

SEASONAL EATING

YOUR GUIDE TO EATING IN SEASON

MADE EASY

What Grows in December?

NIBBLES & BITS

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!

SWEET & SALTY PECANS

PECANS



Directions

1/2 tsp salt

1/2 tsp pepper

1/4 tsp cayenne

1/4 tsp ginger

1/8 tsp allspice

1/2 tsp cinnamon

1.5 tbsp brown sugar

2 cups pecans

3 tbsp butter, melted

Ingredients

Mix the spices and sugar in the bowl.

Coat nuts with butter (about half of butter) and bake in 350 degrees F for about 10 minutes, until toasted.

Mix roasted nuts with the spices and remaining butter until well coated. Toast for additional 5 minutes in the oven, stirring and shaking pan frequently. Keep an eye on them to make sure they don't burn.

Let cool and then enjoy!

BIRCHLIMUESLI

APPLES



Directions

Mush banana in a bowl, pour $\frac{1}{2}$ tbsp. of lemon juice to prevent browning

Add honey, oats, yogurt, and raisins. Mix well and let sit for $\frac{1}{2}$ hour to soften the oats.

Add grated apple, and fruit or berries. Serve immediately with bread, butter, and tea.

Ingredients

Slightly overripe banana

Lemon juice

1 tbsp. Honey

$\frac{1}{2}$ cup old fashion oatmeal

$\frac{1}{2}$ cup plain yogurt

1 apple, grated with skin on

handful of raisins

cup full of seasonal fruit or berries

BAKED MAC & CHEESE

SPINACH



Directions

1. Bring a large pot of salted water to boil. Add 1/2 package of pasta and cook until al dente.
2. Dice 1/2 onion and sauté in butter for 3-4 minutes, until translucent.
3. Add 1 tbsp flour and cook for another 2 minutes, stirring occasionally.
4. Add 2 cups of milk, reduce heat to low and simmer, stirring occasionally until it thickens a bit.
5. Remove from heat, add the cheese and spinach. Mix until cheese has melted and spinach has wilted. If adding chicken, make sure it is already cooked and add here.
6. Pour over the pasta and mix.
7. Butter an oven proof pan and pour pasta mixture into it. Bake for 20 minutes at 380° F.

Ingredients

pasta - I like bowties, but macaroni works well too!

2 tbsp butter

1/2 onion

1 tbsp flour

2 cups milk

1 cup shredded sharp cheddar cheese

3 cups of baby spinach

optional: chicken, cooked

MINTY AVOCADO

MINT



Directions

Add all the ingredients into the blender and blend until smooth consistency!

Ingredients

1/2 avocado

1/2 frozen banana

1/2 orange (can just use orange juice, but I like adding the whole fruit for extra fiber!)

1 tsp flax seeds

3 tbsp of milk (I used soy; you might need more to get a less thick smoothie)

few mint leaves (a little go a long way)

optional - 1 tsp maple syrup (for extra sweetness)