WEEKLY WELLNESS TIP

Get the most out of your produce

Eating locally grown fruits and vegetables yields more nutritional benefits than eating produce that has traveled farther from field to table.

Fruits and vegetables glean their vitamins and minerals from nutrients in the soil and photosynthesis in the plant's leaves. The longer produce can ripen on the plant, the more vitamin-rich it becomes, offering a complex set of sugars, vitamins, phytonutrients, and acids that deliver real nutrition. Once the fruit or vegetable is cut from the plant, it ceases to get that infusion of nutrients.

Premature harvesting, post-harvest handling, transit time, and longer exposure to air and hot and cold temperatures may deplete nutrients. However, your local farmers market is full of produce that hasn't suffered the same fate, so the next time you're tempted by the local bounty, give in.

This tip is provided by Group Health Physicians.
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