

seasonal

Seasonal eating...it's natural and instinctive. Foods in season taste better and may be more nutritious. You can do your part for your own good health and doing well for the environment by becoming familiar with seasonal crops in your part of the country. Regardless of where you live, following are some guidelines to make seasonal eating a reality:

SPRING

Springtime usually means fresh new growth. Greens such as spinach, romaine lettuce and Swiss chard are good spring treats.

SUMMER

Summertime is easy. Berries, melons, summer squash, tomatoes, eggplant...you name it and you can almost always find it at your local farmers market or grocery store.

FALL

Fall is apple season in many parts of the country. Sweet potatoes, squash onions and potatoes may be staples, too.

WINTER

Winter may be the time to use some of those products you've canned and to rely on root veggies such as carrots, potatoes and turnips.

For a complete list of seasonal foods in your part of the country, go to www.fieldtoplate.com. Then, let nature be your backdrop as you prepare and eat foods from the seasons.