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Objectives

- Define seasonality.
- Describe the benefits of seasonal local produce.
- Explain how to properly clean and prepare local produce.
- Identify the best ways to store local fruits and vegetables.
- Apply knowledge to prepare recipes using VA local seasonal produce.



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What is local produce?

You decide!



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What is seasonal?

- Naturally harvested and available during specific times of the year.
- At peak in terms of flavor, quality, and nutritional content



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Benefits of Seasonal Local Produce

- Increased nutrients
- Better flavor
- More affordable
- Help the environment
- Culturally relevant
- Marketing and social media
- Nutrition education

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Virginia Department of Education

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Benefits of Seasonal Produce

- Marketing and social media



HARVEST OF THE MONTH
TRY AUGUST'S FEATURE TOMATOES
Brought to your school by your local farm.

Harvest of the Month
Try August's Feature **Tomato**
Brought to your school by your local farm.

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May Harvest of the Month Strawberries

Try Strawberries at Home!

Health and Nutrition

Strawberries are not only delicious, but a fantastic source of Vitamin A, Vitamin C, Vitamin E, Manganese, and Potassium.

One cup of strawberries contains over 100% of your recommended intake of Vitamin C! Vitamin C helps your body fight off infections and can help increase the absorption of iron from foods.

Did YOU Know?
The average strawberry has 200 seeds coating its surface!

Benefits of Seasonal Produce
Nutrition Education

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Let's hear from you!

- What foods taste better when they are purchased seasonally?

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Virginia Seasonal Availability Calendar

August

- Apples
- Asian Pears
- Baby Bok Choy
- Red Peppers
- Blackberries
- Blueberries
- Cabbage
- Cantaloupe
- Collard Greens
- Corn
- Cucumbers
- Eggplant
- Fennel
- Garlic
- Green Onions
- Kale
- Lettuce
- Lima Beans
- Melons
- Mushrooms
- Nectarines
- Okra
- Onions
- Peaches
- Plum
- Peppers (Spicy)
- Plum
- Potatoes (New)
- Raspberries
- Saladette
- Snack Peppers
- Sunchokes
- Spice Chard
- Tomatoes
- Tomatoes (Green)
- Turkey Greens
- Watermelons
- Winter Squash
- Yellow Summer Squash
- Zucchini


Year-Round

- Grains (Cornmeal, Wheat, Barley, Rye, Grits, Popcorn, Quinoa)
- Dairy (Milk, Cheese, Yogurt)
- Proteins (Beef, Pork, Chicken, Turkey, Lamb, Eggs, Beans, Peas)
- Meats (Lamb, Pork, Oyster, Shellfish)
- Herbs (Cilantro, Parsley, Basil, Chives, etc.)
- Miscellaneous (Peanut Shells, Watercress, Sprouts)

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Virginia Farm to School Map


In Virginia, a Healthy Harvest is All Around!



- 99% of every food item we need for home or other products.
- Virginia's diverse ecosystems support diverse agriculture systems: crops and livestock.
- Virginia is a leader in fresh market tomatoes, which are grown in 100% of the state.
- Virginia produces approximately 5,000 gallons of milk a day.
- Virginia is a leader in fresh market tomatoes, which are grown in 100% of the state.

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Washing Produce



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How to Wash Produce

- Use running water
- Use a scrub brush
- Wait to wash
- Remove the stickers



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Leafy Greens



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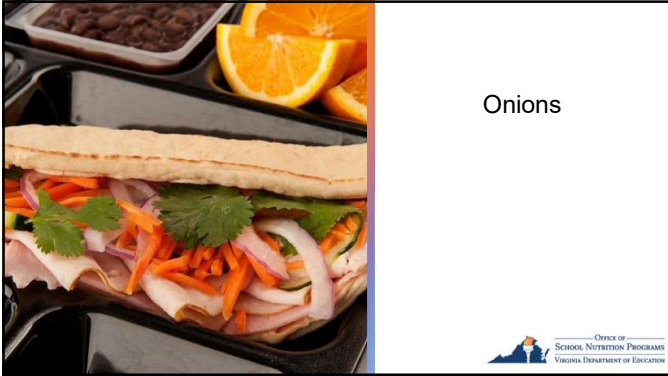
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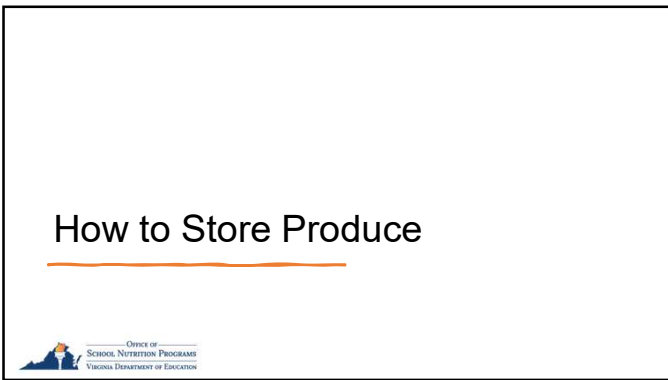
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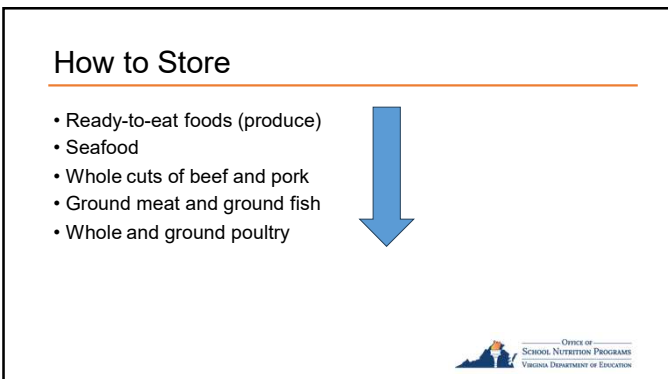
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Ethylene Gas

The diagram shows a walk-in refrigerator with a 'Back Wall' in the center. To the left, under 'Ethylene Producers', are listed: Lemons, Limes, Mangoes, Pineapples, Oranges, Tangerines, Pears, Plums, Berries, Apples, Nectarines, and Peaches. To the right, under 'Ethylene Sensitive Produce', are listed: Fresh-cut produce, Carrots, Asparagus, Spinach, Broccoli, Peppers, Summer Squash, Lettuce, Corn, Cress, Spinach, Herbs, Cabbage, Cauliflower, Mushrooms, Radishes, Cucumbers, Green Beans, and Onions.

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Culinary Demo

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Questions

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