



NUTRITION NEWS

NUTRITION & EDUCATION PROGRAMS

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FRESH VEGETABLES IN SEASON



Benefits of Seasonal Eating

Happy September! As we enter the fall, one of the ways to protect your health from viruses and colds is to eat healthy. Eating vegetables during the season is very important for your health:

- Vegetables support the body naturally because they include nutrients, such as potassium, magnesium, calcium, Vitamin C, Vitamin A, and Vitamin K, to help your body fight inflammation.
- By opting for fresh, seasonal foods, you can also save a significant amount of money. Fresh vegetables have a better flavor and texture and more affordable when they're in season.
- Choosing fresh, seasonal vegetables allows you to play a part in protecting our environment. These foods have a smaller carbon footprint as they require less transportation and processing.
- You can support your local economy by buying fresh vegetables from your local Framers Market.
- If fresh vegetables are not available, then canned or frozen are just as beneficial to your health. The important part is to include a variety of vegetables in your diet.

What is harvested in September?

- Kale, eggplant, corn, beans, lettuce, celery, squash.

LENTIL SOUP WITH VEGGIES

Prep: 15 min.

Total: 45 min.

Serving: 8



Ingredients

- 2 cups dried red lentils
- 1 medium potato, chopped
- 1 medium onion, chopped
- 2 carrots, chopped
- 3 tablespoons olive oil
- Salt to taste
- 5 cups warm water
- 3 cups chicken or vegetable broth.
- ½ cup butternut squash, chopped.
- ½ tsp. dried oregano
- 1 tsp. dried oregano
- 1 tsp. chili powder

Directions:

- Wash the lentils and put them in a pressure cooker.
- Add onion, potato, carrot, olive oil, squash, spices, salt, chicken broth and hot water.
- When the lentils are cooked, blend your soup until desired consistency.
- Enjoy your soup.