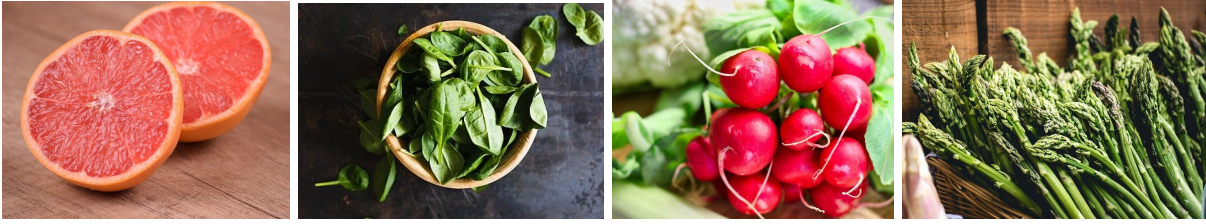


Nutrition Tip of the Week: Eating Seasonally and Locally



Hello CSUSM Athletes!

Finally, winter is coming to an end and spring is right around the corner, hooray! With the change of seasons, new seasonal foods will be ready at your local farmers markets and stores. This week we are talking about eating seasonally and locally and why it's not only beneficial, but important.

Eating Seasonally means that you're acquiring and consuming produce at the same time of year when it is naturally ready for harvest and comes to market. This is how farmers and gardeners know what crop to plant and when. It also usually goes hand in hand with eating local food. **Local eating** means consuming food grown near the place they are being sold. Some experts define "near" as within 150 miles, while the Food, Conservation, and Energy Act of 2008 defines it as eating within the same state or within 400 miles. Eating seasonal might sound like a new concept, but it actually has been around for centuries. Today's globalized food system causes food to be grown far away and then shipped cross-country or overseas to our stores. Unfortunately, sourcing food locally is not the main way our food supply and food systems are set up. Choosing to eat seasonal produce drastically reduces your carbon footprint and helps to support a more geographically sustainable food economy.

Benefits to Eating Seasonally and Locally

FRESHER AND TASTIER PRODUCE

Eating when food is at its freshest and ripest enhances its flavor profile, so it tastes amazing.

NUTRIENT-DENSE PROFILE

When food has to travel long distances, it is usually picked before it is ripe so it can withstand the journey ahead and also loses its nutritional value if not preserved or frozen. Seasonal & local foods are fresher, riper and for this reason, have a higher nutrient-density.

BUDGET FRIENDLY

Not having to pay for shipped produce cuts down the cost. Eating foods within the season also means there is less effort to produce that food during that time of year and there is a surplus of food after harvest, driving down the price.

VARIABILITY OF NUTRIENTS

Changing up your foods with the seasons increases the variability of nutrients that encompasses your overall diet. Variability in what we eat throughout the year gets us out of the habit of eating the same foods, inspires us to try new things, and gives our bodies the opportunity to get various nutrients from different food sources.

FEWER PRESERVATIVES

Preservatives are chemicals that are added to food in order to prevent it from spoiling and to preserve shelf life. Local produce typically requires fewer - if any - preservatives because the trip from farm to market is shorter.

HELP SUPPORT LOCAL ECONOMY AND ENVIRONMENT

Buying local produce supports farmers in your community and avoids environmental impact of long-distance transport.

WAYS TO EAT SEASONALLY AND LOCALLY

1 Think Local

What is available will largely depend on where you live. Luckily in California, we have a larger variety and range of produce that is available year-round (especially in winter months) than those in the midwest or east coast.

2 Try New Things

Open your mind and taste buds to new foods and new experiences. Look around, you might find something you've never heard of or seen before!

3 Visit Your Local Farmers Market

This is an excellent indicator of whats in season. It's a fun shopping experience, plus you get to meet the farmers and folks that grow your food! Check out this link to see what farmers markets are near you! <https://www.sdfarmbureau.org/farmers-market/>

4 Check The Produce Isle

Some stores will advertise that they carry local foods and will sometimes have a small section- this will be where foods will get switched up seasonally. You can also ask your grocer where certain produce comes from.

