

Title:

Seasonal Produce: You Can't Beat the Flavor or the Price

Word Count:

536

Summary:

There are four great arguments for buying and cooking vegetables and fruits that are grown locally.

Keywords:

produce, fruit vegetables, cooking vegetables, fresh produce, fresh fruit and vegetables, nutrition

Article Body:

When it comes to selecting fresh produce, it's all too easy to get into a rut. With the global

Those who advocate buying and eating only locally grown fresh fruit and vegetables often speak

Diversity

When produce is available year-round, we tend not to experiment with seasonal fresh fruit and

Flavor

Although many of us grew up and live far from agricultural areas, anyone who has ever plucked

Price

When compared with pre-packaged foods and snacks, fresh fruit and vegetables are always a bargain

Nutrition

Science is beginning to substantiate what local food aficionados have long felt: plant-ripened

The rationale for eating seasonal and locally grown produce is varied, but whichever way you look

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