

May 2018

Spring Clean Your Plate

Spring is an excellent time to think about shifting your diet to a less processed, fresher version of your meal plan. With such a short growing season in Central New York it is difficult to always eat fresh produce grown nearby. So, when the weather does turn warmer, make sure you take advantage of farmer's markets and buy locally grown fruits and veggies. Next month the Senior Farmer's Market Nutrition Program will begin providing coupons for fresh produce to eligible seniors in the area. You also will see an increase in seasonal fruits, vegetables and salads in your home-delivered meals during the upcoming months!

When we eat fruits and vegetables during their true growing season we benefit from improved quality, better taste, and optimum nutrient content. Some fruits and veggies at their best right now include:

Spring what's in season?

 apricots	 artichoke	 asparagus
 avocado	 bok choy	 broccoli rabe
 fava beans	 herbs	 mango
 melon	 mushrooms	 peas
 rhubarb	 salad greens	 scallions/ramps
 spinach	 strawberries	



Over this spring and summer, we will be featuring a fruit or vegetable of the month. Learn fun facts and nutrition information on the featured produce item in your monthly nutrition article, and then look for these items to be added/sampled in that month's menu.

This Month's Featured Vegetable:

BEETS

Beets provide a nutty-sweet, earthy flavor to dishes and salads.

Their bright reddish-purple color adds visual appeal to any dish and they are nutrient packed! Beets are high in immune-boosting Vitamin C, folate and manganese. They also contain antioxidant and anti-inflammatory properties. Low in sodium, fat, and calories, they are an excellent addition to any meal!



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