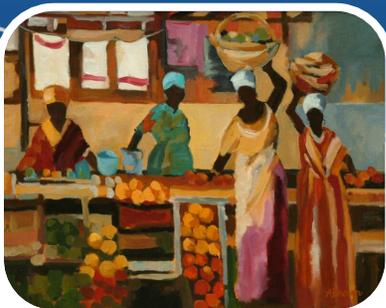


Seasonal Eating For Balanced Living

Seasonal Eating is the conscious act of eating foods that come from the Earth in the season that is natural for that plant species.

There are numerous benefits to eating with the seasons, which range from higher nutrient density, better taste, cheaper retail prices, and it is healthier for the Earth.

Fruits and vegetables that are in season have undergone a sacred growing process, which is in alignment with the rhythm of nature. The result of a seasonal harvest is a food source with a fully developed nutrient profile, authentic flavor, and a sweet opportunity to participate in the natural rhythm of your environment.



Spring

Spring is a season of re-birth, abundance and warmer weather after a chilly winter season. The dormant seeds from plants that died back during the frost are returning and fruiting plants are more numerous, which can also mean more pollen in the air leading to seasonal allergies in some. During this season the Earth gives us foods high in vitamin C, and B vitamins, as well as foods higher in water to hydrate us after the dry winter.

Citrus, Melons, Berries, Broccoli, Lettuce, Squash, Onion, Mushrooms, Avocados, Snap Peas, Cabbage, Carrots



Summer

As the temperatures heat up the Earth provides us with foods that continue to hydrate us and give us necessary electrolytes (C, Ca, Mg, potassium) and antioxidants. Summer brings a quickening energy that is perfect for task-mastering. This season can make us desire lighter foods that allow us to be more active, and we may even feel the need to engage in cleanses and fasting during this time to lighten up our bodies.

Artichokes, broccoli, cabbage, spinach, cucumber, Corn, lettuce, peppers, Citrus, melons, berries, Grapes, kiwi

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Autumn

As the heat of summer recedes and the cooler temperatures return, our bodies may call for heartier and more substantial meals that “stick to our ribs”. The transition into cooler weather can also affect the immune systems of some making them more prone to colds and flus during this time. Naturally, the Earth makes available foods that gather the sun energy from their above ground plant parts and store them away in roots and tubers. Fall foods tend to be abundant with beta-carotene, betaine and Vitamin C to boost our immune systems against cool weather pathogens.

Persimmon, apples, cantaloupe, grapefruit, peaches, oranges, squash, cauliflower, beans, lettuce, carrots, sweet potato, celery



Winter

Winter is a time of inwardness, stillness and reflection. Nature is pulling back her energy and going into a time of rest, which is usually felt in all creatures including humans as hibernation vibrations set in. Fruiting plants are not in as much abundance during this time but winter vegetation like green leafy vegetables and mushrooms have locked in the energy of the sun in their chlorophyll and also provide us with Vitamin D at a time when we are least exposed to the sun. Roots and tubers are also able to thrive during this season and make for a great source of fiber, carbohydrates, and carotenoids, which boost the immune system and help to fend off colds and flus.

Asparagus, carrots, avocados, broccoli, cabbage, mushrooms, sweet potato, kale, beans, grapefruit, lemons, oranges,

Quick Nutrient Reference

Spring

High vitamin C, B vitamins, and Antioxidants, high water content

Summer

High water content foods, Vitamin C, B vitamins, Electrolytes

Autumn

High Vitamin C, carotenoids, antioxidants, high fiber, starches

Winter

Chlorophyll rich, Vitamin D, antioxidants, carotenoids, fiber, starches

Seasonal Eating Tips:

- Fresh produce can be frozen. As you buy in season you may find prices cheaper and may want to stock up while you can.
- Farmers Markets can be an easy way to shop for seasonal produce. Find a local one near you.
- Gardening is a great way to always have a supply of seasonal produce year round. Start a few raised beds, container gardens or rent a community plot near you.