

WHAT'S IN-SEASON THIS SUMMER?

The summer months are upon us which means new, delicious fruits & vegetables are coming into season throughout beautiful Pennsylvania! Buying in-season produce can save us lots of money as it is cheaper than produce that is not in-season during this time of the year. In-season produce will also taste better and be packed with more nutrients (vitamins & minerals) as it is harvested at an ideal time and can ripen fully!

Summer Produce in Pennsylvania



Strawberries are in-season late May through June in PA.

Strawberries are a great source of **Vitamin C** which can boost immunity, heal cuts, and keep our gums healthy! Strawberries also contains **potassium** which can help maintain our blood pressure.

Peaches are in-season in PA starting July through late August.

Peaches are a great source of **fiber** which aids in digestion and improves heart health. Peaches also contain **Vitamin A** to promote good eye sight and healthy skin!



Sweet cherries are in-season early June through late July. Cherries are rich in **Vitamin C** & **antioxidants** that protect our bodies from cellular damage and can reduce inflammation.

Squash is in-season mid June through late August. Squash is a versatile vegetable that can be sautéed, baked, or grilled and seasoned to your liking. It is a great source of **Vitamin A** (eye and skin health), **Vitamin C** (immunity), & **manganese** (bone and brain health).



Snap peas are in-season late June through September. Snap peas are a great source of **Vitamin K** which promotes bone health and wound healing. They also are rich in **folate** which is a vitamin needed for cell division and DNA formation in the body.

Sweet corn is in-season early July through late September. Corn is a great source of **fiber** and **Vitamin B1** (thiamin) which keeps your nervous system working properly. It is also rich in **magnesium** (blood pressure and muscle function) & **phosphorus** (bone health).



Tomatoes are in-season early July through mid October. Tomatoes can be eaten raw in salads or made into sauces & soups! Tomatoes are a great source of **Vitamin C** (immune support) and **lycopene** which promotes heart health and lowers the risk of developing certain cancers & heart disease.

Recipe of the Month: Strawberry Shortcake



Ingredients:

- 1 C flour
- 1.5 tsp baking powder
- 3 tbsp vegetable oil
- 1/2 C low-fat milk*
- 4.5 C sliced strawberries
- 1/4 C sugar
- 1.5 C low-fat yogurt

Directions

1. Preheat oven to 425oF.
2. In a bowl, mix flour, baking powder, vegetable oil and milk.
3. Spoon batter onto lightly greased baking pan to create 3 biscuits.
4. Bake for 12-15 minutes. Set aside.
5. In a separate bowl, mix strawberries and sugar.
6. Cut biscuits in half and top each half with strawberry mixture and top with yogurt.
7. Refrigerate leftovers.

Recipe Source: jsyfruitveggies.org

Material from this article is sourced from Just Say Yes to Fruit and Vegetables curriculum: Lesson 3, Stretching Food Dollars



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