

June 2010

Health Matters

Home Grown Food

Growing food in your home garden and choosing locally produced foods supports your health, the environment, BC farmers and producers, the local economy and helps to guarantee a local food supply for the future. Seasonal, local foods have the added bonus of being delicious!

Helpful tips to get you started:

- Start by choosing food grown or produced as close to home as possible
- Visit the Edible Garden Project website at www.ediblegardenproject.com to learn about growing and sharing fresh, local produce
- Grow some of your own food in your garden, in containers or participate in a local community garden; peas, lettuce, strawberries, squash and tomatoes are easy to grow
- Visit farmers' markets to meet farmers and producers, learn about local products and try new foods
- Take your family on a self-guided Circle Farm Tour to visit a variety of farms, markets, fairs, and other special events www.circlefarmtour.com
- Pick berries during "u-pick" season at local farms
- During the harvest season, freeze, can or dry foods for the winter season
- Visit these websites to help you find out what foods are in season and to locate farmers' markets www.bcfarmersmarket.org and www.getlocalbc.org



Rainbow Salad

Eat a rainbow of vegetables and fruits to get a wide variety of nutrients. Get your children involved in putting local, seasonal vegetables and fruits in a glass bowl in colour groups.



Red – apples, beets, red onion, cranberries, red peppers, raspberries, strawberries, tomatoes

Orange/yellow – apples, carrots, nectarines, peaches, pears, yellow peppers, corn, yellow tomatoes

Green – apples, asparagus, green beans, broccoli, green cabbage, cucumbers, kiwi, lettuce, green onions, peas, green pepper, spinach, zucchini

Blue/purple – blackberries, blueberries, plums, purple cabbage

White – cauliflower, mushrooms, onions, parsnips, turnips

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or Kathy.Romses@vch.ca. If you have general nutrition questions, call Health Link at 811 and ask to speak to a dietitian or visit www.HealthLinkBC.ca.