



4 Good Reasons to Eat Seasonally



June is National Fruit and Vegetable month and there is no better way to celebrate than by shopping for seasonal produce. Seasonal produce is local produce that is purchased and consumed close to the time that it's harvested. Here are just a few of the many benefits of eating seasonally.

Nutrition

In-season produce is allowed to ripen naturally on the original plant as compared to out-of-season produce that is often harvested prematurely and ripened by manufacturers. Vine-ripened produce often contain higher levels of health-promoting nutrients, such as vitamins, minerals, and antioxidants.

Flavor

Seasonal produce is harvested not long before it's purchased, allowing for its fresh, full flavor to shine through!

Budget

Buying local fruits and vegetables in-season is typically less expensive for a number of reasons, including the fact that the produce does not have to be shipped long distances before it is purchased.



Support Your Community and the Planet

Purchasing in-season produce, from local farms, not only supports local economies, it also benefits the environment by reducing the distance (and fuel used) for food to travel from farm to table, thereby helping to reduce greenhouse gases released into the environment.

Upcoming Events

Orientation/Food Safety & Nutrition

When: May 9th, 5:30—7:30 pm
Where: Contact Sierra Puwalski or Caleb Miller at 631-873-4775 to register.

Senior (60+) Food Distributions

Please call for income eligibility requirements and registration. at: 631-873-4775.

Nutrition Workshops

Topic: Fiber and Health
When: June 6th at 1:00 pm
Where: Island Harvest Food Bank
 126 Spagnoli Rd., Melville



What's In-Season Now?

As summer approaches, keep an eye out for the following produce that is in-season throughout early and late June in New York:

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| • Arugula | • Fava beans | • Snow peas |
| • Asparagus | • Lettuce | • Spinach |
| • Beets | • Mushrooms | • Strawberries |
| • Broccoli | • Mustard greens | • Summer Squash |
| • Cabbage | • Radishes | • Sprouts |
| • Cherries | • Rhubarb | • Tomatoes |
| • Chili Peppers | • Shallots | • Zucchini |
| • Chives | • Snap peas | |
| • Garlic | | |



NUTRITION & HEALTH RESOURCE CENTER

Find Your Nearest Farmer's Market

New York State's Department of Agriculture and Markets provides a website to help locate farmer's markets closest to you. Simply click the "find a market" button and select the county you live in. All farmer's markets within the selected county will appear and those that accept certain benefits such as SNAP will be highlighted.

Agriculture.ny.gov



Keep Track of What's In-Season in New York

This New York State website allows the user to see which produce is in season during a specified month. Make sure to check back frequently to find out which fresh fruits and vegetables should be on the menu during different times of the year.

[Seasonal Food Guide](#)



Spring Veggie Salad



Salad Ingredients:

- 6 spears asparagus, bottom-ends removed
- ½ cup peas
- 2 cups roughly chopped arugula
- 1 cup lettuce, chopped

For the Dressing:

- 1 small garlic clove, crushed
- 1 tbsp chives, thinly sliced (or substitute 1 tsp. onion powder)
- 2 tsp white wine vinegar (or substitute red wine or balsamic vinegar)
- 1 tsp Dijon mustard (optional)
- 3 tbsp olive oil
- Salt (optional) & pepper, to taste

Directions:

1. Bring a large pot of water to a boil. Add the asparagus and cook until tender but still slightly firm (about 4 minutes). Drain, and run under cold water to cool. Dry with a paper towel and then slice into 1-inch pieces. Set aside.
2. In a small bowl, prepare the dressing by whisking together the garlic, chives, vinegar, mustard, salt and pepper. Slowly whisk in the oil until everything is fully mixed together.
3. In a large serving bowl combine arugula, lettuce, peas, and asparagus. Pour about half of the dressing on top and toss to coat vegetables. Taste and add more dressing if necessary. Let sit for 15 minutes to absorb the flavors and serve when you're ready to eat!