

FOR IMMEDIATE RELEASE

For more information, contact Katherine Pinto
SNAP-Ed and EFNEP Agent, Wildcat Extension District
Kdpinto@ksu.edu , 620-232-1930

Loving Local Flavors

The sun is shining and the heat of summer is creeping in! As the seasons change, the produce in your area is also changing. The warmer months bring in a whole bunch of crowd favorites and flavors to your local farmer's markets and farm stands!

It's not breaking news that in today's world, where environmental consciousness is becoming more pressing, the choices we make in the kitchen have a HUGE impact on sustainability. One eco-friendly and delicious way to enjoy your meals is to shop for local and seasonal ingredients!

When you visit your local farmer's market and farm stands, you are supporting your local economy; you are helping sustain someone's livelihood, as well as encouraging sustainable agricultural practices. This method of shopping for your produce will also help you reduce the carbon footprint associated with food transportation. This might seem like a small step in decreasing greenhouse gas emissions, but it's a step in the right direction!

Lastly, the freshness and the flavor of your local growers will always beat what you can find at your local big-box retailer. Another bonus to loving their flavors, when seasonal ingredients are picked, they are at their peak in terms of flavor AND nutritional value!

For more information, visit www.createbetterhealth.org, or contact Katherine Pinto, EFNEP Agent, kdpinto@ksu.edu, 620-232-1930.

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