

Benefits of Seasonal Shopping



Summary

- Health benefits of seasonal eating
- How to shop for seasonal produce
- What to look for each month
- Food Demo!
 - Springtime Vegetable Soup



Good Measures Support

nm.goodmeasures.com

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Welcome to Good Measures

No-cost programs for weight loss, heart health, and more!

Good Measures nutrition and health programs are **no cost** to NMRHCA medical plan retirees and their spouses or domestic partners. These programs bring together the expert coaching of a registered dietitian with a smart app to help you improve your health through the power of food.

Improve your health one bite at a time.

Good Measures makes it easy to make better food choices, build healthier habits that work for you, manage your weight, and reach your health goals. Good Measures is grounded in science and based in the reality of life. Check in with your coach by phone and app messaging when it's most convenient for you.

[Sign up online](#)[Or call us at
888-320-1776](#)

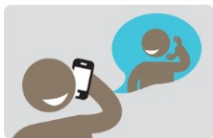
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How it works

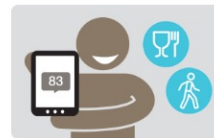
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Why eating seasonally is better for you

Nutrition Powerhouse!

Seasonal Produce:

- Filled with health promoting vitamins and minerals
- Picked when it is fully developed at the peak of the season.
- Grown in optimal growing conditions
- More sun exposure means more antioxidants like vitamin C, folate and beta-carotene



Why eating seasonally is better for you

Supports our health through each season

- Leafy greens in the spring help us detoxify our bodies
- Watermelon, berries and cucumber help hydrate in the warmer months.
- Winter and root veggies are great for helping keep the body warmer in colder months



Why eating seasonally is better for you

Fresh and flavorful

- Produce grown in season tastes better
- Harvested at the right time without spoiling on the shelf



Why eating seasonally is better for you

Saves money!

- This is simply supply and demand.
- There is an abundance of certain crops at different times throughout the year.
- With more of a crop comes less of a price.
- Local farmers won't have extensive travel or storage costs, so that help drive down the price.









NEW MEXICO HARVEST CALENDAR

All of these delicious foods are grown in New Mexico, but local availability depends on a variety of growing conditions including weather, soil, elevation, and farmer preference.

Check with your local market to find out what is available near you!

<p>SPRING » MARCH THROUGH MAY</p>	<p>Nuts Pecans Pistachios</p> <p>Vegetables Arugula</p>	<p>Asparagus Beans (dried) Beets</p> 	<p>Bok Choy Broccolini Dried Corn (chicos, posole) Greens (cooking) Herbs</p>	<p>Lettuce Onions Peas (shelling, sugar snap, snow) Radishes Rhubarb</p>	<p>Salad Greens Spinach Turnips</p> 
<p>EARLY » SUMMER JUNE THROUGH MID-JULY</p>	<p>Fruits/Nuts Apricots Cherries Figs Nectarines Peaches</p> 	<p>Plums Strawberries</p> <p>Vegetables Arugula Beans (dried) Beans (fresh) Beets</p>	<p>Carrots Cucumbers Dried Corn (chicos, posole) Fennel Garlic Greens (cooking)</p>	<p>Herbs Kohlrabi Lettuce Onions Peas (shelling, sugar snap) Potatoes</p> 	<p>Radishes Rhubarb Salad Greens Spinach Summer Squash Turnips</p>

Seasonal Shopping

SPRING »

MARCH
THROUGH MAY

Nuts

Pecans
Pistachios

Vegetables

Arugula

Asparagus
Beans (dried)
Beets



Bok Choy
Broccolini
Dried Corn
(chicos, posole)
Greens (cooking)
Herbs

Lettuce
Onions
Peas (shelling,
sugar snap, snow)
Radishes
Rhubarb

Salad Greens
Spinach
Turnips



EARLY » SUMMER

JUNE THROUGH
MID-JULY

Fruits/Nuts

Apricots
Cherries
Figs
Nectarines
Peaches



Plums
Strawberries

Vegetables

Arugula
Beans (dried)
Beans (fresh)
Beets






Carrots
Cucumbers
Dried Corn
(chicos, posole)
Fennel
Garlic
Greens (cooking)

