

## Seasonal Eating – Fun Eating in the Summer!



### Benefits of Eating Seasonal Foods

- Every season affects fruits and vegetables differently, produce grown within season can be more nutrient dense and provide different vitamin and minerals with each season.
- More environmentally friendly – less transport, less pollution
- Supporting your local growers
- Varying menus to work with different seasonal traditions - more fun!
- Provide demand for local growers to cultivate seasonal crops – is healthier for the soil.
- Eating foods grown in season, reduces need to modify them to grow in bulk and resist disease.

### Reasons to shop at the farmer's market.

- Tasty, fresh, and highly nutritious.
- Can use SNAP
- Helping local Farmers
- Learn more about your local foods and where they come from.
- Live music/Fun activities for kids.
- Vendors put out samples of their foods so you can try new foods.
- Arts and crafts vendors with locally made products.
- You can bring your pet shopping.

### Examples of nutritious/delicious foods in Season During Summer in New Mexico

1. Peaches and apricots
2. Spinach
3. Salad greens
4. Cherries
5. Peas
6. Green chili and peppers
7. Tomatoes and tomatillos
8. Melons
9. Grapes
10. Beets
11. Watermelon
12. Cabbage



### Group Visits

#### At South Broadway Clinic

- **Thursday, June 1<sup>st</sup>** at 5:30pm  
Topic: **Informational Session**
- **Tuesday, June 6<sup>th</sup>** at 10am  
Topic: **Insulin Resistance**
- **Thursday, June 8<sup>th</sup>** at 5:30pm  
Topic: **Strategies for Meal Prepping/ Lunch**
- **Tuesday, June 13<sup>th</sup>** at 10am  
Topic: **Seated Exercises/ Exercises to improve your balance**
- **Thursday, June 15<sup>th</sup>** at 5:30pm  
Topic: **Seated Exercises/ Exercises to improve your balance**
- **Tuesday, June 20<sup>th</sup>** at 10am  
Topic: **Strategies for Meal Prepping/ Lunch**
- **Tuesday, June 27<sup>th</sup>** at 10am  
Topic: **Cardio for Beginners**

### Lifestyle Events Around Town

- **Running Medicine**  
Spring Season March 25- June 8<sup>th</sup>  
Saturdays at 8am  
ABQ Downtown-various locations  
<https://runningmedicine.org/>
- **New Mexico Museum of Natural History & Science**  
1801 Mountain Rd NW  
505-841-2800  
Free for residents every Sunday  
9am-1pm  
Free for seniors every Wednesday  
9am-1pm
- **Adult Coloring Night**  
Every Tuesday 4 -8 pm  
Pureland Kava and Tea Bar  
915 Yale Blvd. S.E.

<https://purelandkava.com/hours-%26-special-events>

### Have Questions?

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