

# Seasonal Eating: Summer

Seasonal eating is when you eat produce around the same time that it is harvested. This process allows the fruits and vegetables to ripen naturally and provide better taste and more nutrients for the consumer. Foods that are in season tend to be cheaper at the store, as well. Challenge yourself to see how many of these seasonal foods you can eat!



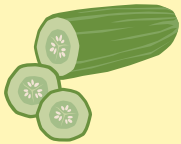
Bell Pepper

Bell peppers are high in vitamin C which can help improve immune function.



Cherry

Cherries contain anthocyanins which give them their red color and may reduce blood pressure.



Cucumber

Cucumbers have a high water content which can help us stay hydrated on warm summer days.



Lima Bean

Lima beans are a source of plant-based protein. Protein helps build muscles, bones, and blood cells.



Plum

2 medium plums contain around 200 mg of potassium which helps with muscle movement and contraction.



Summer Squash

One raw zucchini or yellow squash can provide as much potassium as a banana.



Tomato

Tomatoes get their red color from lycopene, an antioxidant that helps protect our cells from damage.



Watermelon

Watermelons have a high water content and contain more lycopene than tomatoes, which help protect our cells.

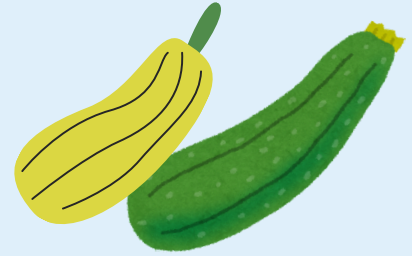
# Recipes

Try out these recipes that use fresh summer produce!

## Summer Squash Salad

### Ingredients:

- 3 zucchini
- 3 yellow squash
- 1 bunch green onions
- 1/2 cup shaved parmesan cheese
- 1/4 cup olive oil
- 1 lemon (juiced)
- 1 tsp salt
- 1 tsp black pepper
- *Optional:* a small handful of fresh basil



### Directions:

1. Thinly slice the zucchini, squash, and green onion. Add to a large bowl.
2. Add the parmesan cheese and basil leaves (*optional*) into the bowl
3. Pour in the olive oil, lemon juice, salt and pepper and toss to combine.
4. Enjoy! Leftovers can be stored for up to three days.

## Cherry Yogurt Popsicles

### Ingredients:

- 2 1/2 cups cherries (*frozen or fresh, pitted*)
- 2 cups plain greek yogurt (*option to use regular yogurt*)
- 2 tbsp maple syrup
- 1/2 tsp vanilla extract



*Optional: Add some fresh plum to this recipe to include more seasonal produce!*

### Directions:

1. Mix the maple syrup and vanilla extract into the yogurt.
2. If using fresh cherries, take out the pits. Blend the cherries up in a food processor or blender.
3. Pour the pureed cherries into the yogurt and mix a couple of times.
4. Divide among popsicle containers and freeze for 4 hours or overnight.
5. To remove popsicles after freezing, run under warm water for 10 seconds and enjoy!