

November Nutrition Newsletter

Eating Local in Every Season

Purchasing locally grown foods boosts local economy and ensures the foods you are purchasing are fresh. Florida's climate allows a variety of produce options to be available throughout the year. As the cooler weather of autumn returns to Florida, you can purchase foods like cucumber, squash, strawberries, bell peppers, and tomatoes. For a full list visit the following website: <https://www.freshfromflorida.com/Consumer-Resources/Buy-Fresh-From-Florida/Crops-in-Season>

Cucumber

Florida's cucumber season starts in October and continues through fall and picks back up in the spring. Cucumbers are perfect for a hydrating snack due to their high water content and being low in calories. They are also a good source of vitamin C, phosphorous, and potassium. Cucumbers can be eaten plain, added to a salad, or blended up in a smoothie to create a refreshing drink.

Creamy Cucumber Salad

Ingredients:

4 cucumbers, peeled and sliced
1 small sweet onion, thinly sliced into rings
1 tbsp salt
1/2 cup sour cream
1/4 cup chopped fresh dill
2 tbsp white vinegar
Black pepper

Directions:

1. Put a large colander in a large bowl. Add the cucumbers and onions to the colander, sprinkle with 1 tbsp salt and toss until the salt is evenly distributed. Let stand at room temperature for 1 hour.
2. Transfer the cucumbers and onions from the colander to a paper towel-lined baking sheet and pat them dry with another layer of paper towels.
3. Whisk together the sour cream, dill, vinegar, and a few cracks of black pepper in a medium bowl. Add the cucumbers and onions and toss until coated.

<https://www.foodnetwork.com/recipes/food-network-kitchen/creamy-cucumber-salad-5195758>