



Fall's Fresh Feast: Savour Seasonal Produce

September is a great time to enjoy fresh, nutritious produce. Discover the abundance of delicious and healthy fruits and vegetables available this season.

Eating in-season produce has many benefits:

- Fresh, locally harvested foods taste better and retain more nutrients, as produce can lose up to half its nutritional value after being picked.
- Buying local supports farmers, strengthens the local economy, and reduces environmental impacts, such as transportation emissions and packaging waste.
- Seasonal produce is often more affordable, especially when bought at farmers' markets or picked yourself.

Many summer favourites, including tomatoes, corn, broccoli, and lettuce, are still fresh and readily available in September. In addition, fall brings new options such as apples, pears, grapes, pumpkins, eggplant, Brussels sprouts, and cranberries. These foods are rich in fibre, vitamins, and minerals, making them excellent additions to a balanced diet.

They are also versatile in cooking: apples and pears work well in salads and oatmeal, Brussels sprouts can be roasted or added to salads, and pumpkins are great in soups or even as a substitute for pasta.

This month, embrace seasonal eating and enjoy the many benefits of incorporating fresh, wholesome foods into your routine.

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