



Eating Seasonal is Smart: Why In-Season Food isn't Trendy, it's just Healthy

Eating trendy isn't new, and neither is eating what's in season. Eating in-season has been around since agriculture has existed, and for three very good reasons: it's smart, healthy, and cheap! And what better way to shop than with those thoughts in mind as you roam the produce aisles.

How Do I Know what's In-Season?

As you look at the fruits and veggies, consider the following: price, quantity, and freshness. When major crops are in-season, they tend to be **cheaper** (which means less money you have to spend!) These same crops also will be **more bountiful** and have larger displays, like all those pumpkins and squash come autumn. Lastly, their **freshness** will be better than those that have been shipped because local farmers will be supplying those in-season products. Don't forget that they're going to be **more nutritious** as well because they're getting to you sooner!

What Are My Resources?

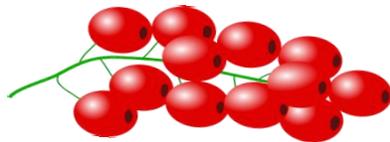
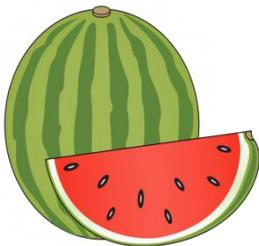
There are plenty of places online to find what's in-season for your locality! Local grocery stores such as Festival will list them on their site or post specials involving that particular produce. There are a lot of sites to access; here are the ones we've found that work best!

<http://www.sustainabletable.org/seasonalfoodguide/>

<http://www.bbcgoodfood.com/seasonal-calendar/all>

<http://www.cuesa.org/eat-seasonally/charts>

The best part is that these sites encourage the use of produce in recipes that are right there!



What's In-Season Right Now?

Wisconsin has a beautiful variety when it comes to the Fall Harvest! Find below a list of potential produce to use in your healthy recipes!

Apples	Almonds	Beans	Broccoli	Cantaloupe	Carrots
Celery	Cranberries	Garlic	Grapes	Lettuce	Onions
Peppers	Pistachios	Plums	Tomatoes	Thyme	Watermelon

Why Chemical Dependency is Okay... When It Involves your Brain!

Your brain is a power house for more than just thought; it also produces tons of chemicals that are relevant to your body! Let's find out what they are, how they impact you, and healthy practices to get them working for you.

Dopamine

Essential to movement. It also influences motivation and plays a role in how a person perceives reality. It's also involved in the brain's reward system, so it is thought to play a role in substance abuse.

Serotonin

Helps regulate sleep, appetite, and mood and inhibits pain. Research supports the idea that some depressed people have reduced serotonin transmission.

Norepinephrine

Constricts blood vessels, raising blood pressure. It may trigger anxiety and be involved in some types of depression. It also seems to help determine motivation and reward.



Acetylcholine

Enhances memory and is involved in learning and recall.

So what do all these chemicals have to do with your body if they're up in your brain? It's simple: they influence how your body reacts and copes with stress, anxiety, depression, and motivation. They encourage productivity, healthy habits and sociability within you. The last question that needs answering is how do we encourage the production of these chemicals?

Listen to Your Doctor (and take their advice!)

- Healthy Eating**
- Regular Exercise**
- Talking with Others**
- Impactful Sleep**
- Clean Living Spaces**

As always, if you have any questions, comments, concerns, or suggestions please talk with me before or after Court!

<https://www.psychologytoday.com/files/attachments/59029/happy-chemicals.pdf>

<http://www.health.harvard.edu/mind-and-mood/what-causes-depression>

~ Ann Keidatz BSN RN; Jordin Gegare BA