Herbs
Kohlrabi
Lettuce
Onions
Peas (shelling,
sugar snap)
Potatoes



Radishes
Rhubarb
Salad Greens
Spinach
Summer Squash
Turnips

Seasonal Shopping

<p>HIGH » SUMMER</p> <p>MID-JULY THROUGH EARLY SEPTEMBER</p>	<p>Fruits/Nuts</p> <p>Apples Apricots Berries Grapes Melons Nectarines Peaches Pears Pecans</p>	<p>Pistachios Plums Watermelons</p> <p>Vegetables</p> <p>Beans (dried) Beans (fresh) Beets Peppers (shishito, jalapeño, bell)</p>	<p>Black-eyed Peas Cabbage Carrots Celery Corn Cucumbers Dried Corn (chicos, posole) Eggplant</p> 	<p>Fennel Garlic Green Chile Greens (cooking) Herbs Kohlrabi Leeks Lettuce Okra Onions</p> 	<p>Potatoes Pumpkins Radishes Salad Greens Summer Squash Tomatoes Tomatillos Turnips Winter Squash</p>
<p>FALL »</p> <p>LATE SEPTEMBER THROUGH NOVEMBER</p>	<p>Fruits/Nuts</p> <p>Apples Grapes Melons Pears Pecans Pistachios Plums Raspberries Watermelons</p> 	<p>Vegetables</p> <p>Arugula Beans (dried) Beans (fresh) Beets Peppers (shishito, jalapeño, bell) Broccoli Cabbage Carrots Cauliflower Corn</p>	<p>Cucumbers Dried Corn (chicos, posole) Eggplant Fennel Garlic Green Chile</p> 	<p>Greens (cooking) Herbs Kohlrabi Leeks Lettuce Okra Onions Parsnips Potatoes Pumpkins Radishes Red Chile</p>	 <p>Rutabaga Salad Greens Summer Squash Sweet Potatoes Tomatoes Tomatillos Turnips Winter Squash</p>

Seasonal Shopping

WINTER »

DECEMBER
THROUGH
FEBRUARY

Fruits/Nuts

Apples
Jujubes
Pecans
Pistachios

Vegetables

Arugula
Beans (dried)

Beets
Cabbage
Celery Root
Dried Corn
(chicos, posole)
Garlic
Greens (cooking)
Herbs

Leeks
Lettuce
Onions
Parsnips
Potatoes
Radishes
Red Chile
Root Vegetables

Rutabaga
Salad Greens
Spinach
Turnips
Winter Squash







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Seasonal Shopping

Springtime Vegetable Soup

Ingredients

- 2 tbsp olive oil
- 1 ½ yellow onion
- 3 large carrots, peeled and chopped
- 2 celery stalks, sliced
- 2 turnips, peeled and chopped
- 1 large zucchini, chopped
- 1 large potato chopped
- 1 15-oz can diced tomatoes, juice drained
- 8 cups low-sodium vegetable broth
- 1 bay leaf
- 1 tsp southwestern seasoning mix
- ½ tsp course salt
- Black pepper to taste



Springtime Vegetable Soup

Instructions

Heat a large pot to medium-high. Add olive oil and vegetables (not the tomatoes). Sauté until onion is translucent, about 5 minutes.

Add broth, seasoning mix, tomatoes, bay leaf and salt & pepper. Bring soup to a boil.

Cover the pot and reduce heat to medium-low. Simmer until vegetables have softened completely, about 20 minutes.

Remove the bay leaf with tongs. Blend soup until smooth before serving. If needed, adjust seasoning with salt & pepper, to taste.



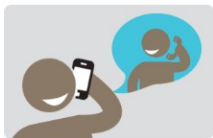
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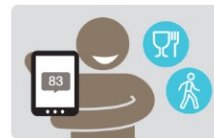
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Questions