

Tips for Spring Cleansing

(With How You Eat)



Eating seasonally is the most intuitive diet you can practice because it puts us into a direct relationship with nature and ourselves. This leads to a more intimate and intuitive relationship with our body and food.

As the tender vegetable sprouts push up from the earth, or when first blossoms appear on fruit trees, it's like getting a message from nature: This is your seasonal medicine! **This is your nourishment.**

If you don't have your own garden, or you're not close enough to a garden or to fruit trees, go to your local farmers markets where you can see what is growing in your region. Eating locally and in season is nothing new. In fact, societies all over the world, especially in European countries, have been eating this way for centuries.

It is more common than not for families abroad to have their own gardens which supply the family and perhaps neighbors with bounties of vegetables. These gardens typically yield enough produce for 3 seasons, leaving enough produce left over for preserving in winter months.

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But what if cultivating your own garden is just not possible right now? That's ok! Follow these tips for Spring Cleansing (with how you eat):

Seasonal eating means eating that which is fresh, tasty, and nutritious - that which is growing right now. When you eat food that is in season, it is full of the vitamins and nutrients we need for that time of the year.

At the grocery store, look for what's is seasonal in the produce section (Organic is BEST). (HINT: Mangoes are never in season in Portland, Oregon. They have to be flown to Portland!_

Start small. Incorporating healthy, seasonal, local food can significantly boost your health. Try adding an additional serving of veggies, perhaps at breakfast! Or try fruits or veggies that you have never eaten.

If you see an abundance of a particular fruit or vegetable, it's likely in season! Typical Spring seasonal food includes leafy green vegetables (arugula, kale, mustard greens, watercress, early lettuces, etc), asparagus, beets, leeks, and radishes.

Each of these foods is designed to help your body transition from the Vata (winter) season to the Kapha (spring) season by nourishing your blood, reducing edema, and jump-starting your digestion from winter hibernation to spring effulgence!

You can start with foraging at local farmers markets or joining a Community Supported Agriculture (CSA) farm.

Remember, no matter where you are in your nutrition journey, you can always start new habits.
