

What's growing and at the farmer's market

The market veggies and fruits this week are extra succulent, supportive and hydrating for these **DOG DAYS** of summer. Staying mindful to hydrate is extra important when it's still this hot and dry. That's not news. Eating raw fresh fruits and vegetables is a great way to get extra fluids and electrolytes (those naturally occurring charged minerals in plants that keep your heart beating, blood flowing, and muscles talking). They help you stay balanced and sufficient in fluid (thirst is an alarm, an indicator, stay ahead of it). This week, we continue to see so much color in our usual suspects, but poking their sweet nose in are an abundance of heirloom juicy tomatoes, and the sweetest of corn (and all the dogs wag)!

How nutritious is it?

Perk up your ears for this one...this week we'll focus on the humble tomato and 'essential' lycopene. These sweet fruit babies (and their constituents) are a powerhouse. Perhaps you've heard the word 'essential' when it comes to amino or fatty acids (another conversation), but there are also antioxidants (skin and cell warriors) that are 'essential', meaning that our bodies cannot make them, and they are essential to get from our diet. Lycopene falls into that category. On, and in our skin, lycopene gets used up very quickly when exposed to the sun, and tomatoes are a wonderful source of this antioxidant (it increases when they are cooked, but other parts deplete...so eat them in a variety of ways). They're also about 95% water and a great source of electrolytes. On the EWG pesticide in produce list? Still # 13. Just barely missing the 'dirty dozen', so do the best you can with your resources when choosing conventional or organic, and get to know your farmers. Warning; if you indulge in a variety of fresh local vine ripened tomatoes this summer, it may ruin restaurant and winter tomatoes for you. sorry.

Other sources? watermelon, pink grapefruit, peppers, carrots, berries, and plums

Where to Focus

Best fresh tomato sauce - no chopping or peeling required. Wash your tomatoes, grab your box grater, and gently, slowly, and carefully grate, watch your fingers, pressing skin against it until all the flesh is out. Heat in pan with a lil S&P, garlic, and herb. Toss with your favorite pasta, squash, or other noodles. Also great on toast or pizza.

In your life; What's missing? What feels essential that isn't making it into your day? The dog star rising in the morning (this time of year just below Orion, hence the saying), was an indicator of the Nile flooding. What's an indicator light for you? Are you listening?

Local Growing Season
Weekly Nibble #44
Week of Aug 31 2025



Kludia



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tune-in.

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