

EATING WITH THE SEASONS

NUTRITION NEWS

MONTGOMERY COUNTY SCHOOLS 

In-season produce - vegetable or fruit that is growing during its ideal time of year. Examples include tomatoes, beans and corn wanting the heat and long growing season of Summer, or kale not growing well in Summer, but instead preferring the cool temperatures of Fall.



WHY DO WE EAT FRUITS AND VEGETABLES?

Fruit and vegetables contain vitamins and minerals that we need to survive and to thrive. Orange foods, like sweet potato, are good for our eyes. Dark green leafy vegetables, like kale, keeps our bones strong.

SUMMER

Summer has many, many fruits and vegetables in season. Strawberries, blueberries, blackberries, raspberries, tomatoes, cucumbers, peaches, green beans, corn, summer squash and zucchini are some of the vegetables and fruits that are growing in the Summertime.

DOES YOUR FAMILY GROW A GARDEN?

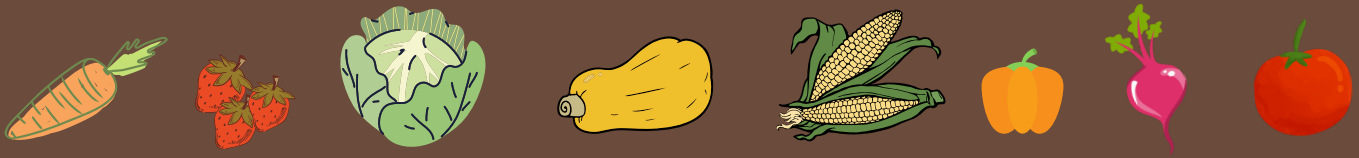
Easy plants to start from seed include herbs, pumpkin, cucumber, watermelon, beans, corn, radishes or turnips. Keep in mind some plants like melons and pumpkins, can take up a lot of space when fully grown.

These can be grown in a sunny window, on a sunny deck, or even tucked into an open space in a landscape, yard or flower garden.

FALL

In the fall we find broccoli, cauliflower, carrots, apples, pumpkins, kale, leafy greens, brussels sprouts, cranberries, onions, garlic and cabbage are in season and can be grown into the Fall.

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WINTER

Even though it may not seem like much is growing in Winter, there are still delicious in-season foods to enjoy. Winter squash such as pumpkins or sweet potatoes can be roasted with a little brown sugar and cinnamon. There are cabbage, carrots, kale and potatoes. Oranges, lemons, and other citrus are also in season and being brought to Kentucky from warmer places.

SPRING

In spring the ground thaws and more foods are coming into season. Peas and different types of lettuce and other greens are grown in the Spring. Many foods grown in the Fall can also be grown in the Spring since the temperatures are similar. Radishes, kale, broccoli, cauliflower, and brussels sprouts. New potatoes and asparagus are a Spring favorite.

CLASSROOM ACTIVITY

Willing participants can be blindfolded and test taste foods that are in season. For example in the Wintertime, place bite-sized pieces of steamed squash, sweet potato, broccoli and an orange slice on a plate in front of the taste tester and see which they like most and if they can identify each food!

GROW ACTIVITY

A fun way to experience what is in-season is to grow something yourself! All you need is a clean, empty drink cup, a bit of loose soil or potting mix and a few seeds of something you would like to grow. Herbs like dill, basil, lemon balm or mint make great plants to begin with as they can be grown by a sunny window and do not take up much space.

