

Food and Fitness

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Why Should You Buy Produce in Season?

Buying fresh produce in season is one of the best options for a number of reasons. The phrase “in season” (for the purpose of fruits and vegetables) refers to grown or available at that time of year. For better understanding, the produce has just been harvested, usually the best quality, abundantly available, and contains maximum nutritional value. When buying produce, wanting the best value and quality is important to many.



Produce is harvested all around the world and is shipped from country to country. The benefit of global trading allows some countries to grow produce more efficiently and can be produced at a lower cost. This system allows for us to have access to much more produce availability all year long in a wider variety. The travel time can vary depending on where it is traveling from and where it is going. Some places we get produce from can take at least two weeks to travel from the farm to our local grocery store, if not longer.

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Why Should You Buy Produce in Season?

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However, just because we have access to produce grown across the globe does not mean that it is the best quality overall. In season, refers to the peak harvest season for the area where you live. Since we do not live in the other countries, that produce has to travel some distances and produce is often picked before it is fully ripe. The produce then ripens off the plant as it travels to its destination. Unlike produce that travels from another country or long distance, local, in season produce gets to ripen longer while growing which allows for an overall better product. Generally, produce that is ripened prior to being harvested allows for more flavor and better nutritional value.

Not only is produce that is locally grown and in season more nutritious and better quality, the supply is high and the cost is usually lower. With food now days costing more than ever, saving a buck or two is great. When food comes in season, many local farmers are growing that produce meaning that when it is time to harvest it, the produce comes in a large supply. When the supply is high, the price generally is lower. Not to mention buying local in season produce supports community and the local farmers.

Fresh produce can be very challenging because of quality, cost, and limited shelf life. However, buying fresh produce, in season, can combat some of those challenges. Even though we buy tomatoes at a local grocery store all year round, that have been imported from many different places, most wouldn't disagree with the fact that there is no better tasting tomato then one that came straight off the vine.



JUNE
seasonal produce



June

SEASONAL PRODUCE GUIDE

VEGETABLES

ARUGULA
ASPARAGUS
AVOCADO
BEETS
BOK-CHOY
CELERY
COLLARD GREENS
CORN
CUCUMBER
GREEN BEANS
KALE
LEEKs
LETTUCE
MUSHROOMS
PEAS
RADICCHIO
RADISHES
RHUBARB
SPINACH
TOMATOES
ZUCCHINI

FRUITS

APRICOTS
BLACKBERRIES
BLUEBERRIES
CHERRIES
FIGS
LEMONS
HONEYDEW MELON
MANGO
PEACHES
PLUMS
RASPBERRIES
STRAWBERRIES
WATERMELON



Vegetable–Parsnips

Parsnips are a root vegetable that are native to Europe. In present time, parsnips have now been introduced all over the world. Parsnips belong in the Apiaceae family along with carrots, celery, and parsley.

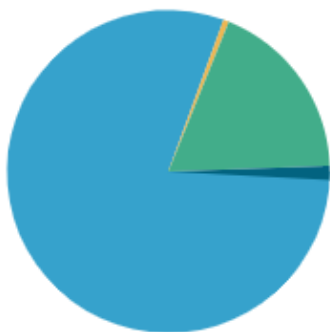
Parsnips have a long growing season of about 16 weeks (at least 100 days). They are considered to be a cool weather plant growing best when the day time temperatures are between 40 to 50 degrees Fahrenheit. For the best flavored parsnips, it is best for them to endure a few frosts. They can also be left in the ground throughout the winter months and harvested in the spring if properly covered with a thick mulch. Keeping them in the ground for the winter months allows the starch to change to sugar which allows the flavor of the parsnip to become sweet. Parsnips are so hard that they can freeze solid and it will not compromise their sweet flavor or texture.

As for nutrition, parsnips are a good source of vitamin C, vitamin E, folate, manganese, and fiber. Also, parsnips contains notable amounts of phosphorus, vitamins K, B1, and B5.

When eaten raw, parsnips have a sweet, nutty, and peppery taste. When cooking parsnips, it enhances the sweet flavor. It is said that parsnips are starchy like a potato, sweet like a carrot, but also bitter like turnips. When purchasing parsnips, the paler white ones will contain a sweeter taste.

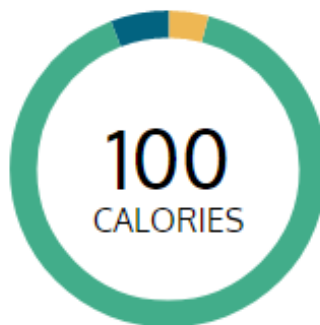


WHAT IS THIS FOOD MADE OF?



