



Audrey Pellegrino, well-known and beloved AE/MS teacher, is The Practical Nutritionist. Photo: Heather Makechnie

## Why Does Local Food Taste So Good?

By Audrey J. Pellegrino, M.Ed, M.HN  
Holistic Nutritionist/Educator

I cater meals and events during the summer and I am often asked why everything is so flavorful. There are many reasons for this, but the major reason is that I frequently prepare local and fresh foods. There are chemical and biological reasons why local corn and other foods taste so good when eaten in season and do not taste anything similar out of season.

When foods are eaten locally they are picked at the moment of peak ripeness. The vitamins and minerals have had time to mature. This means that the food is nutrient rich and benefits your health. Also, when the food is picked at ripeness, the flavors are full and the foods are easily digested because the enzymes have had a chance to develop.

Living in New Hampshire we cannot get local food when it is out of season. Berries, leafy vegetables, summer squashes and tomatoes are summer foods. In the autumn we have apples and tree fruits, pumpkins, winter squashes, carrots, and other root vegetables. In the winter we eat the stored root vegetables and squashes. Just when we begin to despair, in the spring asparagus and

peas appear.

However, when we walk into the grocery store we have a plethora of fresh foods to choose. The foods are picked early to transport them thousands of miles to us, during the dead of winter. They have not had the time to naturally develop their flavors, vitamins, minerals, or enzymes. The vibrant colors are often a result of dyes added to the skins or gasses which force the maturation of the foods. For optimum health when we cannot eat local, in-season foods we should choose flash frozen (which are picked at ripeness) or organic (which are not treated with gasses or dyes).

I get such pleasure from growing my own fruits and vegetables, and picking a handful of beans or berries from the vine or bush is a daily summer treat. If you are not able to grow your own fruits or vegetables, this summer go to a local farm stand or the local section of the grocery store and enjoy the nutrient rich, delicious vegetables and fruits that await you there. Take advantage of them while you can, the growing season comes to an end quickly in New Hampshire.

For more information or to contact Audrey, visit [PNutritionist.com](http://PNutritionist.com).

### FOOD ALLERGY TESTING

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[PracticalNutrition@gmail.com](mailto:PracticalNutrition@gmail.com)

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Audrey J Pellegrino, M.Ed, M.HN  
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## Local Craftsmen At Annual League Fair In Sunapee

Artists who have gone through the League of New Hampshire Craftsmen juried membership process and met its rigorous standards for creativity, innovation, and technical expertise, are a rare group of people. The Andover area is fortunate to claim a number of neighbors who have earned the right to belong to the prestigious group; Seth Kiedaisch and Gillian Smith, both of Andover; Jack Dokus and Alice Ogden, both of Franklin; Samuel K. Wild, formerly of Andover, now of Wilmot, as well as Wilmot resident Terry Moore; Nancy Evans of South Sutton; and Peter Bloch, Laura J. Chowanski, Joseph DeRobertis and Gordon and Jeffrey Keeler, all of New London.

From August 2 through 10, Andoverites may join approximately 35,000 other people at the League of New Hampshire Craftsmen's 75th Annual Fair, held from 10 AM to 5 PM daily at Mount Sunapee Resort in Newbury, to see the fine handwork these people do. And they will have an opportunity to learn about the League's rich history by viewing a new film documentary, *A LEAGUE OF OUR OWN: New Hampshire and the American Craft Movement*, which was produced to mark the anniversary event.

There will be hands-on craft workshops, demonstrations, and exhibits, in-depth tours of the craft booths, informative lectures, and the opportunity to interact with and purchase from 350 juried craftspeople at more than 200 craft booths. There will also be live musical performances during the entire week.

On August 7, Thursday evening, there will be a special birthday bash featuring dinner and concert by New

Hampshire folk and blues recording artist Tom Rush. The evening will end with a fireworks display. Tickets are \$40 per person for the dinner, Tom Rush concert, and fireworks; or \$25 per person for the Tom Rush concert and fireworks only.

General admission: \$10 adults; \$8 seniors, students, active duty military (with ID) and groups of 20 or more; Children 12 and under free. All general admission tickets will be valid for two days. A ticket includes admission to all exhibitions and demonstrations, as well as a second day free return to the Fair. Tickets may be purchased in advance on the League's Web site, [NHCrafts.org](http://NHCrafts.org).

Amenities include: childcare available for \$2 an hour. Free parking and free shuttle bus service. Disability parking and electric carts available for rent. Picnic areas, food tent, two building cafeterias and outdoor Garden Cafe (serving adult beverages) are open daily. Skyrides will be available during this week.

The first 250 people who attend the Fair during a weekday (Monday, August 4 through Friday, August 8,) and bring a gas receipt to the Sunapee Chamber of Commerce booth at the Fair will be automatically entered to win a \$50 gas card and other prizes, including gift certificates from Sunapee Region restaurants and other businesses. There is one entry per family, and contact information must be provided. The drawing for the gas card and other prizes will occur at noon each day.

Please, no pets allowed on the grounds or left in vehicles.

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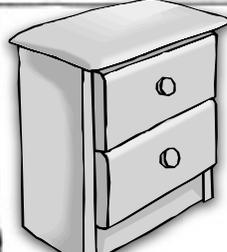
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