

Fresh For Spring

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The weather is getting warmer, flowers are blooming....

Now is a perfect time to start loading up on all the fresh produce in the grocery stores, farmers markets and out of your own garden.

As runners we use more nutrients than non-runners with the kicked up metabolism and natural oxidation that comes with exercise. The recommended goal for fruit and vegetable consumption is at least 5 servings per day but of course aiming for higher amounts, 8-10 servings per day, would be great. Including fruits and vegetables as snacks and in each meal is a great way to control weight or to lose excess pounds that many runners tend to carry, since produce generally has a high water and fiber content it helps us feel fuller and more satisfied without the extra calories.

How to fit in your extra fruits and veggies:

- Make a smoothie for breakfast or for after run refueling, blend together frozen berries low fat yogurt and juice or tea
- Add fruit to your cereal
- Bring cut up produce with you to work and leave them on your desk with the goal of having them eaten by the end of the day
- Try it with dip, not a big veggie eater; try cut veggies dipped in Hummus, low fat sour cream dip, or salsa.

When buying fruits and veggies supporting our local farmers do a number of things for our bodies and our community. First we get a variety of fresh picked produce, which may decrease chronic disease risks, increases fiber, vitamin, antioxidant intake, and some studies indicate eating locally can improve seasonal allergies. Second the amount of fuel used for shipping from large commercial farms is decreased, and the money we spend towards goods grown in our area will likely be re-circulated in to our communities economy in some shape or form.

Here are just a few of many Farmers Markets in the Tucson Area:

Sunday

St. Phillips Plaza 9am-1pm
4380 N Campbell

Civano Artisans and Farmers Market 10am-2pm
5301 S Houghton Rd

Tuesday

Farmer's Market at the Community Food Bank
8am- noon
3003 S Country Club Dr

Thursday

Santa Cruz River (by El Rio Neighborhood center) 4pm-7pm

Friday

U of A Mall 9-1:30
In front of Old Main

Saturday

Plaza Palomino 10am-2pm
2970 N Swan at Fort Lowell

Rincon Valley

1200 Old Spanish Trail 9am-1pm
(Everyone Runs 1/2 marathon in November)