

With today's grocery stores we have lost touch with what we REALLY should be eating during certain times of the year. Since many stores order produce from all around the world it seems we can have anything at any time.

Now, while I am all about having any real fruit or vegetable than a Pop-Tart, we need to understand just as the seasons change so do our bodies. Right now genetically our body is starting to say "Winter is coming, we need to hold on to anything we can". If you live in a colder climate your appetite might start increasing. If you are eating more of a summer fruit or veggie, which typically can be more sugary or starchy, you can quickly add on the pounds. (Health Tip: When you are feeling you hungry, try drinking warm tea in the winter and fall. At times the hunger mechanism comes on so your body can use the food to warm you up. At times you might also just be dehydrated so drink more water.)

Which foods to eat? I have a list down at the bottom of this newsletter but the best way to do this (if you live in a place that has this) is get out of the grocery store and go to a farmers market. They are picking what's in season. You will be surprised how good you will feel once you start eating what nature has planned for you.

If you are on a budget and your local farmers market it too expensive for you, get one thing that you know the entire family will eat. The rest of the foods, write them down and go to your local grocery store and pick up.

Here is the list. Below the list is a fun and simple recipe to start the fall right.

<http://localfoods.about.com/od/whatsinseason/a/FallFruitVeg.htm>

### **Roasted Chicken with Cauliflower and Arugula Fennel Salad**

This recipe is all about putting it in the oven, letting the food do its thing and then prep an easy tasty salad. You can substitute different parts of the chicken or if you are in a rush you can bake some chicken tenders (non-breaded).

Preheat oven to 425. Have chicken at room temperature. Flavor with sea salt, pepper and garlic (fresh or powder). Roast chicken until center with thermometer reads 180F. Average size chicken should cook at about 1 hour and 15 minutes. There are also items you can get at the store to place the chicken upright so all of the skin is browned. If you want, chop up a couple of onions around the chicken while it cooks. You can use these onions and the drippings for a sauce to pour over the chicken afterwards.

In a separate pan, chop up the cauliflower. Drizzle olive oil over the cauliflower and also season with salt, pepper and garlic. Place in oven. Cook until you can put a fork in the cauliflower and it is tender (usually about 30 minutes).

In a large bowl add the arugula and shaved (or chopped) fennel into the bowl. Add lime, salt, olive oil and pepper to taste. If you like, add shaved parmesan cheese when plating the salad.

Enjoy! Any questions feel free to ask.