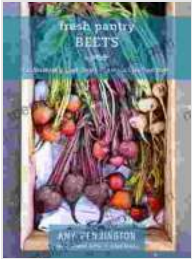


# Eat Seasonally, Cook Smart, Learn Your Beets: A Culinary Journey through the Seasons



## Fresh Pantry: Beets (eShort): Eat Seasonally, Cook Smart & Learn Your Beets by Amy Pennington

★★★★☆ 4.6 out of 5

Language	: English
File size	: 11522 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 67 pages
Lending	: Enabled



In *Eat Seasonally, Cook Smart, Learn Your Beets*, award-winning author and chef Sarah Owens takes you on a culinary journey through the seasons, showing you how to eat healthier, save money, and reduce your environmental impact by cooking with seasonal produce.

Owens begins by explaining the benefits of eating seasonally. When you eat fruits and vegetables that are in season, they are at their peak of freshness and flavor. They are also more nutritious and less expensive than out-of-season produce.

Owens then provides a detailed guide to seasonal produce, including information on when each fruit and vegetable is in season, how to select

and store it, and how to cook it. She also includes a variety of recipes for seasonal dishes, from simple salads to hearty soups and stews.

## **Benefits of Eating Seasonally**

There are many benefits to eating seasonally. Here are just a few:

- **Healthier:** Seasonal produce is at its peak of freshness and flavor, which means it is also more nutritious. Fruits and vegetables that are in season are higher in vitamins, minerals, and antioxidants.
- **More affordable:** Seasonal produce is less expensive than out-of-season produce. This is because seasonal produce is more abundant and does not have to be shipped long distances.
- **More sustainable:** Eating seasonally reduces your environmental impact. This is because seasonal produce does not have to be grown in greenhouses or shipped long distances, which reduces greenhouse gas emissions.

## **How to Eat Seasonally**

Eating seasonally is easy. Here are a few tips:

- **Shop at farmers markets.** Farmers markets are a great place to find fresh, seasonal produce. You can also talk to the farmers about how they grow their produce and what varieties they recommend.
- **Join a CSA.** A CSA (Community Supported Agriculture) is a subscription service that delivers a box of fresh, seasonal produce to your doorstep each week. This is a great way to get a variety of seasonal produce and support local farmers.

- **Grow your own food.** If you have the space, growing your own food is a great way to eat seasonally. You can grow a variety of fruits, vegetables, and herbs in your backyard or on your patio.

## Recipes for Seasonal Dishes

Owens includes a variety of recipes for seasonal dishes in *Eat Seasonally, Cook Smart, Learn Your Beets*. Here are a few of our favorites:

- **Spring:** Roasted Asparagus with Lemon and Parmesan
- **Summer:** Grilled Corn on the Cob with Cilantro Lime Butter
- **Fall:** Apple and Brie Tart
- **Winter:** Roasted Brussels Sprouts with Balsamic Glaze

*Eat Seasonally, Cook Smart, Learn Your Beets* is a comprehensive guide to seasonal cooking that will help you eat healthier, save money, and reduce your environmental impact. Owens provides a wealth of information on seasonal produce, including when each fruit and vegetable is in season, how to select and store it, and how to cook it. She also includes a variety of recipes for seasonal dishes, from simple salads to hearty soups and stews.

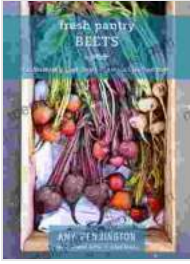
If you are looking for a way to eat healthier, save money, and reduce your environmental impact, *Eat Seasonally, Cook Smart, Learn Your Beets* is the perfect book for you.

### **Fresh Pantry: Beets (eShort): Eat Seasonally, Cook**

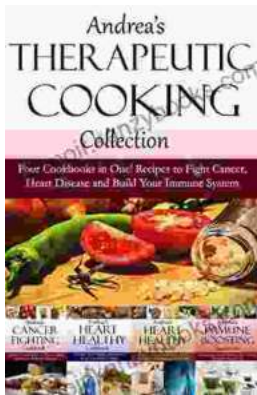
**Smart & Learn Your Beets** by Amy Pennington

★★★★★ 4.6 out of 5

Language : English



File size : 11522 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 67 pages  
Lending : Enabled



## Four Cookbooks In One: Recipes To Fight Cancer, Heart Disease, And Build Your Immunity

Looking for a healthy way to fight cancer, heart disease, and build your immunity? Look no further than this cookbook! With over 300 recipes to choose from,...



## Hearts and Souls: Exploring the Lives and Legacies of Special Olympics Athletes

The Special Olympics movement has been a beacon of hope and inspiration for decades, transforming the lives of countless athletes with intellectual disabilities around the...