

THE SCIENCE BEHIND WHAT WE EAT



August is the month of the agronomist. When we think about agriculture, we imagine who is planting the land. But behind every successful harvest is an agronomist, who is the professional who applies agricultural science to soil management, seeds, irrigation, and pest control. Thanks to these processes, food arrives at your table safely, nutritiously and sustainably. This August, we recognize their work and invite you to take advantage of their results by considering local products in your purchases.

WHY DOES EATING LOCAL ADD TO YOUR NUTRITION?

¡More freshness and more nutrients! A product that travels less hours, from the field to your table, better preserves its vitamins and minerals. This means that it is a better quality product. Buying what is in season is usually more economical and nutritionally optimal. Every local purchase strengthens our food independence and the agronomists and farmers behind it.

Some local products that can be found at their best:

- Mango
- Bananas and plantains
- Avocados
- Root vegetables (yautía, sweet potato, yams)
- High-quality coffee

These products are not only fresh, but also rich in nutrients: mango and avocado provide vitamins A, C and healthy fats; the meals are rich in fiber, potassium and complex carbohydrates of good quality; and Puerto Rican coffee contains antioxidants that support cellular health. This week, trade at least one imported product in your purchase for a local product. A small change in your cart could be an act of thanks to the local agricultural sciences and a great contribution to your health.

Source: Puerto Rico Science