



Strategies for a Balanced Diet in the Winter Months

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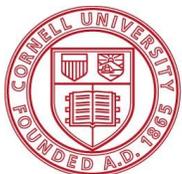
Eating a balanced diet during the winter and trying to stay local is difficult, but it is not impossible! There are a few different ways to make sure you are getting all the nutrients you need to stay healthy throughout the winter.

If you still like to have fruits and vegetables in your diet year round one option is to buy in bulk at a farmer's market or a U-Pick stand during the summer months and freeze or can the produce. This includes onions, pumpkins, squash, tomatoes, and corn. Leafy greens such as spinach, chard, and kale can also be frozen. Don't have enough room in your freezer? Well your pantry is another great option! You can also can vegetables, fruits, meat, jam, and more! It is important to have sanitary supplies, correct temperatures, and the right pH/acidity when canning. Cornell Cooperative Extension offers classes for canning and freezing; call your local Extension office to find out!

Canning and freezing food used to be a staple for many families. Learning self-reliance skills and food preservation can help you keep a local/seasonal diet even through the winter time!

Another option to have greens in the winter time is to grow sprouts in a jar! Every plant-based food started with a sprout. Sprouts are high in nutrients and require no soil, and little sunlight. All you need is a clean sanitized glass jar, mesh or cheese cloth, a rubber band to secure the mesh to the mouth of the jar, and seeds selected for sprouting. Within three to seven days your sprouts are ready to eat!

Whether you like to can, freeze, or grow sprouts in a jar you can eat a balanced diet during the winter.



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