

In the Season Thereof

Hymn [In Our Lovely Deseret, Hymn 307](#)

D&C 89:11 “Every herb in the season thereof, and every fruit in the season thereof; all these to be used with prudence and thanksgiving.”

Matt. 14:15-18 “And when it was evening, his disciples came to him, saying, This is a desert place, and the time is now past; send the multitude away, that they may go into the villages, and buy themselves victuals. But Jesus said unto them, They need not depart; give ye them to eat. And they say unto him, We have here but five loaves, and two fishes. He said, Bring them hither to me.”

“To a great extent we are physically what we eat. Most of us are acquainted with some of the prohibitions, such as no tea, coffee, tobacco, or alcohol. What need additional emphasis are the positive aspects—the need for vegetables, fruits, and grains, particularly wheat. In most cases, the closer these can be, when eaten, to their natural state— without over-refinement and processing—the healthier we will be.” [–Ezra Taft Benson](#)

Jesus was teaching a large crowd of people on a hillside in Galilee one afternoon. As evening approached, the apostles suggested sending the people away to buy their own food, but Jesus used the opportunity to teach that, using what was available to them, He could provide more than enough for all.

The Word of Wisdom also teaches that, with care and gratitude, the earth provides us with what we need. Eating fruits and vegetables in their appropriate season has become even more important in our day than it was when it was received by the early Saints.

Eating “in the season thereof” is best achieved by eating locally. When you buy a tomato out of season, it has to be picked before it’s ready so it can travel from a far away place. Local food is picked when it’s ripe, so it has better flavor and more nutrients. You can feel better about a safer food supply knowing how your food was grown. Additionally, buying from local farmers helps them keep their farmland, preserves green space in the community, and supports the local economy.

Activity Ideas

For young children:

Make a list of your family's favorite whole foods. Fold a paper into fourths and write "Winter," "Spring," "Summer," and "Autumn" at the top of each quadrant. Draw the foods in their natural season. Brainstorm Winter foods together. Visit [Eat the Seasons](#) to see when foods are in season in North America (*there is also a link for the UK*).

For older children:

Plan four balanced meals, one for each season, using only locally available food.

For all:

See if there is a farmers' market in your community. (Some also have markets over the winter season!) Make a plan to visit it and become familiar with local options.

Treat Ideas

- Divide into two teams and compete to see who can create the best dessert using only items that are already in your pantry.
- Make fish tacos and discuss the miracle that Jesus performed in feeding the five thousand with only five loaves and two fishes.
- Make homemade bread. [Here's an easy recipe.](#) [Here's another one..](#)

Additional Resources

Though no longer updated, [Word of Wisdom Living](#) is a lovely resource for practical application of the Word of Wisdom.

[This 12-minute video](#) highlights members of the Church who share their experiences living the Word of Wisdom.

The [Eat the Season](#) blog discusses local, seasonal, and sustainable eating with gardening guides and recipes.

[Eat Local Week](#) is a Utah-based program to help you find locally produced food.

[This article](#) provides five "easy and cheap" ways to eat local.

[This study](#) in Iowa found that food travels 1,500 miles on average from farm to consumer. By contrast, locally sourced food traveled on average just 44.6 miles.