

Seasonal Eating

Who eats seasonally?

Most of the world eats seasonally. Although supermarkets are available in most developed countries, many people continue to purchase seasonal foods. If spinach is not in season, it isn't even offered at many supermarkets abroad.

Why doesn't America eat with the seasons?

America does not need to eat with the seasons. The American food system purchases crops from warmer climates during the winter, and grows fruits and vegetables in warmer climates to make them available year round.

Why should I eat seasonally?

1. Foods are cheaper when they are purchased in season. This equates to slashing the price tag at the checkout. Foods not in season take longer to transport from areas where they can be grown, and the fuel to transport them increases the cost. Farmers markets sell in-season produce for less, and many even accept EBT cards or food stamps. To find a farmers market near you, select the following link: <http://agebb.missouri.edu/fmktidir/view.htm>
2. When you purchase seasonal foods, you cut down on the travel needed to bring food to your table, cutting down on pollution.
3. Foods are more nutrient-dense when purchased in season. Many fruits and vegetables are picked before they are ripe and left to ripen on the truck. This depletes the fresh taste of the produce and lowers the nutrient density, so your produce isn't as healthy as it once was.
4. In-season foods purchased locally save you time and support local growers. It is difficult to know who your food came from at the supermarket. Knowing the farmer gives you a personal relationship with your food.

Staying Active at Work

Week 2 – Seasonal Eating Calendar



10 Ways to Buy Local in Missouri:

1. Find a farmers market in your community, and shop in season.
2. Visit a local agri-tourism operation to pick fruit or berries, spend a day on an educational farm or even tour Missouri's wine country.
3. Dine at restaurants that serve local products.
4. Join a Community Supported Agriculture (CSA), a partnership between community members and a local farm. In a CSA, consumers can purchase seasonal "shares" that entitle them to weekly food allowances.
5. Visit a farm stand or on-farm market and purchase goods directly from farmers.
6. Discover supermarkets and grocery stores that offer locally grown and produced items. This is a convenient way to purchase fresh local foods while doing your regular shopping.
7. Visit AgriMissouri.com for a Buyer's Guide of Missouri-made farm products.
8. Contact your University of Missouri Extension office to search for local farms.
9. Search for Missouri-produced products through the Missouri Exchange website, missouriexchange.com.
10. Promote eating local by asking restaurants to add local items to the menu and by asking grocery stores to buy local when in season.

References:

1. United States Department of Agriculture. (2012, July 5). *U.S Food Imports*. Retrieved July 13, 2012, from: <http://www.ers.usda.gov/data-products/us-food-imports.aspx>
2. University of Missouri Extension. (2010). *Missouri Farmers' Market Directory*. Retrieved July 13, 2012, from: <http://agebb.missouri.edu/fmktdir/view.htm>
3. Missouri Department of Agriculture. (2012). *Connect With Missouri's Agriculture*. Retrieved July 13, 2012, from: <http://mda.mo.gov/connect/localfoods.php>
4. Missouri Department of Agriculture. (2012). *Buying Local in Missouri: Eating and Living Well*. Retrieved July 13, 2012, from: <http://mda.mo.gov/connect/buyinglocal.pdf>
5. University of Missouri Extension. (2012). *Missouri Farmer's Market Directory: Fruits and Vegetables Harvest Calendar*. Retrieved July 13, 2012, from: <http://agebb.missouri.edu/fmktdir/harvest.htm>

Staying Active at Work

Week 2 – Seasonal Eating Calendar



Seasonal Eating Calendar *Fall 2012*

August

Apples	Carrots
Apricots*	Cucumbers
Blackberries	Eggplant
Cantaloupe	Garlic
<u>Grapes</u>	Leeks*
Nectarines	Okra
Peaches	Green Onions
Pears	Green Peas
Plums	Bell Peppers
Red Raspberries	Potatoes
Strawberries*	Pumpkins
Watermelon	Radishes
Artichokes*	Rhubarb
Lima Beans	Summer Squash
Snap Peas	Winter Squash
Beets	Sweet Corn
<u>Sweet Potatoes</u>	Tomatoes
Turnips	

September

Apples	Cucumbers
Blackberries*	Eggplant
Cantaloupe	Garlic
Grapes	Greens
Nectarines*	<u>Lettuce</u>
Peaches*	Okra
Pears	Green Onions
Plums	Green Peas
Raspberries	Bell Peppers
Watermelon	Potatoes
Lima Beans*	Pumpkins
Snap Peas	Radishes
Beets	Rhubarb
<u>Broccoli</u>	<u>Spinach</u>
Carrots*	Summer Squash
<u>Cauliflower</u>	Winter Squash
Sweet Corn*	Sweet Potatoes
Tomatoes	Turnips

October

Apples	Lettuce
Cantaloupe	Okra*
Grapes	Green Onions
Pears	Green Peas
Plums*	Bell Peppers
Raspberries*	Potatoes
Watermelon	Pumpkins
Snap Peas*	Radishes*
Beets	Rhubarb*
Broccoli	Spinach
<u>Cabbage</u>	Summer Squash*
Cauliflower	Winter Squash
Cucumbers*	Sweet Potatoes
Eggplant*	Tomatoes*
Garlic	Greens
Turnips	

Why You Should Eat Seasonally:

Foods cost less
It reduces pollution
Foods are fresher
Foods are more nutrient-dense
Foods are purchased locally

Seasonal Eating Calendar Key

Items marked with an asterisk (*) are in season for the last time this month. Underlined foods just came into season and are at their peak of freshness.

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