



STAFF PHOTOS/JOERD WITTEVEN

Leslie Forsyth, co-owner of Forsythe Family Farms on Kennedy Road and York Region public health nutritionist Susan Finkelstein checks out the bounty of locally grown fruit and vegetables.

# Superstar veggies at local farms

*Orange, dark green top of the stalk when it comes to your health ... and your tastebuds*

BY MICHAEL POWER  
Staff Writer

Like interior design or fashion, those shopping for fruits and vegetables shouldn't be afraid of a little colour.

Health Canada's recently revised food guide recommends you get at least one serving of orange vegetables and one dark green veggie each day.

And what better place to start looking than a nearby farm market?

"Before you go, people should definitely call the farm to see if they have what you're looking for," said Susan Finkelstein, a public health nutritionist with York Region Health Services.

She explained what is available using Forsythe Family Farms as an

example, at 10539 Kennedy Road, north of Major Mackenzie Drive in Markham.

In the orange category, produce to look for at this time of year includes carrots and orange squash, Ms Finkelstein said. Yams are also a good choice, but aren't in season now. Available fruit includes peaches and apricots.

As for dark green veggies, beans,

green peppers and broccoli are in season, Ms Finkelstein noted.

However, availability of produce can vary each year depending on factors such as the weather.

Orange and dark green produce contain anti-oxidants such as folate and beta carotene that protect the body's cells from damage.

See **BRIGHT**, page 10.