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FRUITS AND VEGETABLES IN SEASON

When you buy locally grown foods they are likely in season and a good price! Look for these fruits and vegetables over the next few months:

Fruits	Vegetables
Grapefruit	Broccoli
Lemon	Bell pepper
Lime	Cabbage
Orange	Cucumber
Papaya	Green Beans
Passion Fruit	Lettuce
Persimmon	Radish
Star fruit	Squash
Tangerine	Sweet corn
Watermelon	Tomato

For more information, contact your local County Extension Office:
 UF/IFAS-Pasco County Extension
 Family Nutrition Program
 Central Pasco Professional Center
 4111 Land O' Lakes Blvd., Ste. #314
 Land O' Lakes, FL 34639
 Phone: (813) 929-2725

BUY LOCALLY GROWN FOODS



What does locally grown food mean? The foods that farmers in your community grow are locally grown. These foods vary by season and change depending on where you live.

Benefits of Buying Locally

- **Social.** Farmers get a better price for their food by selling directly to you (no middleman is needed). You get to know your local farmers which builds community. You also learn where foods come from and what foods are in season.
- **Environmental.** Foods do not have to travel many miles to get to your table. Locally grown foods reduce the use of fossil fuels. Energy is saved and natural resources, like the air we breathe, are protected.
- **Economic.** Jobs and money stay in the community. When you spend money in your community, you invest in your community!

How Can You Support Local Food Systems?

- Focus on foods growing in your community or region
- Join a Community Supported Agriculture (CSA) system. Find one at www.localharvest.org/csa/
- Look for foods from local farms when you shop in supermarkets
- Shop at farmers' markets or food co-ops

Find out more!

Farms, markets and restaurants all over the country offer local foods. Go to www.eatwellguide.org and enter your zip code. You will get a list of businesses and a location near you!

★ **Did you know?** Some farmers' markets accept SNAP benefits. Go and buy local fruits, vegetables, dairy, bakery, and meat products!

ITALIAN PASTA SALAD

Yield: 8 servings

Serving Size: 1/8 of recipe

You will need:

- 4 cups pasta, cooked
- 2 cups broccoli pieces
- 1 cup carrot slices, cooked
- 1/2 cup red pepper strips
- 1/4 cup green onions, sliced
- 1/2-3/4 cup Italian dressing, light

Directions:

1. Mix all ingredients together.
2. Refrigerate for about 30 minutes before serving.

Try spinach instead of broccoli in this recipe!

Nutritional Value Per Serving:

Calories: 150
Total Fat: 2.5g
Saturated Fat: 0.5g
Fiber: 3g
Protein: 5g
Sodium: 210mg

Adapted from: Oregon's Healthy Harvest Recipes Oregon State University Extension Service
Recipefinder USDA

STIR-FRIED GREEN BEANS

Yield: 6 servings

Serving Size: 1/2 cup

You will need:

- 1 cup onion, chopped
- 1 teaspoon garlic, minced
- 2 cups green beans
- 1 cup mushrooms, sliced
- Add black pepper to taste

Directions:

1. Spray a skillet with non-stick cooking spray and set over medium heat.
2. Stir-fry onion and garlic.
3. Add green beans and cook until tender, about 3 to 4 minutes.
4. Add mushrooms and cook 1 to 2 minutes.



Nutritional Value Per Serving:

Calories: 30
Total Fat: 0g
Saturated Fat: 0g
Fiber: 2g
Protein: 2g
Sodium: 50mg

Adapted from: Quick and Healthy, Vol II, p.93, 1995 Brenda Ponichtera, RD. ScaleDown Publishing, Inc.. Recipefinder USDA



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