

# Nutrition Focus Newsletter



## Seasonal Produce Is Best

You may have heard that the word on the street is that certain fruits and vegetables taste better at certain times during the year. Well, this is 100% true. One of the reasons that certain produce is best at certain times of the year is because it is in its peak. One way to learn what produce is in season is by going to your local farmer's markets and seeing what they have to offer throughout the different months.

### Spring

April-May

Avocado, Lettuce, Onions, Herbs

Rhubarb

### Summer

June-August

Apples, Cantaloupe, Raspberries

Beets, Broccoli, Green Onions

### Fall

September-November

Apples, Cranberries,

Corn, Pumpkins, Squash

### Winter

November-March

Brussel Sprouts, Carrots, Rutabaga, Kale

For more Wisconsin season produce please visit :

<https://www.seasonalfoodguide.org>

### Tips for picking the best produce

- Color**—Look for bright and vibrant more nutrients are available and will be even more flavorful.
- Texture**—Look for firmer produce without soft spots and blemishes.
- Aroma**—Take a nice big sniff of the produce. Fresh produce should have a mild but pleasant aroma. When picking herbs (cilantro, oregano, basil, mint etc.) take a small piece of the herb and crush it between your fingers, it should produce a stronger aroma.
- Weight**—Produce should be a big and heavy when it is ripe. When picking a watermelon during the summer tap the outer shell and it should sound hollow. The hollow sound comes from the watermelon having a lot of water, which leads to a juicier melon. When picking root vegetables (cabbage, onion, squash) they should be heavier without soft spots.
- Imperfect produce**—This produce has some soft spots, blemishes or may be deformed. Still show this produce some love because it still will taste delicious.

*\*Please note that produce quality is based on availability and local weather conditions. \**

### Local farmers markets

Come out and support our very own Center for Independence Green Corridor Farmers Market!

11:00AM-2:00PM

Simon's Gardens

6th & Norwich

July 20th

August 17th

September 21st

### Additional farmers markets

Fondy

2200 W. Fond du Lac Ave.  
Milwaukee, WI 53206

South Shore

2900 S Shore Dr,  
Milwaukee, WI 53207

Greenfield

5151 W. Layton Ave,  
Greenfield, WI 53220

For more local farmers market please click on the link below :

<https://farmfreshatlas.org>

