

Seasonal Eating: Spring

Seasonal eating allows us to get the most flavor and nutrients out of our foods because the produce has time to ripen while still on the plant. Foods that are in season tend to be cheaper at the store, as well. Challenge yourself to see how many of these foods you can eat this season!



Apricot

A half cup of apricots can provide more than 20% of your Daily Value of vitamin A and C.



Asparagus

Asparagus is rich in folate, which supports the production of blood cells and supports nerve function.



Broccoli

A half cup of broccoli can provide more than 20% of your Daily Value of vitamin A and C.



Mushroom

Mushrooms are one of the few foods that can naturally contain Vitamin D, which we use to build strong bones.



Peas

One cup of peas can provide 8 grams fiber and protein, making it a good plant-based protein option.



Radish

These cruciferous vegetables are full of fiber and vitamin C and can be enjoyed raw, roasted, braised, or pickled.



Strawberry

These fruits contain vitamin C, antioxidants and have a low glycemic index score of 40.



Swiss Chard

Swiss chard contains vitamin A, C, and K. Vitamin K helps the body with clotting of blood and building bones.

Recipes

Try out these recipes that include in-season produce!

Apricot Popsicles

Supplies:

- Paper cups or popsicle mold
- Wooden sticks or plastic spoons
- Blender or food processor

Ingredients:

- 4-5 ripe apricots
- 1 cup plain yogurt
- 3 Tbsp honey

Optional: Add strawberries to the mix to enjoy more seasonal produce!

Directions:

1. Slice apricots in half to remove the pit.
2. Blend all ingredients together until smooth.
3. Pour mixture into paper cups or popsicle mold. Place wooden stick or plastic spoon in the middle.
4. Freeze for 3-4 hours until frozen.
5. Run cup or mold under warm water for 10-15 seconds. Remove cup or mold to serve.



Broccoli with Lemon Dill Dressing

Ingredients:

- 1 head broccoli
- 3 carrots, peeled and cut into 2-inch strips
- 6 Tbsp olive oil
- 2 tsp lemon juice
- ¼ tsp black pepper
- 1 tsp dried dill or 3 tsp fresh dill, finely chopped

Optional: Add chopped asparagus to enjoy more seasonal produce!

Directions:

1. Mix olive oil, lemon juice, pepper, and dill. Set aside.
2. Bring a large saucepan of water to a boil.
3. Rinse and trim stems of broccoli. Cut the floret into small uniform pieces. Rinse, peel and cut the carrots into 2-inch strips.
4. When water is boiling, add carrots and broccoli stems. Cook for 1 minute and add florets. Boil for 2 minutes.
5. Drain the produce and run under cold water.
6. Place in a large bowl and toss with dressing.