

## Earth Justice Team Green Tips

Provided by Kelsey Hall



### What's in Season?

Along with traditions, holidays, and expected weather patterns, food is another important part of the seasons. While it may not be feasible to eat seasonally all year long, being aware of the yearly food cycle bolsters your connection to your community and to the earth. The transport and refrigeration of out of season produce to grocery stores contributes to the emission of greenhouse gases. By putting a shorter distance between you and your food you are reducing your carbon footprint and putting money back into your community. You are also ensuring that you are buying food that it it's peak nutrition and freshness. Here are a couple of ways to keep track of what is in season.



### Know What Produce is in Season

Here are some helpful resources you can use to track Virginia's seasonal produce:

- [VDACS Produce Chart](#)
- [Virginia Seasonal Fruits & Vegetables](#)

### Go Fish!

Produce isn't the only kind of food that fluctuates with the seasons, some fish can only be caught locally during certain months.

[Check out what's biting the line in Virginia's waterways.](#)



**Do what you can, when you can.  
Small changes make a big difference!**



# References

- <https://www.cambridge.org/core/journals/proceedings-of-the-nutrition-society/article/seasonality-and-dietary-requirements-will-eating-seasonal-food-contribute-to-health-and-environmental-sustainability/08545F71A12EF0FE233E8D1DEFEF227A>
- <https://www.eufic.org/en/healthy-living/article/are-seasonal-fruit-and-vegetables-better-for-the-environment>
- <https://www.ecowatch.com/seasonal-and-local-food-2615393675.html>
- <https://stopfoodwaste.ie/resource/5-reasons-to-eat-local-seasonal-food>
- <https://www.vdacs.virginia.gov/vagrown/>
- <https://buyfreshbuylocal.org/virginia/resources/#For-Consumers>

