

EATING SEASONALLY

USING GENTLE
NUTRITION DURING
THE SUMMER



Embrace the environment, farmers markets, and Utah agriculture, all while nurturing your health with seasonal foods.



The Benefits of Eating in Season

June presents numerous exciting opportunities. With the arrival of warmer weather, the opening of pools, the inviting lakes, and the great outdoors beckoning, there are plenty of fantastic events and activities to engage in during this month. Among these wonderful possibilities is the beginning of the farmers market season.

In Utah, farmers markets typically operate from June to October, offering a delightful way to access fresh fruits, vegetables, and often local meats and dairy products.

You might be curious about the advantages of utilizing farmers markets, and that's a valid question as there are numerous benefits to consider!

Let's start by discussing the concept of gentle nutrition.

Gentle Nutrition

Gentle nutrition focuses on incorporating nutritious items into your diet rather than focusing on restrictions. Instead of fixating on what you should or should not eat,



instead we focus on adding nutrient dense foods to your current diet. Want to know one of the best ways to add nutrient dense foods? Shopping in season!

Imagine walking into your favorite grocery store, and there in front of you are rows and rows of vibrant, crisp, delicious fruits and vegetables. Watermelons, shining like summer suns in the pre-cut section, apples that taste like a crisp fall day, all year round! Not to mention a cornucopia of veggies – zucchini, broccoli, radishes – just waiting for you to take them home. But have you ever stopped to think about the journey these produce take before they reach the shelves? They aren't all seasonal locals,

so they either travel from corners of the world where they're still in season, or they're cultivated through specialized farming techniques.

And while all fruits and vegetables are nutrient dense, the longer they are on the road and the earlier they are picked, (often grocery store fruits and vegetables have to be picked before ripeness, so they can ripen on the road) the more nutrients, and tastiness, they lose.

However, when you shop farmers markets, almost all fruits and vegetables you find have been picked right at ripeness, which not only increases the nutrient density but also increases the flavor as it is much fresher than what you find at the grocery.

**Farmers Markets not only carry a variety of fresh fruits and vegetables, there are often artisan craftsmen, fresh meats, flower farmers and locally sourced honey, soaps and more that are available for purchase.*

store. Another nutritional benefit to eating in season, is they often are filled with the specific nutrients, vitamins and minerals that our body need during that season. For example, when we eat locally sourced honey, it can help aid in seasonal allergies because the bees are pollinating our allergy culprits, and so studies have shown that consuming local honey can lessen seasonal allergies.

All of this is just to say this is a great time to try some gentle nutrition!

Take a walk around your local farmers market and try some new produce. Ask the sellers to tell you about taste, texture and cooking ideas, I promise that most sellers will love to talk about their produce and how to use it.

“More than 85% of farmers market vendors traveled fewer than 50 miles to sell at a farmers markets. In fact, more than half of farmers traveled less than 10 miles to their market, according to the USDA.”

-Farmers Market Coalition



Better for the Environment

Another benefit to eating seasonally and locally is it is so much better on the environment!

Not only does it add local business dollars into the community and support local farmers. It also helps reduce carbon emissions. When we shop local, and even when grocery stores use local farms to provide produce, the result is less flying and trucking grocery items around the country. This results in less carbon emissions from the planes, boats, trucks, and refrigeration. It also reduces cost!

When shopping at the farmers market, you are often reducing your produce costs since the cost of transportation is so much less.

Social Connection

Often when we are wandering around our local farmers market we can connect with community members we may not normally interact with. This social interaction can help strengthen relationships and our social wellness.

We also have the opportunity to support the local economy and support small business owners within our own community. This can help drive camaraderie and friendship as we help one another in our business ventures.

So, find your local farmers market and try some new produce, and feel good about all that you are doing for your body, the environment and the economy!

Salt Lake County Farmers Markets

Downtown Saturday Farmers Market

Saturdays, June 3rd – Oct. 21st
8:00 AM – 2:00 PM
Historic Pioneer Park, 350 W 300 S, Salt Lake City, UT 84101

Downtown Winter Farmers Market

Saturdays, Nov. 12th – April 15th
10:00 AM – 2:00 PM
The Gateway, 16 North Rio Grande Street, Salt Lake City, UT 84101

9th West Farmers Market

Sundays, June 11th – October 8th
10:00 AM – 3:00 PM
1060 S 900 W, Salt Lake City, UT 84104

University of Utah Farmers Market

Thursdays, August 24th – October 5th
10:00 AM – 2:00 PM
200 S Campus Drive Salt Lake City, Utah 84112

Sunnyvale Farmers Market

Saturdays, June 17th – October 14th
10:30 AM – 1:30 PM
Sunnyvale Park, 4013 South 700 West, Millcreek, UT 84123

Redwood Farmers Market

Wednesdays, June 21st – October 18th
4:30 PM – 7:00 PM
New Roots Redwood Farm, 3005 Lester St, West Valley City, UT 84119

Utah Farm Bureau Farmers Market at Murray Park

Fridays & Saturdays, July 28th – October 28th
8:00 AM – 1:00 PM
296 East Murray Park Ave, Murray, UT 84107

Utah Farm Bureau's Market at South Jordan

Saturdays, August 5th – October 14th
8:00 AM – 1:00 PM
1600 Towne Center Dr., South Jordan, UT 84095

Wheeler Sunday Market

Sundays, May 21st – October 15th
9:00 AM – 1:00 PM
6351 South 900 East Murray, Utah 84121

Bountiful Farmers Market

Thursdays, June 15th – October 12th
4:00 PM – Dusk (9:00 PM June- August, 8:00 PM September – October)
75 E 200 S Bountiful, Utah 84010

