

Culinary Commentary

with Jenny Pitcher, Registered Dietitian

April 2022

Eating Seasonally in the Spring

Spring is a time of year that inspires change. We can say so long to butternut squash and citrus fruit and say hello to dark leafy greens, strawberries & onions. There is more sunlight, warmer temperatures and Farmer's Markets are starting to open! Even though we are pretty far north, Ohio offers many wonderful vegetables and fruits in the spring:

Arugula	Asparagus	Beets	Broccoli
Cabbage	Cantaloupe	Carrots	Cauliflower
Dark Leafy Greens	Garlic & Herbs	Kholrabi	Lettuces
Onions	Peas	Potatoes	Radishes
Rhubarb	Sorghum	Strawberries	Zucchini

Not all of these may be available everywhere, so check with your local farmer's market or at [Ohio Farm Bureau](#).

One of the struggles I often hear from people who are trying to eat better is the challenge of getting a greater variety of plant foods in their diet. An easy way to increase variety is by eating seasonally. By following the natural rhythms of the earth and what it is offering us each season, we will naturally increase variety in our diet without having to overthink or complicate our eating. By re-thinking how we tackle our meal planning to include seasonal produce, we will get everything we need over time. We may eat a lot of one food for a while, like cherries or butternut squash, but over the entire year we will have eaten a rainbow of colors! There are many other benefits to eating seasonally:

- Food tastes better in-season
- It is cheaper to buy in-season foods
- We can support local growers
- Increasing the different varieties of the same plant - increases intake of different nutrients
- We can plan meals from our produce, making it center-stage on our plate

I encourage you to start thinking about meal planning differently by eating according to the season. To get started, here are some resources to help:

- [Eating Seasonally and Locally on a Budget](#)
- [How to Save on Fruits and Vegetables](#)
- [What to Know About Seasonal Eating](#)
- [30 Seasonal Recipes to Make in April](#)

If you are interested in working 1:1 with a culinary coach to help change your behaviors in the kitchen based on your personal goals that you set with your coach, contact Jenny Pitcher.



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