



Dr Georges MOUTON MD

Functional Medicine

TWEET GM #23

2018-04-02

Title

Created

WE PRIORITIZE SEASONAL FOODS LOCALLY SOURCED!

And if not, we really should do so! In first, they are cheaper. In second, they show healthier, largely because short circuit between harvesting and consuming implies that fruits and vegetables remain fresher, keep higher levels of vitamins and phytonutrients, and are not picked before maturity.

I have recently noticed that even fruits bought from supermarket (which I normally avoid at all costs, but I was short of time) become decent when in season. Expanding on this, I find absurd and appalling all supermarket fresh produce shelves displaying fruits and vegetables that remain strictly identical throughout seasons. Pure nonsense to buy summer oranges or apples, and winter apricots or peaches: they will just not taste good at all!

Additional concerns rise from the origin of such fruits or vegetables sold during the wrong season. They necessarily travel by plane, which shows unsustainable and is only allowed by abnormally cheap oil. Even though I am sure that you will find your gasoline still too expensive, oil shows too easily affordable when one thinks about limited reserves within our planet.

You can easily download mouth-watering free lists of seasonal foods from my website www.gmouton.com. Take it with you when you go shopping!