

SENIOR NUTRITION NEWS



Senior Extension Nutrition Program

Benefits of Locally Grown Produce

Local food travels fewer miles to land on your plate: "Local food" does not have a specific definition, but these foods have been grown within a 100-mile radius (some even say up to 225 miles). The farther food travels, the more energy and gasoline must be used to get the food to your plate. Buying local will save energy costs and valuable non-renewable resources.



- Local food tastes better: The crops are picked at their peak fresheness. Food
 from far away is older, has traveled long distances in trucks or planes, is jostled
 around in the shipping process, and has sat in warehouses and supermarket
 shelves before it finally gets to your table. Local food tastes better because it is
 fresher and has been grown or created with the consumer in mind.
- Local produce is more nutritious: The less time that passes between farm and table, the fewer nutrients fresh produce will lose. Locally grown fruits and vegetables contain more nutrients because they are picked at their peak freshness, transported shorter distances and sold directly to the consumer.
- Local produce stays fresh longer: Since the produce was picked the day before, it will last longer in your refrigerator (if you can hold off from devouring it!).
- Local produce is safe: Local farmers are not anonymous and they take their responsibility to the consumer seriously.
- Local food connects you to the land through the farmers who grow your food: There is something exciting about engaging in a time-honored connection between eater and grower. Talking to the very farmer who grew and picked your food gives you insight into the relationship between the seasons, the land, and your food.
 - Buy seasonal. Buy local as much as possible. Your local farmer's market is an excellent place to start!

Roasted Vegetables

Root veggies (beets, carrots, parsnips, sweet potatoes, turnips, etc.)

2 Tbsp. olive oil

1/2 tsp. salt

1/2 tsp. pepper

Brown rice, cooked

Preheat oven to 375°F. Wash and cut several types of root veggies (beets, carrots, parsnips, sweet potatoes, turnips, etc.) lengthwise, into "fingers." Toss in a large bowl with olive oil, salt and pepper. Place in a single layer on a baking sheet in preheated oven and roast for 35-45 minutes until tender. Serve over brown rice.

Avocado Crunch

1 ripe avocado2 tsp. sunflower seeds1/2 lemon1 pinch of salt (optional)

Mash 1 ripe avocado in a bowl. Add juice from half a lemon, sunflower seeds and a pinch of salt. Spread on a sandwich, or serve with vegetable slices or whole wheat crackers.

Sources: http://www.superkidsnutrition.com/nutrition_answers/of_benefitsproduce.php; www.strength.org retrieved 4/23/12

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