



RESEARCH ROUNDUP

SPRING SUPERFOODS:

A Deep Dive into the Health Benefits of Seasonal Produce

By Kelly Ozog

Eating seasonally isn't just a trendy buzzword or new concept. It's been around for years and it's a way for us to connect back to nature's rhythm and naturally support our well-being. It's all about choosing fruits and vegetables at their peak freshness during their natural growing seasons in your region of the world. Think of it as syncing your plate with what's thriving around you—and it comes with some amazing perks for your health, taste buds, and community.

Spring is the perfect time to refresh your eating habits by embracing nutrient-packed superfoods that support health and wellness. Seasonal superfoods are packed with vitamins, minerals, and antioxidants. Some of the top Spring Superfoods include Strawberries, Asparagus, Salmon, and Spinach.

But why is eating seasonal superfoods such a big deal? Let's dive into some reasons why this approach is worth incorporating into your life. From fresher flavors to community benefits, the rewards are deliciously plentiful.

WHY EATING SEASONALLY IS GOOD FOR YOU

✓ Superior Taste

Foods harvested at their peak taste better. Freshly picked produce retains its natural flavors and textures, unlike out-of-season options that may be bland or watery. Think about the sweetness of a sun-ripened summer tomato compared to a greenhouse-grown tomato in February. Registered dietitian Wendy Lopez describes in-season tomatoes as “incredibly rich, sweet, and juicy,” while out-of-season varieties often lack flavor because they're picked before fully ripening. There's nothing like a ripe tomato on a summer salad and a crispy, juicy apple in the fall. Food should taste good and nourish you at the same time - it's why eating seasonally is beneficial to your health as well.

✓ Higher Nutrient Content

When we eat foods picked at harvest, we consume them at their highest nutritional value, as they are grown under ideal conditions and at the right temperature. These fresh fruits and vegetables are less likely to undergo lengthy storage, transportation, or artificial ripening processes, which can degrade vitamins and antioxidants. For example, one study found that broccoli grown in the fall has nearly twice the vitamin C content as broccoli grown in the spring. Including a variety of fresh, in-season produce in your diet boosts nutrient intake and decreases the risk of chronic diseases such as diabetes, heart disease, and some forms of cancer. Furthermore, eating a colorful array of fruits and vegetables helps ensure your body gets a wide range of essential nutrients, supporting everything from immunity to strong bones and healthy aging.