

















# WHAT'S IN SEASON GUIDE FOR SUMMER

Fresh Food	At The Market	Storage	Preparation	Recipe Ideas
<p>Apples</p> 	<p>Eating raw: Braeburn, Honeycrisp, Gala, Fuji. Baking: Empire, Rome Beauty, Cortland, Northern Spy, Ida Red. All purpose: Golden Delicious, Jonathan, Winesap.</p>	<p>Store in the refrigerator crisper drawer for up to one month.</p>	<p>Always wash apples before eating raw or peel when cooking. Sprinkle lemon juice on sliced apples to keep them from browning.</p>	<p><a href="#">Apple Chutney Baby Food</a>, <a href="#">Cinnamon Apple Slices</a>, <a href="#">Maple Apple Graham Crisp</a></p>
<p>Apricots</p> 	<p>Choose plump, firm fruit with golden orange skin.</p>	<p>Ripen at room temperature. Store in the refrigerator. Avoid bruising by arranging in a flat container.</p>	<p>Gently rinse. Eat skins and flesh when fresh or dry in a dehydrator for later use.</p>	<p><a href="#">Sausage and Apricot Balsamic Rice</a></p>
<p>Bananas</p> 	<p>Choose plump, firm skin with no brown spots or split skins. Varieties: yellow, red, apple, baby, baking.</p>	<p>Store on the countertop to ripen. Store ripe bananas in the refrigerator for up to 3 days.</p>	<p>Peel and eat. Blend in smoothies. Mash and add to muffins, quick breads and pancakes.</p>	<p><a href="#">Baked Banana Crumble</a>, <a href="#">Banana Smoothie</a></p>
<p>Beets</p> 	<p>Choose smaller sized, smooth skinned, dark red beets with firm roots. If you plan to eat the leaves choose beets with green, firm leaves.</p>	<p>Cut leaves and store in a tightly wrapped plastic bag in the refrigerator for up to 3 weeks. Store cut leaves in the crisper drawer for up to 4 days.</p>	<p>Rinse and cut in quarters. Steam, bake, roast, or grill until tender. Gently rub peel off with a paper towel.</p>	<p><a href="#">Spinach &amp; Beet Salad</a>, <a href="#">Baby Borscht Puree</a></p>
<p>Bell Peppers</p> 	<p>Choose peppers with glossy skin and no soft spots. Bell peppers should feel heavy for their size.</p>	<p>Store in a plastic bag in the refrigerator crisper drawer for up to 1 week.</p>	<p>Rinse and eat raw sliced or diced. Roast or grill sliced or quartered or whole with your favorite stuffing. Grill or sautee sliced or chopped with a drizzle of olive oil.</p>	<p><a href="#">Orange Chicken and Vegetable Rice Bowl</a>, <a href="#">Southwestern Tortilla Soup</a>, <a href="#">Three Bean Chili</a></p>
<p>Blackberries</p> 	<p>Choose berries that are dark, glossy, plump, and firm.</p>	<p>Refrigerate but do not wash before storing. Eat as soon as possible or freeze.</p>	<p>Gently rinse and remove stems and any soft berries. Eat by the handful or serve over cereal, ice cream or yogurt.</p>	
<p>Blueberries</p> 	<p>Choose firm berries that are deep blue with a frosty silver tint.</p>	<p>Store in an airtight container in the refrigerator for up to 5 days or freeze.</p>	<p>Enjoy fresh washed blueberries by the handful or over cereal, yogurt, or ice cream.</p>	<p><a href="#">Baked Chicken with Blueberry BBQ Sauce</a>, <a href="#">Blueberry Relish</a>, <a href="#">Blueberry-Mango Soup</a></p>
<p>Cantaloupe</p> 	<p>Choose evenly shaped fruit with no bruises or cracks that tends to feel heavy for its size.</p>	<p>Eat within 2 days if ripe. Or let sit at room temperature to ripen for up to 5 days.</p>	<p>Wash rind before slicing. Slice and serve slightly chilled or at room temperature.</p>	<p><a href="#">Out of This Galaxy Cantaloupe Treat</a></p>











