



NICOLE MEADOW, MPN, RD

# M NUTRITIONWISE MONTHLY

SEPTEMBER 2009

## EATING SEASONALLY

Seasons form a natural backdrop for eating with each season producing different and unique flavors, textures and aromas. In today's global marketplace we are able to buy foods grown almost anywhere in the world all year round. The effects of these options have negative consequences on our environment and also change the quality of the foods.

By purchasing local foods in-season, you eliminate the environmental damage caused by shipping foods thousands of miles, your dollar goes directly to the local farmer, and your family will be able to enjoy the health benefits of eating fresh, unprocessed fruits and vegetables. Not to mention that it tastes better!

### Nutritional benefits of eating seasonally:

- As soon as a fruit or vegetable is harvested, the nutritional breakdown begins. Many vitamins, which might be present in the fruit or vegetable before it is harvested, are highly unstable and are largely depleted after a few days. Since supermarket produce may be shipped from a thousand (or more) miles away it might sit around for many days (in transit, stocking, etc) all the while losing some of the key nutrients. (It is important to note that many supermarkets are now carrying local produce... look for the point of origin.)
- Locally grown produce is generally picked the day before arriving at your neighborhood Farmer's Market. As a result, the produce is picked ripe or at its peak. Supermarket produce is usually harvested well before peak ripeness so that it can withstand handling and long distance shipping. That means that when supermarket produce first hits the shelf, it is usually at least a week old.
- In addition, many of the small growers at Farmer's Markets are organic growers (meaning

they do not use any synthetic chemicals on their crops), although many might not be "certified organic" due to the high cost of obtaining the certification... ask if they are pesticide free!). And for the local farmers who do use synthetic chemical, the amount is generally far less than large commercial farms. All of this AND you are getting produce that is in season... it's a win-win!

So, now you are excited about eating seasonally but might be thinking, "how do I get started?" Here are a few pointers:

### How to get started:

1. Get a chart of seasonal produce/foods (here is an example <http://www.bbcgoodfood.com/content/local/seasonal/table/vegetables/>)
2. Buy from your local farmer's markets (Find a farmer's market near you: <http://www.localharvest.org/farmers-markets/>)
3. If shopping at your supermarket, ask a knowledgeable employee in the produce section

Even if you don't want to change any of your eating habits, you can at least make sure to buy local produce when it's available instead of the same type of food that might have been grown 3000 miles away!

### In summary, there are a number of good reasons to eat more local, seasonal food:

- to help decrease the CO2 emissions needed to grow and transport the food we eat
- to support your local economy
- to reconnect with nature's cycles
- and (most importantly) because they are more fresh, taste better and are more nutritious!

# NUTRITIONWISE MONTHLY

Be sure to check out our blog at [www.nicolemeadow.blogspot.com](http://www.nicolemeadow.blogspot.com) for more on eating seasonally!

## What's in Season - September

Apples	Corn	Peppers
Artichokes	Cucumber	Persimmons
Asian Pears	Eggplant	Pineapple
Asparagus	Grapes	Plums
Avocado	Green Beans	Potatoes
Basil	Kale	Raspberries
Beets	Nectarines	Spinach
Brussels	Okra	Summer
Sprouts	Onions	squash
Cabbage	Passion Fruit	Tomatillos
Carrots	Peaches	Tomatoes
Celery	Pears	Winter Squash

## INTRODUCING NUTRITIONWISE ON FACEBOOK



We have finally joined the party! We are going to be posting the current class schedule in addition to nutrition information and many other great things. Become a fan today. Search NutritionWise in Facebook or visit our website for a quick link.

## UPCOMING NUTRITIONWISE EVENTS:

Food Allergy Support Group (free):  
September 21st 7pm

Healthy Parenting Support Group:  
Thursdays 7-8pm

G Tube/Tube Feeding Support Group (free):  
September 30th 7:30pm

All Classes take place at: 16055 Ventura Boulevard,  
Encino, CA 91436

Check our facebook page for details.

## KIDS IN THE KITCHEN

**Roasted Brussels Sprouts** (also known as baby cabbages)

### Ingredients:

- brussels sprouts
- olive oil
- kosher or sea salt

### Directions:

- Preheat the oven to 400 degrees
- Cut the brussels sprouts in half
- Arrange them on a cookie sheet
- drizzle with olive oil and sprinkle with a little salt
- Cook in the preheated oven for approximately 20-30 minutes (until golden brown)

\*kids can help arrange brussels sprouts on the cookie sheets, drizzle with oil and sprinkle with salt. Its a great opportunity for counting, sorting (which is biggest, smallest, etc)

## ABOUT THE AUTHORS

NutritionWise is a group of Registered Dietitians



including Nicole Meadow, MPN, RD (pediatric dietitian) and Patricia Novak, MPH, RD, CLE (pediatric dietitian). Please visit [www.nicolemeadow.com](http://www.nicolemeadow.com) for more

information or call (818) 304-1876 to schedule an appointment.

*The information contained in this newsletter is not intended as a substitute for medical advice. See your physician and/or Registered Dietitian for individual health and/or dietary concerns.*