80.32%	Water
1.21%	Protein
18.17%	Carbs
0.3%	Fat
0%	Alcohol

WHERE DO THE CALORIES COME FROM?



6%	Protein
90%	Carbs
4%	Fat
0%	Alcohol

Minerals

		%DV
-- = missing data		
Weight	133g	
Calcium	47.9mg	4%
Iron, Fe	0.8mg	4%
Potassium, K	498.8mg	11%
Magnesium	38.6mg	9%
Phosphorus, P	94.4mg	8%
Sodium	13.3mg	1%
Zinc, Zn	0.8mg	7%
Copper, Cu	0.2mg	18%
Manganese	0.7mg	32%
Selenium, Se	2.4mcg	4%

Nutrition Facts



Parsnips

Parsnips Raw

Serving Size:

1 x 1 cup slices (133g)

Nutrition Facts

Serving Size

1 cup slices (133g)

Calories 100

% Daily Value *

Total Fat 0.4g	1%
Saturated Fat 0.1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13.3mg	1%
Total Carbohydrate 23.9g	9%
Dietary Fiber 6.5g	23%
Total Sugars 6.4g	13%
Includes --g Added Sugars	--%
Protein 1.6g	3%
Vitamin C 22.6mg	25%
Vitamin D 0mcg	0%
Iron 0.8mg	4%
Calcium 47.9mg	4%
Potassium 498.8mg	11%
Phosphorus 94.4mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

-- = missing data

Source

Vitamins

-- = missing data

%DV

Weight	133g	
Vitamin A, RAE	0mcg	0%
Vitamin C	22.6mg	25%
Thiamin (B1)	0.1mg	10%
Riboflavin (B2)	0.1mg	5%
Niacin (B3)	0.9mg	6%
Vitamin B5 (PA)	0.8mg	16%
Vitamin B6	0.1mg	7%
Biotin	--mcg	
Folate (B9)	89.1mcg	22%
Folic acid	0mcg	0%
Food Folate	89.1mcg	22%
Folate DFE	89.1mcg	22%
Choline	--mg	--%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	0mcg	0%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	0mcg	0%
Vitamin A, IU	0IU	0%
Lycopene	0mcg	
Lut + Zeaxanthin	0mcg	
Vitamin E	2mg	13%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	29.9mcg	25%

Recipe– Roasted Parsnips

Ingredients

- 1 1/2 pounds parsnips, peeled and cut into 2 1/2 inch batons
- 4 teaspoons extra virgin olive oil
- 1/3 cup stock (low sodium turkey stock, chicken stock or vegetable broth)
- 3 tablespoons unsalted butter, softened
- 4 teaspoons drained, bottled horseradish
- 1/2 tablespoons finely chopped flat-leaf parsley
- 1/2 tablespoons minced chives
- 1/2 small clove garlic, minced



