

Keeping it Fresh!

Tips for fresh eating during the fall & winter months

Eating fresh fruits & veggies during the cold months is easier than you think!

Where can you find fresh produce?

- Look for seasonal produce to buy at your grocery store
- Shop the winter indoor farmers markets
- Join a winter CSA to get local produce delivered weekly
- Grow your own at home in an indoor garden

Why seasonal?

Eating seasonal foods not only tastes better, it is better for your health, the environment, and your wallet. In-season foods have had the chance to ripen to their full potential, which maximizes flavor and nutrients (especially the health benefiting phytochemicals). Also, buying local seasonal foods reduces the “food mileage” which brings down cost and is better for the environment.

What is in season?

There is no shortage of fall and winter fruits & veggies, even here in Ohio! While there are a few winter treats we need to get from our southern neighbors, many can be found from local sources! Here are just a few seasonal favorites:

- Apples
- Citrus fruits
- Broccoli
- Cauliflower
- Dark leafy greens
- Brussels sprouts
- Carrots
- Sweet Potatoes
- Pumpkins
- Winter Squash
- Parsnips
- Beets
- Turnips
- Cabbage
- Pomegranates



INDOOR HERB GARDENS

Indoor herb gardens are a great way to get fresh flavor and nutrients during the winter months. Get creative and try them on your meats, veggies, grains and more!

Tips for growing your own indoor herb garden:

- Plant herbs in pots with drainage holes and place on a dish to catch excess water
- Place pots in a window that gets direct sunlight for most of the day
- Keep your home between 60-70 degrees
- Choose herbs well-suited to indoor growing:
 - Basil
 - Chives
 - Dill
 - Oregano
 - Rosemary
 - Thyme