



13. Local & Seasonal Eaters

Improving our health and nutrition begins with *Variety* and *Quantity*. *Variety* refers to the kind of nutrients we get and *Quantity* refers to the nutrients received at the time the crops are harvested.



Freshness

When produce is harvested miles away, it is picked before it is fully matured so it won't spoil in transport.

In season, locally grown produce is fresher when picked at the peak of quality and nutritional value.

The fresher the produce, the better it tastes!

Food Safety

It means that you know exactly how and where your produce was grown.

You can ask the local farmer's market or farm stand about produce safety.

Growing practices, chosen produce variety, and freshness all contribute to food safety.



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ECONOMY AND ENVIRONMENT

BUILDING THE LOCAL ECONOMY

- Productive farmland helps keep property taxes down and adds to a community's character
 - These attract additional opportunities for tourism, recreation, and outdoor sports
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PROTECTING THE ENVIRONMENT

- Reducing the distance produce travels from field to consumer is also beneficial to our environment.
 - Locally grown foods require much less fuel to transport .
 - Just-picked produce is extremely fresh. If sold locally, it does not require special air-tight packaging reducing the use of packaging and energy usage.
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BECOME A SEASONAL EATER



Country of Origin Labels (C.O.O.L.) on produce says where your produce was grown.



Find locally grown fruits and vegetables in season with the NJ Department of Agriculture's Seasonal Produce Availability Chart is a great resource.

While fresh produce may be most abundant and widely available during summer, learn about locally grown cool-weather crops.

There are a variety of "pick-your-own" farms throughout New Jersey, which allow families to spend time together picking produce.



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