Directions

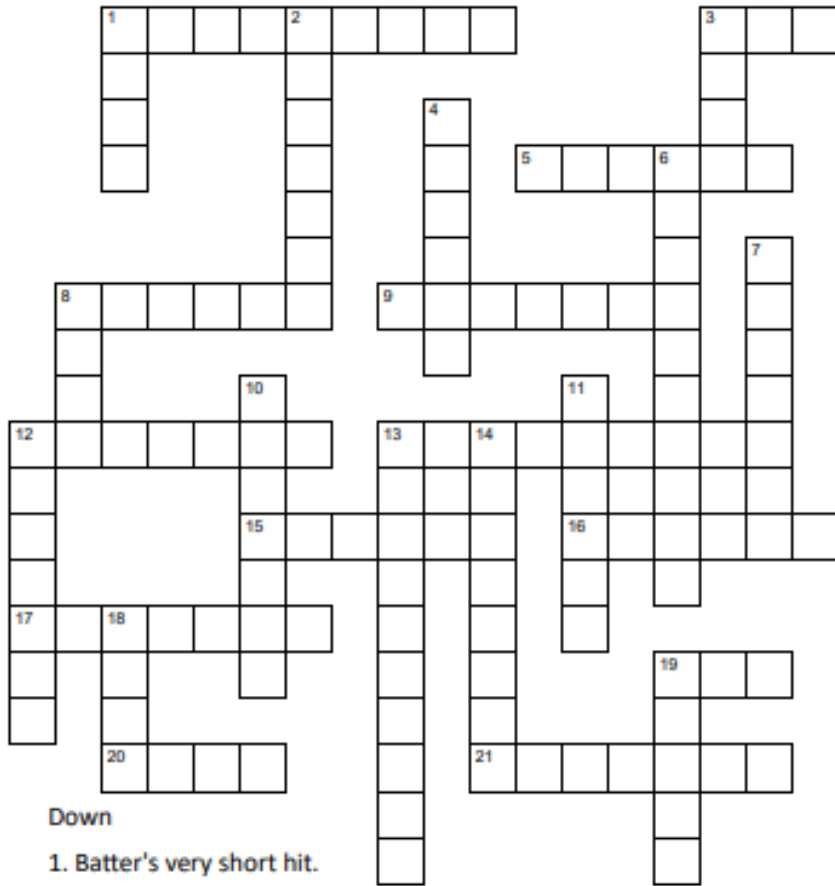
1. Pre-heat oven to 400°F
2. In a large roasting pan with sides no more than 2 inches high, toss the parsnips with the olive oil, salt and pepper. Add the broth, cover with aluminum foil.
3. Roast, stirring once or twice, until the parsnips are tender and the stock has evaporated or been absorbed, 20-45 minutes (depending on how tender the parsnips are to begin with). Check often to avoid their getting mushy, especially if they are to be reheated later.
4. Make horseradish-herb butter: Combine the softened butter with the horseradish, parsley, chives and garlic and season with salt and pepper.
5. Toss the warm roasted parsnips with the horseradish-herb butter to serve.

Recipe received from: [Roasted Parsnips Recipe \(simplyrecipes.com\)](http://simplyrecipes.com)

Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

Baseball Time



Across

1. Simple seating for the fans.
3. Ball that is hit to the outfield.
5. This hit gets the batter to first base.
8. Player who is ready to swing.
9. Puffed corn snack.
12. Roasted, salty snack.
13. His position is between second and third base.
15. Where the team sits when not playing.
16. There are nine of these in a game.
17. Four base hit.
19. Baseball player headwear.
20. Group of players.
21. Part of the field between the bases.

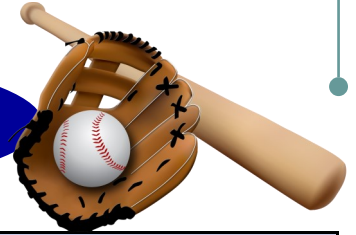
Down

1. Batter's very short hit.
2. Position behind home plate.
3. Hit that is out of bounds.
4. Frankfurter in a bun.
6. Seating in a large stadium.
7. Pitcher's place to warm up.
8. Baseball runner's destination.
10. Large structure where baseball is played.
11. There of these and you are out.
12. He throws the ball.
13. Where the game tally is shown.
14. Area of the field outside of the diamond.
18. Catcher's protective glove.
19. Large group of people.



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Flip a Coin Day	2 National Doughnut Day	3 National Trails Day
4 National Cheese Day	5 World Environment Day	6 National Garden Exercise Day	7 National Chocolate Ice Cream Day	8 Best Friends Day	9 National Flip Flop Day	10 Iced Tea Day
11 National Corn on the Cob Day	12 National Jerky Day	13 Sewing Machine Day	14 Nursing Assistants Day	15 National Prune Day	16 Fresh Veggies Day	17 Eat Your Vegetables Day
18 Father's Day	19 National Kissing Day	20 Ice Cream Soda Day	21 International Yoga Day	22 National Onion Ring Day	23 National Food Truck Day	24 Swim a Lap Day
25 National Catfish Day	26 Forgiveness Day	27 National Onion Day	28 Paul Bunyan Day	29 Camera Day	30 Meteor Day	

Monthly Observances

Alzheimer's and Brain Awareness Month
 Aquarium Month
 Candy Month
 Dairy Month
 Effective Communications Month
 Great Outdoors Month

National Accordion Awareness Month
 National Adopt a Cat Month
 National Fresh Fruit and Vegetable Month
 National Iced Tea Month
 Rose Month
 Turkey Lovers Month

Kathrine J. Clark, MS, RD, LD
Nutrition Consultant
1 John Marshall Drive
Huntington, WV 25575
Kathrine.Clark@marshall.edu



Brain Exercise Answers

Baseball Time

Crossword

SOLUTION



This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.