5 Get Involved with a CSA Program

Community Supported Agriculture Programs (CSA) are another great way to eat seasonally, especially if you can't make it to the farmers market. Pay for a monthly or yearly subscription to a farm or farm groups and you'll receive a box of seasonal and local produce on a weekly or monthly basis. Visit the links for more information:

<https://www.sdfarmbureau.org/csa-community-supported-agriculture/> and

<https://ediblesandiego.ediblecommunities.com/shop/guide-csas-san-diego-county>



*Spring Seasonal Foods in San Diego County/
Southern California*

Fruits	<ul style="list-style-type: none">❖ Avocados❖ Grapefruit❖ Lemons❖ Kiwi❖ Mandarins❖ Strawberries❖ Oranges❖ Tangerines
Vegetables	<ul style="list-style-type: none">❖ Artichokes❖ Arugula❖ Asparagus❖ Beets❖ Carrots❖ Spinach❖ Bok Choy❖ Broccoli❖ Collard Greens❖ Kale❖ Spring Onions❖ Celery❖ Cauliflower❖ Cabbage❖ Winter Squash❖ Turnips❖ Sunchokes❖ Sprouts❖ Celery root❖ Chard❖ Green Beans

Herbs	<ul style="list-style-type: none">❖ Thyme❖ Tarragon❖ Rosemary❖ Sage❖ Parsley❖ Oregano❖ Mint❖ Green onions❖ Chives❖ Cilantro❖ Fennel
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Check out San Diego's and California's seasonal crop calendar and guide

here:

- <https://www.sdfarmbureau.org/harvest-calendar/>
- https://daylightfoods.com/eatingnow_seasonalguide_web.pdf
- <https://www.seasonalfoodguide.org/why-eat-seasonally>

Recipe of the Week: Lemon Chickpea Orzo Soup

Onions, carrots, garlic, lemon, kale, and spinach are seasonal in the spring. This means, the ingredients will be fresher, cheaper, and dense in nutrients.

Chickpeas are high in fiber, protein, vitamins and minerals. Tahini is a condiment made from ground sesame seeds, and is filled with healthy fats, vitamins, and minerals. Tahini is rich in antioxidants, which can help fight against diseases like heart disease, type 2 diabetes, and some cancers.

Prep time: 10 minutes

Cook time: 20 minutes

Serving size: 2 cups

Servings: 4

Ingredients:

- 1 tablespoon of olive oil
- ½ an onion, diced
- 3 carrots, diced
- 3 cloves garlic, minced
- 7-8 cups of vegetable broth or water (or combo)
- ⅓ cup tahini
- ½ cup lemon juice (about 3-4 large lemons)
- 1 cup whole wheat orzo
- 2 cans chickpeas, drained and rinsed
- 1 large handful of baby kale or spinach
- Pepper or lemon pepper, to taste
- Salt, to taste



Nutrition Facts

Serving Size About 2 Cups
Serves 4

Amount Per Serving

Calories 302

% Daily Value*

Total Fat 12.3g **19%**

Saturated Fat 1.7g

Cholesterol 0mg **0%**

Sodium 713.6mg **30%**

Total Carbohydrate 42.9g **14%**

Dietary Fiber 9.6g **39%**

Sugars 9.6g

Protein 12.3g **25%**

Vitamin A 99% Vitamin C 45%

Calcium 24% Iron 25%

Vitamin D 0% Magnesium 38%

Potassium 28% Zinc 17%

Phosphorus 34% Thiamin (B1) 40%

Riboflavin (B2) 24% Niacin (B3) 24%

Vitamin B6 25% Folic Acid (B9) 58%

Vitamin E 12% Vitamin K 560%

Directions:

1. Heat oil or water over medium heat. Saute carrot and onion for about 5-7 minutes. Add garlic, then saute for an additional minute.

2. Add the broth or water, then bring to a boil. Then, add orzo and chickpeas. Reduce the heat to medium-low, so that it is gently boiling. Cook at medium-low temperature for 8-9 minutes.

3. Remove from heat. Add tahini, lemon juice, and kale or spinach, then stir well. Add salt, pepper, and/or lemon pepper to taste.

Recipe adap

Adapted from: <https://simple-veganista.com/lemon-chickpea-orzo-soup/>



The Cougar Pantry serves free food to all CSUSM students. Each Student may visit once per week, in addition to attending Fresh Market Mondays (every Monday in Chavez Plaza from 10am - 1pm) and Produce Truck Tuesdays (first tuesday of every month in front of Markstein Hall from 12-1 pm) for fresh produce.

Cougar Pantry is located in **USU 3100A** and the hours are as follows:

Mondays: closed for Fresh Market

Mondays; Tuesday - Thursday: 9 AM - 5 PM

Friday: 9 AM - 1 PM

Don't forget your reusable bag and student ID!

Thank you Cougars and have a wonderful week!