

Seasonality of Fruits and Veggies

“Fruits and veggies are best in season and priced within reason”

Fruits and veggies are the best when they are in season because they have the most flavor and nutrients, and are the most plentiful.

Tips

- Fruits and veggies are in season: when growing on trees and plants, on sale, or ask your produce person at the grocery store for what is in season.
- Select fruits and veggies free from damage (no bruises, punctures, decay).
- Buy only what you can eat within a week.
- Wash all fruits and veggies before cutting or eating. Rinse with running water.
- When fresh produce is not available, use frozen, canned, dried, or 100% juice as alternatives.

Ideas

- For easier chewing: cut raw veggies into small bite-size pieces, grate, or partially cook in microwave.
- Add veggies in season to your main dish: for example, add zucchini, cabbage, or bell peppers to your soup, casserole, or stew.

* Please check with your doctor or health care professional before making dietary changes

Salsa

Ingredients:

Makes about 2 cups

- 4 – 6 ounces tomatoes
OR 1 (14.5-ounce) can whole tomatoes
- ¼ small round onion
- 1 tablespoon Chinese parsley
- ½ piece chili pepper
- ½ teaspoon lemon OR lime juice

Directions:

1. Finely CHOP tomatoes, onions, and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, chili pepper, lemon or lime juice, and Chinese parsley.
4. COVER and REFRIGERATE until ready to SERVE.

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