



Eat out of the Box

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When we leave dieting behind and embrace the idea of eating for metabolic health and longevity instead of eating for smallness, we may back away from foods that were once labeled “diet-y.” Evidence is mounting that fruits and vegetables provide the nutrients needed to promote these non-diet health goals, but the evidence alone may not be enough to convince an ex-dieter or a picky eater to include fruits and vegetables in their daily eating pattern. Need a little push to eat fruits and veggies? Think out of the box - the CSA box!

A CSA - Community Supported Agriculture - box, or farm share, allows you to support a local farm and reap the benefits of the upcoming harvest. Farm shares can be purchased for one or more seasons, depending on your location. When purchasing a CSA farm share, you will receive weekly bounties in a box throughout the season. Items harvested may be fruits, vegetables, edible flowers, or herbs, and it may include familiar produce, or some that you have never seen or tasted before.

Trying new foods is one of the benefits of becoming a CSA shareholder, as is supporting a local farm, and reducing your carbon footprint by eating some foods locally. But it is not without some risks: the harvest may be small due to bad weather or soil conditions, and most farms do not offer a refund in this case. In addition, most CSAs divide their harvests equally and don't give their shareholders a choice in the selection of available produce.

Once you have your CSA share in hand, let the food fun begin! Try one of these produce pointers:

- Boost salad flavor by including a wide variety of leafy greens.
- Add fresh berries to yogurt, smoothies, salads, and water.
- Use fresh herbs in homemade salad dressing, soups, or to season roasted root vegetables.
- Boil any remaining vegetables at the end of the week and freeze the flavorful stock for winter soups and stews.

Interested in becoming a CSA shareholder this summer? Check out www.localharvest.com (US and Canada) or www.csafarms.ca (Canada) for a participating farm near you. ■

Website: www.goodnessgraciousliving.com
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