

Seasonal Eating in the Spring

Spring brings a flourish of new growth in the form of healthy vitamin & mineral rich greens - exactly what our bodies need after a long winter! Spring is a great time to cleanse and reset our bodies as we transition into a time of more physical activity. Spring is also a wonderful time to forage and harvest many edible and medicinal weeds and foods. As always, be sure to preserve any extras for use in future seasons!

Plant-based foods

- DARK GREENS LIKE ARUGULA, SPINACH, KALE, COLLARDS, CHARD, MUSTARD GREENS, ETC
- CAULIFLOWER
- BROCCOLI
- BRUSSEL SPROUTS
- CABBAGE
- LEEKS
- GARLIC
- GARLIC SCAPES
- GREEN ONIONS
- RADISHES
- RUTABAGAS
- TURNIPS
- WATERCRESS
- PARSNIPS
- ARTICHOKE
- ASPARAGUS
- PEAS
- EARLY SPROUTING HERBS LIKE PARSLEY, FENNEL, MINT, CHIVES

Animal Products

- MILK & DAIRY PRODUCTS: MILK ANIMALS GENERALLY GIVE BIRTH IN THE SPRING, MAKING MILK AND DAIRY PRODUCT AVAILABILITY SOMEWHAT LIMITED UNTIL THE YOUNG ANIMALS ARE WEANED.
- EGGS: CHICKENS WILL BEGIN LAYING EGGS IN THE LATE WINTER/EARLY SPRING, MAKING EGGS A GREAT FOOD SOURCE DURING SPRING.
- MEAT: WE GENERALLY EAT VERY LITTLE MEAT IN SPRING AND SUMMER BECAUSE THERE ARE SO MANY OTHER FOOD SOURCES AVAILABLE. SINCE MEAT ANIMALS ARE GENERALLY HARVESTED IN FALL, WE EAT THE MAJORITY OF OUR MEAT DURING THE LATE FALL AND WINTER WHEN OTHER FOOD SOURCES ARE LIMITED.

Other:

- FORAGE FOR THE FOLLOWING DURING SPRING:
- DANDELION
- GARLIC MUSTARD
- WILD GARLIC
- CHICKWEED
- NETTLES
- LAMB'S QUARTERS
- VIOLETS
- ELDERFLOWERS
- FIDDLE HEADS
- RAMPS/LEEK
- YELLOW DOCK
- MOREL MUSHROOMS

Seasonal Eating in the Summer

Summer produces a huge amount of fruit & vegetables, many of which are juicy and high in water-content to help our bodies adapt to the heat. It is important to eat as much of the fresh harvest as we can and also store enough for winter eating. A lot of summer produce is on grocery store shelves year-round, but it is important to respect the seasonality of these crops and to enjoy them when they are fresh and at their peak for flavor and nutrition.

Plant-based foods

- SALAD GREENS
- DARK GREENS
- CUCUMBERS
- TOMATOES
- MELONS
- CORN
- SUMMER SQUASHES
- BEANS
- PEAS (EARLY SUMMER)
- PEPPERS
- OKRA
- EGGPLANT
- TOMATILLOS
- BERRIES
- STONE FRUITS
- RHUBARB
- EDIBLE FLOWERS LIKE DAYLILY, SQUASH BLOSSOMS, BORAGE, HIBISCUS, CALENDULA, NASTURTIUM
- KITCHEN HERBS LIKE MINTS, BASILS, CILANTRO, OREGANO, ETC

Animal Products

- MILK & DAIRY PRODUCTS: YOUNG ANIMALS ARE OFTEN WEANED DURING THE SUMMER/LATE SUMMER, WHICH PROVIDES AMPLE AMOUNTS OF MILK AND DAIRY PRODUCTS. TAKE ADVANTAGE OF THIS BY FREEZING EXTRAS FOR WINTER.
- EGGS; EGGS ARE GENERALLY AVAILABLE DURING THE SUMMER, ALTHOUGH LAYING MAY DROP DURING HEAT WAVES
- MEAT: WE GENERALLY EAT VERY LITTLE MEAT IN SPRING AND SUMMER BECAUSE THERE ARE SO MANY OTHER FOOD SOURCES AVAILABLE. SUMMER IS A GREAT TIME TO STOCK YOUR FREEZER WITH FRESH-CAUGHT FISH.

Other:

- IF YOU HAVE A SURPLUS OF A CERTAIN TYPE OF FOOD, CONSIDER BARTERING WITH NEIGHBORS AND FRIENDS.
- USE FRESH BERRIES, FRUIT AND DAIRY PRODUCTS TO MAKE SMOOTHIES FOR QUICK FOOD OPTIONS ON BUSY DAYS.
- STOCK UP ON BAKED GOOD (BREADS, TORTILLAS, PIZZA CRUSTS, ETC) DURING THE SPRING. FREEZE THEM FOR EASY USE DURING THE SUMMER, WHEN BAKING CREATES UNNEEDED HEAT IN THE HOUSE AND TAKES TIME AWAY FROM OUTDOOR CHORES.

