

SEASONAL EATING

YOUR GUIDE TO EATING IN SEASON

MADE EASY

What Grows in September?

Why Buy in Season?

Seasonal food is fresher, tastier and more nutritious than food consumed out of season.

Seasonal fruits and vegetables produced on local farms are often fresher, as they do not require long distances for transport.

Crops picked at their peak of ripeness are also better tasting and full of flavor.

Studies have shown that fruits and vegetables contain more nutrients when allowed to ripen naturally on their parent plant.

Also, it encourages variety!

I based this guide on what is in season in North Carolina. What's in season where you live may be different.

It could be that the season calendar is just a little earlier or later than here in NC OR some of the produce I mentioned might not even grow where you live.

That's ok!

It is still helpful to know what is growing currently in your country. This can make you a smarter consumer.

If you are curious to know what is growing in your state this **link** is a great resource!

APPLE HEARTS

APPLES



Directions

Preheat oven to 400F.

Roll out the puff pastry sheet and cut out 2 heart shapes, bigger than the size of your apples.

Slice the apple in half, and then in half again. Cut thin slices from each quarter.

Place the largest halves on the heart shape dough to form a heart shape. Place 2 or 3 more halves on top of each other, each a size smaller than the other to form additional hearts.

Place them on a baking sheet and bake for 15-20 minutes.

Enjoy!

Ingredients

1 puff pastry sheet (you will have extra leftover)

1 small apples

sugar & cinnamon

A close-up photograph of several pumpkin chocolate chip muffins in a dark grey metal muffin tin. The muffins are golden-brown with visible chocolate chips and are nestled in light-colored paper liners. The background is slightly blurred, focusing attention on the muffins in the foreground.

PUMPKIN CHOCOLATE CHIP MUFFINS

PUMPKIN

Directions

Mix flour, sugar, pie spice, baking soda, baking powder, and salt in large bowl.

Break eggs into another bowl. Add pumpkin and butter and whisk until well blended.

Stir in chocolate chips.

Pour over dry ingredients and fold in with rubber spatula until dry ingredients are moist.

Bake for 20-25 min at 350° F.

Wrap in plastic bag and keep for 1-2 days.

Ingredients

1 ½ cups all-purpose flour

1 cup sugar

1 tablespoon pumpkin spice

1 tsp baking soda

¼ tsp baking powder

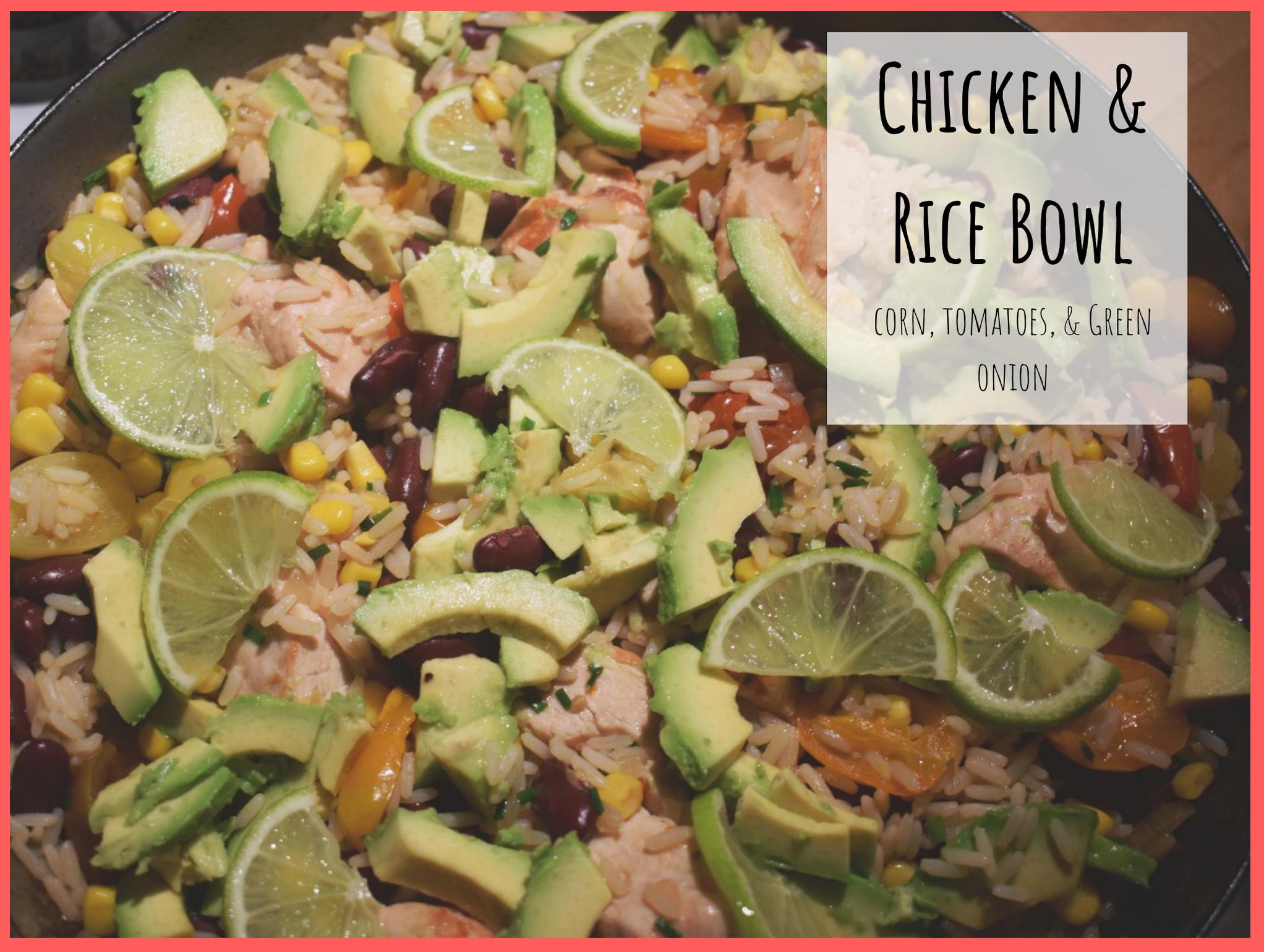
¼ tsp salt

2 large eggs

1 cup plain pumpkin

½ cup (1 stick) butter,
melted

1 cup chocolate chips



CHICKEN & RICE BOWL

CORN, TOMATOES, & GREEN
ONION

Directions

On medium high, heat olive oil in a pan. Cook chicken thighs until cooked through. Add salt and pepper while it cooks. Once cooked, set aside.

In same pan, add onion, tomatoes, and rice on medium low. Add more oil if needed. Sauté for a few minutes.

Add white wine to pan. Then add the broth.

Add some lime peel.

Add corn and beans. Mix well. Cover the pan with lid and let it simmer on low for 15-20minutes.

Add the sliced avocado and lime on top, and serve!

Ingredients

chicken thighs

1 diced green onion

1 avocado

rice, 1 cup

1 can of red kidney beans

1 can of corn

lime (juice and peel)

10 cherry tomatoes (halved)

olive oil

½ cup white wine

1 cup water with bouillon cube (or 1 cup of broth)



TWIST TO THE ORDINARY TUNA SALAD TOMATOES & GREENS

Directions

Mix all the dressing ingredients together, set aside

Chop onion, toss with tuna (add capers or pickles here if using)

Toss tuna with dressing.

Place washed lettuce leaves in a flat bowl. Place tuna on top.

Decorate with cherry tomatoes and egg (halved) on top.

Serve with nice crusty bread.

Enjoy!

Ingredients

can of tuna in water

1 shallot or small onion

lettuce

cherry tomatoes

1 hardboiled egg

Dressing

2 tbsp of lemon juice

2 tbsp olive oil

2 tbsp of mayo

3 tbsp of crème fraiche or plain Greek yogurt (can find crème fraiche at trader joes!)

chive, chopped finely

optional: 1 tbsp capers or 1 tbsp of chopped pickles

ICED PEPPERMINT TEA

PEPPERMINT



Directions

Boil 4 cups of water. Turn off heat and add the peppermint. If adding sweetener, mix it in now so that it melts in nicely.

Let the peppermint strain for 10 minutes.

Strain the peppermint out and let the tea cool until easy to handle.

Add the tea to a pitcher, mix in some sliced lemon and a few sprigs of mint.

Enjoy a glass with ice or place in fridge until cooled to a refreshing temperature!

Ingredients

1-2 handfuls of
peppermint (depending
on how strong of a mint
flavor you want)

lemon, sliced

optional - sugar or honey
to sweeten it to your
liking