



Fall in love with fall vegetables

Perhaps the days of watermelon and cucumbers are behind us for now, but fall has plenty of delicious in-season veggies and fruits to offer.

Eating what's "in season" often means you can get food that's fresher, more nutritious, and costs less. Check out the grocery store or farmer's market for some of these delicious fall favorites:

- Pumpkins
- Carrots
- Winter squash, such as acorn, butternut and buttercup
- Broccoli
- Cauliflower
- Sweet potatoes
- Mushrooms
- Spinach
- Grapes

Of course, some produce is available year-round when it can be shipped from far away. But, check out where the food was grown to ensure you're getting something fresh. The USDA requires that fresh and frozen fruits and vegetables, along with some meats and fish, have a label on them stating the "country of origin." In general, the farther it's had to travel, the less fresh it will be when it gets to your grocery store.

Remember many of your favorites can be found in the frozen food section if it's not available fresh at certain times of year.

