Adding Variety to Your Table Throughout the Seasons

Do you enjoy cranberries in May and asparagus in December?

Because of advancements in farming and processing techniques, and the ability to import foods from around the world, a variety of your favorite foods are available each and every day – no matter where you live. Without these advancements, most of us could only buy these foods for a short time each year.

Food processing methods such as canning, heating, drying and freezing help preserve foods, so they stay fresh and great-tasting for a longer time. Some foods are processed within hours of harvesting. This quickly seals in optimum flavors and nutrients that can otherwise decrease over time.

Advances in food production techniques such as biotechnology also contribute to a more sustainable food supply by helping farmers use fewer resources to grow more food on less land, even during unfavorable conditions such as drought.

Adding Variety Every Day
Thanks to innovations in food production, many foods that used to be “out of season” are now available and affordable all year long. Below are some ways to enjoy today’s abundance of foods.

• The end of summer no longer means the end of fresh tomatoes. They’re delivered from around the world to your grocery store – even in the middle of winter. Or, if you prefer, you can use canned or sun-dried tomatoes in a favorite recipe.

• Savor your favorite meat, fish or seafood any time of year. Frozen, canned, vacuum-packed, and fresh versions (ex. crab, tuna, and salmon; chicken, turkey, and ham) make for easy main dishes or recipe ingredients.

• Got the winter blues without your favorite berries? Enjoy frozen berries – they’re as nutritious and delicious as fresh.

• Create an easy Asian stir-fry with ingredients such as frozen shrimp and snow peas and canned water chestnuts and bamboo shoots.

• Cherry season is sweet but short. Frozen cherries are delicious in a pie or crumble, and dried cherries are tasty in oatmeal, muffins and quick breads.

• Frozen pineapple, mango and papaya are easy to add to smoothies or salads – tropical treats to enjoy wherever you live, whenever you want them.

• Wishing for fresh peaches in the middle of winter? With modern large-scale food production, fresh fruit grown in other locations can be packaged, canned or frozen at the peak of ripeness and shipped to your grocer to be purchased by you and enjoyed with a scoop of low-fat French vanilla ice cream for dessert.

For more information about modern food production and processing, please visit: http://www.foodinsight.org/understandingourfood.aspx