



## What's In Season?

Choosing foods that are “in season” is good for your health and can help you save money. When you buy produce that is in season there are larger quantities of it available, making it cheaper to buy. In season food is fresh and at its best, giving you the most nutrients possible. Eating in season also gives you the chance to try new seasonal recipes and expose yourself to new fruits and vegetables you may have not tried before.

### Keeping Your Produce Fresh

- When storing food on the counter, keep them out of direct sunlight and in an open container or perforated bag.
- When storing food in the refrigerator, keep produce in perforated bags. Keep fruits and vegetables in different drawers in your refrigerator to prevent spoilage.
- Ethylene is an odorless, tasteless gas that is produced after produce is picked. It is harmless, but in large quantities it can spoil other

produce by speeding up the ripening process. Foods that are ethylene-producing include avocados, peaches, pears, plums, apples, bananas, tomatoes, cantaloupe, and honeydew. Keep these foods away from other produce by putting them in separate drawers or bags.

- Make sure you properly rinse your produce before eating it to get rid of any dirt or pesticides.

The U.S. Environmental Protection Agency found that Americans throw away nearly 31.6 million tons of food every year. Plan ahead to use the produce you buy in a couple of different ways during the week.

## Summertime Recipe

### Marinated Mango Kiwi Salmon

#### *Ingredients*

1 tablespoon honey  
2 teaspoons low-sodium soy sauce  
1 teaspoon olive oil  
1/4 teaspoon black pepper  
4 (6-ounce) salmon fillets (about 1 inch thick)  
Cooking spray

#### *Relish:*

1/2 cup diced peeled mango  
1/2 cup cubed peeled kiwifruit  
1/4 cup chopped fresh cilantro  
1/4 cup fresh orange juice

1. To prepare salmon, combine first 4 ingredients in a large zip-top plastic bag. Add fish to bag and seal. Marinate 10 minutes, turning occasionally.
2. While fish marinates, heat grill pan or large nonstick skillet over medium-high heat. Remove fish from bag, discarding marinade. Coat pan with cooking spray. Add fish and cook 5 minutes on each side or until the fish flakes easily when tested with a fork.
3. While the fish cooks, prepare the relish. Combine mango and the remaining ingredients. Serve over fish.

## Farmers Markets

A great way to get fresh, locally grown vegetables that are in season is to go to a farmers market. The farmers market provides a wide variety of local vendors that bring in fruits and vegetables to the community. You can also ask the farmer about the food safety of their produce. To find a farmers market near you, check out: <http://www.localharvest.org/>



**Call Your Health Coach for More Information 1-800-343-3822**

Sources: <http://blog.integrativenutrition.com/2011/05/100-recipes-for-a-healthy-summer-2>  
<http://www.myrecipes.com/recipe/marinated-salmon-with-mango-kiwi-relish-10000000592358/>  
<http://www.fruitsandveggiesmorematters.org>