

A GUIDE TO EATING SEASONALLY

A working definition for "in season" here at The Food Co-op: it's naturally available in the Pacific Northwest (as opposed to raised in a greenhouse in the dead of winter or shipped from someplace else where it is in season). Asparagus in January is not "in season" here, although it is in season on the other side of the world. (Do we ever sell asparagus in January at The Food Co-op? Yes, as we continue to educate ourselves and our shoppers about the virtues of in-season!).

Some basics about eating "in season":

- In **SPRING** eat more tender, leafy vegetables. This includes things like kale, chard, spinach, and lettuce.
- In **SUMMER** eat more light, cooling foods. This includes foods like strawberries, berries, early apples, pears, plums, summer squash, tomatoes and corn. Remember to put up your or your local farmers' harvest!-canning, drying, freezing, or otherwise preserving the foods that are in season now but that can be enjoyed during the months when there's less growing in the fields and gardens.
- In **FALL** eat more warming harvest foods. This includes root vegetables like carrots and beets, potatoes, onions, garlic, and winter squash and our autumn apples. Remember to put up or root cellar your or your local farmers' harvest! Onions, potatoes, winter squash, and many of the root vegetables can be stored in the fall through the winter in a root cellar that can be as simple as a box in a closet in an unheated room.
- In **WINTER** eat more warming foods, including the foods you've preserved from the summer and the fall harvest. This is the time for heavier foods to carry us through the cold months-soups and stews filled with the root vegetables and onions and garlic we've stored away for the winter.

Adapted from the Buy Local Challenge website at www.vancomm.com