

Peaches, Plums, Nectarines

Ripen at room temperature. Then store in the refrigerator and use within 1 week.

Ways to eat more

Grab a piece of whole fruit for breakfast on the go.

Top low-fat frozen yogurt with fresh, sliced fruit for a cool summer dessert.



Peppers, Corn, Summer Squash

Store in the refrigerator and use within 2 weeks.

Ways to eat more

Combine fresh corn, tomatoes, and cooked beans to make a refreshing summer salad.

Add a rainbow of color and crunch to salads, quesadillas, and stir-fry with red, orange, and yellow pepper slices.

Oven roast summer squash with olive oil and herbs for a quick and colorful side dish.



Tomatoes

Store tomatoes at room temperature and use within 1 week.

Ways to eat more

Add tomatoes to scrambled eggs and top with fresh salsa.

Stir-fry tomatoes with summer squash for a great side dish.



Melons

Ripen at room temperature. Then store in the refrigerator and use within 1 week. Wash melon before cutting and eating.

Ways to eat more

Add fresh, chopped melon to salads or salsa.

Blend fresh melon with ice for a cool fruit smoothie.

Keep sliced melon in the refrigerator for juicy grab-and-go snacks.



Choose firm, smooth produce without bruises, soft spots, or cracks. Wash fresh fruits and veggies right before using.

The Family Corner

The whole family can shop at the farmers' market or grocery store together! Summer squash, tomatoes, corn, peaches, plums, and melon make family meals healthy and colorful. Ask kids to choose a rainbow of fruits and veggies at the market this week.

Get everyone into the kitchen!

Kids can help with meals and snacks.

Let them help:

- Wash fresh peaches, plums, and nectarines.
- Shuck ears of corn.
- Scoop melon balls for summer fruit salad.
- Wash and slice summer squash or peppers with a plastic knife.
- Make a fruit smoothie with fresh summer fruit, 100% juice, and low-fat yogurt.

For healthy recipes using summer fruits and vegetables and tips to make healthy food choices visit our recipe section at:

www.eatsmart.umd.edu

To find a farmers' market near you visit our "Locally Grown" section at www.eatsmart.umd.edu



MARKET TO MEALTIME!

Summertime at the Market

- Enjoy fresh summer flavors! Corn, peppers, and tomatoes are in-season and cost less.
- When the weather heats up, cool down with watermelon, cantaloupe, and honeydew.
- Combine tomatoes, peaches, and nectarines to make a sweet and refreshing salsa.
- Add shredded summer squash to pasta sauce for an extra serving of veggies.

Look inside for tips to add fresh summer flavors to meals and snacks!

