

The Fruits of Fall

~ Beyond Pumpkins

When the leaves begin to change and the air turns colder, produce items like squash and pumpkins come to mind. However, there are many lesser-known fruits that reach their peak in autumn as well. Consider incorporating some of these seasonal foods into your fall diet to boost the flavor and nutrition

APPLES – Likely the most common fruit associated with fall in the North Country, apples are beautiful and delicious sources of nutrition this time of year. Whether red or green, apples are high in fiber, Vitamin C, potassium and antioxidants while being naturally free of fat, sodium and cholesterol. Studies have shown eating apples regularly may help lower your risk of diabetes, dementia, stroke and some cancers. So your mother was right... an apple a day may in fact keep the doctor away!

CRANBERRIES - Native to North America, cranberries are harvested in New England and the Upper Midwest in the fall. Clinically proven to aid in the prevention and treatment of urinary tract infections, cranberries may also help improve digestion, reduce bad cholesterol and boost your immune system. One half cup only contains 25 calories, but provides a great source of Vitamins A, C and K.



This Month's Featured Vegetable:

Turnips

Turnips are a type of cruciferous vegetable rich in nutrients and low in calories. Loaded with fiber and vitamins K, A, C, E, B1, B3, B5, B6, B2 and folate, as well as minerals like manganese, potassium, magnesium, iron, calcium and copper, turnips have less than 40 calories each!

Look for items on this month's menu which will feature this tasty veggie.



FIGS – Figs are a rich source of many vitamins and minerals including Vitamins A, C, K, and B vitamins, potassium, magnesium, zinc, copper and iron. With a second harvest in the fall (the first one is in the summer), figs are a delicious fall treat eaten raw or dried. They are also an excellent source of soluble fiber which helps in keeping you full for longer periods of time and relieving constipation.

PEARS – As the skin provides an excellent source of fiber, it is best to eat pears unpeeled for the most nutritional benefits. With a combination of soluble and insoluble dietary fibers, pears are beneficial to digestive health by promoting regular bowel movements and supporting “good” gut bacteria. Regular intake of pears may also help prevent heart disease due to their high antioxidant content (especially in the versions with reddish skin).

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