVIRONMENTALLY FRIENDLY**

Transporting the produce from far away places puts a toll on the environment. Plus, if you grow your own, you're only a walk away.

#### **FEEL-GOOD FEELING**

Be proud and empower others to nurture themselves and the planet.

### **Local Farmers' Markets\* (2)**

Emerson Farmers' Market  
Englewood Farmers' Market  
Fort Lee Farmers' Market  
Hasbrouck Heights Farmers' Market  
Haworth Farmers' Market  
Ramsey Farmers' Market  
Ridgewood Farmers' Market  
River Vale Farmers' Market  
Rutherford Farmers' Market  
Teaneck Farmers' Market  
Tenafly Farmers' Market

### **HealthBarn USA's Market Pick:**

Suffern Farmers' Market  
41 Washington Ave., Suffern, NY

\*For addresses and hours of operation visit: <http://www.state.nj.us/jerseyfresh/searches/urban.htm>

### **How does this affect my nutrition?**

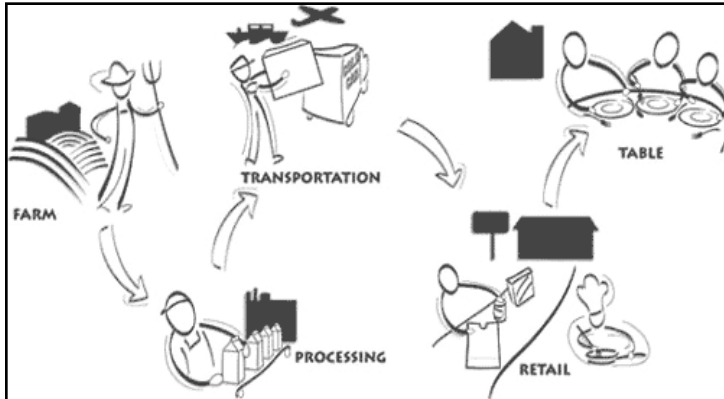
- Produce starts to lose vitamins and minerals as soon as it is harvested – so when food travels hundreds, even thousands of miles before arriving at your fork – a significant amount of nutrients are already lost (3).

## See how your shopping measures up...



- **Gold Star:** Grow your own!
- **Silver Star:** Join a Community-Supported Agriculture (CSA) or shop at Farmers' Markets
- **Bronze Star:** Buy local ingredients from a retail store
- **Needs Improvement :** Standard retail food shopping (see below for the trip food makes to your table and try to cut some steps out)

### How does our food get to our table? (4)







#### TIP: When Frozen is Good!

Strawberries just won't grow in cold weather, so when you find them on your table in January, chances are they made quite a trip to get there! As an alternative, choose frozen berries or wait until June when your local farmers' market will be overflowing with these sweet treats!

### New Jersey Harvest Season (2)

Use this chart to plan shopping trips to include local, seasonal produce.

WINTER	SPRING
 <ul style="list-style-type: none"> <li>- Apples</li> <li>- Cabbage</li> <li>- Escarole / Endive</li> <li>- Greens and Herbs</li> <li>- Leeks</li> <li>- Potatoes (White)</li> <li>- Turnips</li> <li>- Beets</li> <li>- Celeriac</li> </ul> 	<ul style="list-style-type: none"> <li>-Asparagus</li> <li>-Cauliflower</li> <li>-Dandelions</li> <li>-Escarole/Endive</li> <li>-Greens/Herbs</li> <li>-Leeks</li> <li>-Lettuce (Iceberg)</li> <li>-Onions (Green)</li> <li>-Parsley</li> <li>-Peaches</li> <li>-Radishes</li> <li>-Strawberries</li> <li>-Sweet Potatoes</li> <li>-Raspberries</li> </ul> 
SUMMER	FALL
<ul style="list-style-type: none"> <li>-Beans (Snap)</li> <li>-Beets</li> <li>-Blueberries</li> <li>-Broccoli</li> <li>-Cabbage</li> <li>-Cantaloupe</li> <li>-Cauliflower</li> <li>-Chinese Cabbage</li> <li>-Cucumbers</li> <li>-Eggplant</li> <li>-Escarole/Endive</li> <li>-Greens/Herbs</li> <li>-Leeks</li> <li>-Lettuce (Romaine)</li> <li>-Lima Beans</li> <li>-Onions (Green)</li> <li>-Parsley</li> <li>-Peaches</li> <li>-Peppers</li> <li>-Potatoes (White)</li> <li>-Radishes</li> <li>-Squash (Acorn)</li> <li>-Strawberries</li> <li>-Sweet Corn</li> <li>-Sweet Potatoes</li> <li>-Turnips</li> <li>-Watermelon</li> <li>-Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>-Apples</li> <li>-Beans (Snap)</li> <li>-Beets</li> <li>-Cabbage</li> <li>-Cauliflower</li> <li>-Chinese Cabbage</li> <li>-Cranberries</li> <li>-Cucumbers</li> <li>-Eggplant</li> <li>-Escarole/Endive</li> <li>-Greens/Herbs</li> <li>-Leeks</li> <li>-Lettuce (Iceberg/ Romaine)</li> <li>-Lima Beans</li> <li>-Onions (Green)</li> <li>-Parsley</li> <li>-Potatoes (White)</li> <li>-Pumpkins</li> <li>-Squash (Acorn)</li> <li>-Sweet Potatoes</li> <li>-Tomatoes</li> <li>-Turnips</li> <li>-Zucchini</li> <li>-Raspberries</li> </ul> 

#### References:

1. Photo courtesy of Food and Tech Connect – [www.foodandtechconnect.com](http://www.foodandtechconnect.com)
2. Jersey Fresh. NJ Department of Agriculture – [www.state.nj.us/jerseyfresh/](http://www.state.nj.us/jerseyfresh/)
3. Harvard Medical School. Center for Health and the Global Environment. (2010). Healthy and Sustainable Food.
4. Photo courtesy of Food and Drug Administration – [www.fda.gov](http://www.fda.gov)