

# Nutritionists at the Villas of Manalapan, N.J., Shine Spotlight on Autumn's Superfoods

*Independent-living, assisted-living senior community near Staten Island points to health benefits of eight tasty fall foods*

STATEN ISLAND, NY, UNITED STATES, October 22, 2021 /EINPresswire.com/ -- Nutritionists at the [Villas of Manalapan](#), N.J., suggest that you celebrate autumn by enjoying delicious and nutritious foods that are in season.

Fall's superfoods are either hitting their peak in the garden – and therefore at peak nutritiousness – or can easily be found at your local farmers market or grocery store, according to food experts at the luxurious independent- and assisted-living senior community near Staten Island.



The Villas is an upscale, world class resort-inspired apartment community offering a range of amenities and services sensitive to the lifestyle, health and daily needs of seniors.

Nutritionists at the resort-like apartment community say now is a good time to incorporate a few of the season's delights into your meals. Some can combine well together, such as veggie soup with parsnips, rutabaga, and turnips; an apple and sweet potato casserole; a salad with shaved Brussels sprouts and pear, as well as others.

Wellness professionals at the Villas suggest getting acquainted with the foods of autumn and their health benefits, such as the following eight tempting delights:

## ▣BRUSSELS SPROUTS

These cruciferous vegetables are rich in fiber, vitamin K, vitamin C, folate, potassium, iron, and many more. They combine well with tangy and savory sauces, or prepared simply with some oil and salt. Try roasting or sautéing, or shaving them raw into a salad.

## ▣BEARS

We mostly think of eating pears raw – but consider poaching or baking pears this season. Pears contain a lot of vitamin C – mostly in the skin – and are a rich source of fiber, antioxidants, minerals (copper and potassium), and vitamins (folate and niacin).

#### ▣PARSNIPS

These root vegetables are similar to carrots, but with a lighter, nuttier flavor. They contain many nutrients, such as potassium, folate, vitamin C, fiber, and more.

#### ▣APPLES

Try these sweet or tart – raw, or baked. Try to eat the skin as well, as it contains a majority of the fruit's vitamin C and phytonutrients. The entire fruit is rich in fiber and antioxidants.

#### ▣RUTABAGA

This root vegetable is a cross between a turnip and a cabbage. They are delicious added to soups and casseroles, or roasted. These are also a great source of fiber and vitamin C.

#### ▣PUMPKIN

A winter squash, pumpkin makes great dessert foods – and savory dishes, too. Some of its many healthy compounds include potassium, fiber, and B vitamins.

#### ▣TURNIPS

This root vegetable is similar to radishes and cabbage. You can also eat the turnip leaves, which are rich in vitamins A, K, and folate. The root is rich in vitamin C, fiber, and other phytonutrients.

#### ▣CAULIFLOWER

Although it is white, this cruciferous veggie is rich in phytonutrients. It is very versatile and can be eaten simply (chopped and steamed); used as rice substitute; blended into a “mash,” and even fashioned into a pizza crust.

#### About the Villas

The Villas is an upscale, world class resort-inspired apartment community offering a range of amenities and services sensitive to the lifestyle, health and daily needs of seniors. Orchestrated by Hackensack Meridian Health, the complex is uniquely focused on wellness and prevention – and ideal for singles and couples alike. The luxurious 100,000-square-foot community offers a unique arrangement of supervision and increased healthcare with onsite physician services. Embracing independent-living, assisted-living, skilled-nursing and memory-care needs on specialized floors, the Villas eliminates the need to relocate elsewhere due to health issues, allowing couples to remain together in a comforting, well-managed, posh environment. The Villas is located at 289 Gordons Corner Road, Manalapan, NJ 07726. For information, or to schedule a tour, the Villas may be reached at 732-847-3920, contacted via [www.villashmh.com/contact](http://www.villashmh.com/contact), and visited online at [www.villashmh.com](http://www.villashmh.com).

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