Eating Local & Seasonal Foods This Summer

Summer is here and it’s time to take advantage of the wonderful assortment of fresh locally grown fruit and vegetables that are and will be available this season.

Benefits of eating foods in season

- **Nutrient density**: Local seasonal produce generally have higher nutritional value because they are picked at their peak of ripeness and spend less time travelling from farm to fork than imported.
- **Environment**: Supporting local farms also helps maintain greenery and farmland. Buying local decreases “food miles”, which is the energy spent on food for transport.
- **Economic**: Foods that are in season are priced much more reasonably compared to out of season produce. Buying local also helps support the local economy, the idea where money spent on food provided by local farmers remains in the community and is re-invested into local businesses and services.

Where to find fresh local produce?

- Local Grocery Store (check origin on labels)
- Local Farmers’ Markets: Guelph, Cambridge, Burlington, Orangeville, St. Jacobs, Georgetown, Acton. For more check: [http://www.farmersmarketsontario.com](http://www.farmersmarketsontario.com)

Support local farmers with Garden Fresh Box offered by Guelph Community Health Centre and Guelph Wellington Local Food Initiative

### Community Shared Agriculture (CSA)

CSA is a partnership between consumers and farmers in which members pay upfront prior to the growing season, and goes directly to the local farmer. Buyers will then receive weekly fresh food boxes. [See more info: csafarms.ca](http://csafarms.ca)

3 Tips for this season:

1. **Storage**: Store produce in containers, bags and refrigerator bins to retain nutrients and freshness
2. **Experiment**: Be adventurous and try a new fruit/vegetable each week; take initiative and look for a recipe
3. **Talk to vendors**: Educate yourself on how your food was grown and the practices used

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Seasonal Fruits & Vegetables for July

<table>
<thead>
<tr>
<th>Fruits:</th>
<th>Vegetables:</th>
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<tbody>
<tr>
<td>Apricots</td>
<td>Beans</td>
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<td>Blueberries</td>
<td>Beets</td>
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<tr>
<td>Cherries</td>
<td>Bok choy</td>
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<td>Currants</td>
<td>Broccoli</td>
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<td>Gooseberries</td>
<td>Cabbage</td>
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<td>Peaches</td>
<td>Carrots</td>
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<td>Plums</td>
<td>Cauliflower</td>
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<td>Raspberries</td>
<td>Radishes</td>
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<tr>
<td>Strawberries</td>
<td>Radishes</td>
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<tr>
<td>Watermelon</td>
<td>Peppers (green, snow)</td>
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Find out what’s in season in Ontario throughout the year here: [http://www.ontario.ca/foodland/page/availability-guide](http://www.ontario.ca/foodland/page/availability-guide)

**Strawberry, Chicken & Spinach Salad**

**Recipe from**: [www.ontario.ca/foodland](http://www.ontario.ca/foodland)

**Yield**: 4 Servings

**Ingredients**

- 2 boneless and skinless chicken breasts (about 1-1/2 lb / 750 g)
- 2 tbsp (25 mL) butter
- 1/4 cup (50 mL) grated fresh gingerroot
- 1 clove garlic, minced
- Freshly ground pepper, to taste
- 4 cups (1 L) torn new Ontario Spinach leaves
- 1 cup (250 mL) chopped watercress leaves
- 3 cups (750 mL) Ontario Strawberries, quartered
- 4 Ontario Green Onions, thinly sliced

**Dressing**

- 1/3 cup (75 mL) apple juice
- 2 tbsp (25 mL) vegetable oil
- 1 tbsp (15 mL) cider vinegar
- 1 tsp (5 mL) Dijon style mustard
- Freshly ground pepper, to taste

**Nutrients per serving**

- 402kcal; 16g fat; 47g protein; 16g carb; 177mg sodium

**Preparation**

1. Cut chicken into thin strips.
2. Melt butter in small skillet. Add gingerroot, garlic and chicken strips and stir-fry for 5 minutes.
3. Let cool then place in sealed container in the fridge.
4. In a salad bowl, combine spinach, watercress, strawberries, and green onion.
5. Cover with plastic wrap and refrigerate.

**Dressing**

1. In small screw top jar, combine apple juice, oil, vinegar, mustard and generous grating of freshly ground pepper.
2. At serving time toss together greens, chicken, strawberries and dressing. Serve immediately.

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Mention this newsletter at your first appointment and receive $20 off your nutrition assessment.