



# Food Guide

## Quiz: How Regional and Seasonal Is Your Diet?

Take this quick quiz to find out how you rate as a seasonal and regional eater.

- When purchasing produce, how frequently do you look for information that tells you where it is from?
  - seldom/never
  - sometimes
  - most of the time
- Do you eat more stored, dried, canned, and frozen produce in the winter than in the summer?
  - no, I eat about the same proportion year round
  - yes, but for a few products only
  - yes, for many products
- During your local harvest season, how many times a month do you shop at a farmers' market?
  - zero to one time a month
  - every other week
  - once a week
- During the winter, how often do you consume fresh tomatoes?
  - regularly
  - sometimes
  - almost never
- Which of the following winter vegetables do you eat regularly during the winter months? (Circle as many as apply)

potatoes	winter squash
carrots	onions
turnips	beets
cabbage	rutabagas
parsnips	Jerusalem artichokes

How many did you check?

  - 1–3
  - 4–7
  - 8–10
- Which of the sets of fruits and vegetables listed below is in the correct order of harvest in the Northeast?
  - Brussels sprouts, corn, asparagus, strawberries
  - corn, strawberries, asparagus, Brussels sprouts
  - asparagus, strawberries, corn, Brussels sprouts

### Scoring

Give yourself 3 points for each (c), 2 points for each (b), and 1 point for each (a) you chose.

### Bonus Points

If you are or ever have been a member of a CSA (Community Supported Agriculture) farm, ADD 2 points to your score.

If you have ever grown a vegetable garden, ADD 2 points to your score.

If your total score was

15–20: You are a seasonal expert and a real champion of local foods. Keep up the good work!

10–14: You are probably fairly dependent on imported produce during the winter. Use the Northeast Regional Food Guide to help you learn more about which foods are available locally at different times of the year. The fact sheet *Becoming a Regional and Seasonal Eater* can help you make the transition. You may already practice some of the first few steps—if so, try the more difficult ones further down the list.

1–9: Your diet probably changes little throughout the year. But because of our northeastern seasons, different produce is available at different times of the year. Refer to the fact sheet *Becoming a Regional and Seasonal Eater* for ways—some easy, others more difficult—to make small changes in your eating habits that can add up to a northeastern diet. To learn more about agriculture in the region, study the Northeast Regional Food Guide Pyramid to discover which northeastern foods are available at different times of the year. Eating foods that are produced in our region can be a fun and exciting challenge.

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