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Carrot 	Choose firm, bright orange carrots with smooth skin. Smaller carrots tend to be sweeter.	Store in the refrigerator crisper drawer for up to 2 weeks.	Wash, peel, and trim ends before using. Eat raw, or steam, sauté, or roast.	<a href="#">Apple Carrot Casserole</a> , <a href="#">Maple Carrots &amp; Cashews</a>
Celery 	Choose firm stalks without yellow or brown leaves or spots.	Store in plastic produce bag in the refrigerator for up to 1 week.	Cut off base and leaves and rinse stalks. Cut and eat raw or add to recipes.	<a href="#">Best Ever Turkey &amp; Rice Soup</a> , <a href="#">Almond Brown Stuffing Rice</a>
Cherries 	Choose brightly colored, firm, plump berries with shiny, smooth skin.	Store unwashed in a plastic bag in the refrigerator for up to 4 days.	Rinse sweet cherries well and eat fresh. Simmer sour cherries for sauce, relishes, and preserves, or bake in a pie or tart.	<a href="#">Cherry Salsa</a>
Collard Greens 	Choose firm, crisp and deeply colored leaves.	Refrigerate in a plastic for up to 5 days.	Rinse, remove thick stems, and chop. Sauté, stem or microwave in an inch of water. Can also be baked as chips or added to casseroles and quiche.	
Corn 	Peeling the tip of the husk away to see the kernels is not recommended because the corn will dry out quicker. Feel the husk for firmness, and choose hush that are bright green with moist yellow/brown tassels.	Refrigerate with the husk on. Remove husk just before cooking. Eat within 2 days of purchase.	Remove husk, or leave on from grilling. Boil, grill, steam or microwave for 2-4 minutes.	<a href="#">Green greens with Corn &amp; Bacon</a> , <a href="#">Meatless Monday Mexican Fiesta</a>
Cucumbers 	Choose firm green cucumbers with no soft spots or yellow color.	Store in the refrigerator for up to 1 week.	Wash skin thoroughly with a vegetable brush or peel before eating.	<a href="#">Cucumber Cubes</a> , <a href="#">Creamy Cukes for Kids</a>
Eggplant 	Choose firm eggplant that feels heavy for its size. Skin should be smooth and shiny without cracks or bruises.	Store uncut and unwashed in the refrigerator crisper drawer for up to 1 week.	Cut ends, peel and slice, or leave skin on after washing thoroughly. Sprinkle slices with salt and let sit for 30 minutes to tenderize.	<a href="#">Ratatouille</a>
Garlic 	Choose firm bulbs with no dark spots. Elephant garlic is the mildest, Pink is mild, and white is stronger.	Store at room temperature in skin for up to 2 weeks.	Peel and mince or chop, or roast whole bulb.	<a href="#">Garlic Parmesan Potatoes</a> , <a href="#">Butternut Squash &amp; Roasted Garlic Soup</a>





