



MINDFUL SCOOP

February 2022

Meth-Wick Community

Seasonal Winter Produce

Many think of spring and summer as the time of year for the best produce—the grocery store shelves are stocked full of berries, peaches, melons, juicy heirloom tomatoes, and more. But winter brings its own set of hearty fruits and vegetables to keep us nourished all year long. Here are some nutrition fun facts on winter's seasonal super stars. Enjoy!



**Mandarin
Orange and
Fennel Salad**



**Wild Mushroom,
Squash and
Chicken Pizzetta**

Fun Nutrition Facts

Citrus (Clementine, Grapefruit, Mandarins, Tangerine):

- ♦ Great source of vitamin C to support the immune system during these cold winter months

Cruciferous Vegetables (Broccoli, Brussels Sprouts, Cauliflower, Kale):

- ♦ These veggies are high in fiber, vitamins C, E and K, and minerals. They also contain compounds that are studied for their cancer prevention benefits.

Root Vegetables (Beets, Parsnips, Rutabagas):

- ♦ High in complex carbohydrates, they can help promote balanced blood sugar and healthy digestion. These are particularly delish roasted.

Winter Squash (Acorn, Butternut, Hubbard, Kabocha):

- ♦ Great source of beta-carotene which is beneficial for healthy eye sight.

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