Seasonal Eating in the Fall

Fall is a time to enjoy the last of the fresh foods that have been held over from the summer harvest. It is a great time to get back into our kitchens and start baking and cooking heavier dishes. Preparing for winter becomes very important during the Fall. It is a good time to take stock of your preserved foods and finishing your summer preservation efforts.

Plant-based foods

- SUMMER SQUASHES
- WINTER SQUASHES
- FRESH TOMATOES (EARLY FALL)
- KALE, ARUGULA, CHARD
- BRASSICA FAMILY PLANTS LIKE CAULIFLOWER, BROCCOLI, BRUSSEL SPROUTS,
- APPLES
- BEETS
- CARROTS
- TURNIPS
- POTATOES
- SWEET POTATOES
- ONIONS
- RADISHES, TURNIPS, PARSNIPS
- THE COOLER WEATHER WILL OFTEN PRODUCE A FLUSH OF EDIBLE WEEDS LIKE NETTLES AND LAMB'S QUARTERS
- LAST OF THE HARDIER HERBS LIKE SAGE, MINT
- ROSEHIPS
- ELDERBERRIES

Animal Products

- MILK, CHEESE & DAIRY PRODUCTS: MANY DAIRY ANIMALS ARE STILL PRODUCING A GOOD AMOUNT OF MILK THIS TIME OF YEAR, MAKING DAIRY PRODUCTS AVAILABLE. FREEZE & STORE ANY EXTRA DAIRY PRODUCTS LIKE MILK & CHEESE FOR WINTER USE.
- EGGS: FALL IS A GREAT TIME TO START STOCK-PILING EGGS TO USE IN THE EARL WINTER SEASON SINCE CHICKENS GREATLY REDUCE THEIR LAYING IN THE LATE FALL AND WINTER.
- MEAT: FALL IS THE TRADITIONAL TIME TO HARVEST MEAT ANIMALS THAT WILL PROVIDE FOOD DURING THE WINTER SEASON. AS YOU HARVEST MEAT ANIMALS, BE SURE TO TAKE ADVANTAGE OF BY-PRODUCTS THAT CAN PROVIDE ADDITIONAL FOOD SOURCES (LIKE BONE BROTH AND RENDERED LARD)

Other:

- HARVEST, SOURCE & STORE DRIED FOODS SUCH AS:
- DRIED BEANS
- DRIED LENTILS
- NUTS
- SEEDS
- MILLET, QUINOA, BARLEY

Seasonal Eating in the Winter

Winter is a time to nourish our bodies with healthy fats and warm, dense foods. Winter is also the time to enjoy the fruits of our labors as we devour our way through the foods that we worked lovingly to preserve throughout the other seasons. Depending on your climate, you may still have the ability to grow certain cold hardy vegetable and greens, which can accompany your stored and preserved food goods.

Plant-based foods

WINTER SQUASHES
KALE, ARUGULA, CHARD
CITRUS (IF LOCAL TO YOUR AREA)
POMEGRANATES
CRANBERRIES
APPLES
BEETS
CARROTS
TURNIPS
POTATOES
SWEET POTATOES
ONIONS
CAULIFLOWER
DRIED, CANNED OR FROZEN VEGETABLES, FRUIT,
BERRIES & HERBS FROM SUMMER HARVEST

Animal Products

- FROZEN, CANNED OR DRIED MEATS HARVESTED EARLIER IN YEAR
- BONE BROTHS
- MILK & DAIRY PRODUCTS: MILK ANIMALS MAY STILL BE PRODUCING, WHILE OTHERS MAY BE DRYING UP IN PREPARATION OF EARLY SPRING CALVING/KIDDING. IF YOU FROZE DAIRY PRODUCT OVER THE SUMMER, NOW IS THE IDEAL TIME TO USE IT.
- EGGS; CHICKENS HAVE USUALLY STOPPED LAYING BY WINTER. IF YOU STORED UP EGGS IN THE FALL, USE THEM IN THE EARLY WINTER, WHILE THEY ARE STILL GOOD. YOU CAN ALSO REPLACE EGGS WITH FLAX EGGS IN MANY BAKING RECIPES.

Other:

- ADD SUBSTANCE & PROTEIN TO MEALS WITH THE FOLLOWING:
- DRIED BEANS
- DRIED LENTILS
- NUTS
- SEEDS
- MILLET, QUINOA, BARLEY

My List of Seasonal Foods

Now it's your turn! Based on your climate, your resources (gardens, farm stands, local markets, etc.) and your diet, make a list of seasonal foods for each season that you plan to use as the staple items in your diet!

Spring:

Summer:

Fall:

Winter: