

PANHANDLE PATH TO HEALTHY LIVING

March 2022



The Importance of Focusing on in Season Produce

The argument can be made that seasonal produce is fresher and more nutritious. Time is the enemy for fresh produce: As soon as they leave the vine or tree, fruits and vegetables start to lose their nutritional value. Some produce—such as spinach and broccoli—begin to lose nutrients within hours of picking, while others—such as apples, carrots, and potatoes—stay fresher longer.

Produce that's not in season is picked, stored, and often transported, which affects the quality. Green beans, for example, will lose 77 percent of their vitamin C after a week of storage, according to the Department of Food Science and Technology at University of California, Davis.

Food fact: Frozen fruits and vegetables can sometimes beat the nutritional value of fresh produce, because frozen food is immediately frozen, preserving its nutritional value.

If you must store produce, make sure you limit exposure to heat, light, and oxygen. All three of these degrade nutrients in fresh produce. Here are 11 tips to make fresh fruit and vegetables last longer.

Seasonal produce is often less expensive as well. You may have noticed that the cost of produce fluctuates throughout the year. Shopping seasonally may mean lower prices thanks to the rule of supply and demand. You'll save on transportation and farming costs too.

To learn more about the benefits of eating in season produce visit <https://www.healthination.com/food/health-benefits-seasonal-produce/>

TEXAS A&M
AGRILIFE
EXTENSION

Path to the Plate

Seasonal Produce Guide

- what's in season when?

Spring

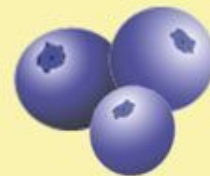
Asparagus
Carrots
Cauliflower
Celeriac
Cucumbers
Curly Kale
Broccoli
Savoy Cabbage
Sorrel
Spinach
Spring Greens
Spring Onion
Watercress
Gooseberries
Rhubarb



Summer

Beetroot
Broad Beans
Carrots
Cauliflower
Courgettes
Cucumber
Fennel
Fresh Peas
Garlic
Green Beans
Lettuce & Salad Leaves
New Potatoes
Radishes
Runner Beans
Sage

Salad Onions
Swash Tomatoes
Watercress
Blueberries
Currants
Elderflower Berries
Greengages
Loganberries
Plums
Raspberries
Strawberries
Tayberries



Autumn

Field Mushrooms
Lettuce
Marrow
Potatoes
Pumpkin
Rocket
Squash
Sweetcorn
Watercress
Apples
Blackberries
Damsons
Elderberries
Pears
Plums







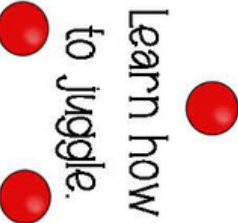



Winter

Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Curly Kale
Fennel
Leeks
Parsnips
Potatoes
Red Cabbage
Swede
Turnips
Apples
Pears



The ULTIMATE Spring Breakfast CHOICE MENU

<p>Blow bubbles.</p> 	<p>Listen to some new-to-you music.</p>	<p>Make up a secret handshake.</p>	<p>Create a comic book.</p> 	<p>Go indoor bowling. Use bottles for pins.</p>	<p>Have a staring contest.</p> 	<p>Have a picnic.</p> 	<p>Interview someone.</p> 
<p>Create a sculpture from recyclable materials.</p>	<p>Build a fort.</p>	<p>Start and finish a puzzle.</p> 	<p>Read a book in an (empty) bathtub.</p>	<p>Create and wear a costume.</p>	<p>Create a list of all the things for which you are thankful.</p>	<p>Take a virtual field trip</p>	<p>Learn the names of all 50 states.</p>
<p>Visit an interactive museum.</p>	<p>Make puppets and act out your favorite book.</p>	<p>Watch a movie you have not seen in a long time.</p>	<p>Have a dance party.</p> 	<p>Write a letter to someone</p> 	<p>Have a campout in your house.</p>	<p>Build something.</p> 	<p>Build an indoor obstacle course.</p>
<p>Bake something.</p> 	<p>WRITE A POEM.</p> 	<p>Make some food art (art using food).</p>	<p>Conduct a science experiment.</p> 	<p>Take some silly selfies.</p>	<p>Play a board game.</p> 	<p>Make a time capsule.</p>	<p>Learn how to juggle.</p> 
<p>Create a new language.</p>	<p>Create a piece of jewelry.</p>	<p>Make up a new game.</p> 	<p>Play hide and seek.</p>	<p>Create an indoor scavenger hunt.</p>	<p>Play a card game.</p> 	<p>Play Simon Says.</p>	<p>Learn how to do origami.</p>

Chelsey Rash

Randall County

200 N. Brown Rd

P. 806.468.5543

“Panhandle Path to Healthy Living” is a Family Community Health Information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

Editors include: Carolyn Prill-Bennett, Chelsey Rash, Wendy Hazard, Lizabeth Gresham, Tanya Holloway, Jill Pronger Killian, Amalia Mata, Kay Herron-Rogers, Eadie Bradford, Billie Peden, Sidney Atchley, Joan Gray-Soria, Molly Forman.



Enjoy Healthy Recipes
dinnertonight.tamu.edu

Cucumber Salad

Ingredients:

2 English cucumbers thinly sliced
1 teaspoon salt
1 red onion thinly sliced
1 cup distilled white vinegar
1/2 cup water
1/2 cup granulated sugar
2 tablespoons fresh dill minced

Directions:

Season cucumbers with salt in a large bowl and let sweat 1 hour. Drain liquids and toss cucumbers with onion slices. In a small saucepan over high heat, pour in white vinegar and water and stir in sugar until dissolved and liquid turns clear, 3 to 5 minutes. Pour over cucumbers and onions. Stir in dill. Cover with plastic wrap and refrigerate 1 hour. Serve cold or at room temperature.