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<b>Green Beans</b> 	Choose bright green, firm beans.	Store in the refrigerator crisper drawer in a plastic bag for up to 7 days.	Rinse and cut or snap off ends just before cooking. Steam, sauté or microwave in an inch of water.	<a href="#">Chinese Restaurant-style Green Beans</a> , <a href="#">Green Beans with Corn and Bacon</a>
<b>Honeydew Melon</b> 	Choose sphere shaped melons with waxy surface. Fruit should feel heavy for its size. Ripe melons will feel slightly soft when skin is pressed.	Store whole melons at room temperature or cut and store in a container in the refrigerator for up to two weeks.	Cut ¼ inch from rind and eat fresh alone or add to salads, salsas, and desserts.	<a href="#">Japanese Bento Box Dinner</a>
<b>Kiwifruit</b> 	Choose sweet scented fruit with skin that gives lightly to finger pressure.	Store firm kiwis on the counter until skin gives to slight pressure. Store ripe kiwis in the refrigerator for up to 2 weeks.	Wash and rub off brown fuzz or peel. Slice and add to salads or enjoy alone.	<a href="#">Kiwi Wraps</a>
<b>Lima Beans</b> 	Fresh lima beans can be found at farmers markets and specialty stores. Choose dark green, shiny pods or pale green skin if shelled.	Store in the refrigerator in an open plastic bag in the crisper drawer for up to 1 week.	Rinse, shell and sort lima beans before cooking. Boil and add to vegetable dishes. Dried beans should be soaked before cooking.	
<b>Mangoes</b> 	Choose firm fruit that gives slightly to pressure.  Colors: Red, Yellow, Orange	Ripen in a paper bag if needed. Store at room temperature up to 5 days.	Slice from stem to tip and separate from pit. Lay skin side down and score flesh in x pattern. Push skin away from flesh and slice skin off.	<a href="#">Blueberry Mango Soup</a> , <a href="#">Mango Salsa</a>
<b>Nectarines</b> 	Choose firm fruit that gives slightly to touch with no green skin around the stem, or soft spots.	Soften firm fruit on the counter and store ripened fruit in the refrigerator for up to 1 week.	Nectarines can be served just like peaches, except you can leave the skin on.	<a href="#">Nectarine and Almond Gratin</a>
<b>Okra</b> 	Choose pods that are deep green and firm.	Store in the refrigerator for up to 1 week.	Wash thoroughly and trim ends. Slice or chop and add to vegetables, rice or meat dishes.	<a href="#">MyPlate Meal #18</a>
<b>Peaches</b> 	Choose firm fruit that gives slightly to touch with no green skin around the stem, or soft spots.	Soften firm fruit on the counter and store ripened fruit in the refrigerator for up to 1 week.	Peaches are can be served just like peaches, except you can leave the skin on.	<a href="#">Peach Parfait</a> , <a href="#">Chicken with Peach Sauce</a> , <a href="#">Peach Sorbet</a>



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Plums 	Choose fruit that gives slightly to pressure and has a soft tip. Avoid unripe fruit.	Store in the refrigerator for up to 3 days.	Rinse well and eat as is or all to baked goods, sauces, jams, and jellies.	<a href="#">Fruity Smooth and Creamy Popsicles</a>
Raspberries 	Choose firm, brightly colored berries.	Refrigerate unwashed and eat within 2 days.	Rinse well before serving. Eat by the handful or add to salads, sauces and baked goods.	<a href="#">Raspberry Orange Tea,</a>
Strawberries 	Choose bright red, plump berries with leafy green tops. Avoid bruised, soft or moldy berries.	Refrigerate unwashed berries in loosely packed container. Use within 4 days of purchase.	Rinse, dry and cut off tops. Eat alone or add to cereal, salad, yogurt, smoothies, and desserts.	<a href="#">Chocolate Fondue and Strawberries</a>
Summer Squash & Zucchini 	Choose smaller sized squash that are firm and smooth skinned.	Store in the refrigerator for up to 1 week.	Wash and trim ends. Slice and eat raw or add to stir fry and pasta dishes or baked goods.	<a href="#">Frosted Zucchini, Zucchini Boats, Confetti Rice Pilaf</a>
Tomatillos 	Choose pale green, firm tomatillos with husk loosely attached.	Store at room temperature for up to 3 days, or in the refrigerator in a plastic bag for up to 1 week.	Remove husk and rinse well. Chop and add to soups and salsas.	
Tomatoes 	Choose tomatoes with a full aroma and firm texture.	Store at room temperature, not in the refrigerator. Eat within 1 week.	Eat raw or cook in sauces, salads, salsas, and sautéed dishes.	<a href="#">Ratatouille, Fresh Salsa</a>
Watermelon 	Choose evenly shaped fruit with no cracks or bruises that sound hollow when you tap on them.	Keep whole in the refrigerator for up to 1 week. Keep cut fruit covered with plastic for up to 2 days in the refrigerator.	Rinse well before cutting. Cut the flesh away from the rind and serve very cold or add to salads.	<a href="#">Wow! Watermelon Soda</a>