



Peak Produce Season Is Here!

Let's make the most of it

Stock Up on Summer's Best

Farmers' markets are in full swing, and it's a great time to load up on fresh fruits and veggies. When food is picked at its peak, it tastes better, lasts longer, and usually gives you more nutrition for your money. Here are a few seasonal favorites to look out for, and simple ways to enjoy them.

Leafy Greens are some of the most nutrient-packed foods out there. Did you know they're a good source of calcium? Look for kale, collards, turnip greens, spinach, chard, cabbage, and different types of lettuce.

Tomatoes from local farms are on a whole different level than the ones you'll find at the store. They're also a great source of vitamin C and lycopene, an antioxidant that supports heart health.

Bell Peppers add crunch, color, and sweetness to any meal. They're high in vitamin C and lutein, and work well raw, roasted, or sautéed.

Carrots aren't just orange—try purple, yellow, or red for a fun change. Different colors bring different antioxidants, and they're great roasted or shredded and tossed into salads and slaws.

Summer Squash like zucchini is super versatile and budget-friendly. Use it raw in salads, bake it into muffins, or add it to soups, stir-fries, and pasta.

Berries—especially when freshly picked—are packed with flavor and fiber. They're a top source of antioxidants and can be frozen for smoothies, baked goods, or oatmeal.

Eggplant has a mild flavor and a texture that soaks up whatever it's cooked with. It's great grilled, roasted, or stewed—see below for a recipe idea

Onions, whether red, white, yellow, or sweet, bring a rich flavor to meals and are full of phytonutrients that support overall health.

Watermelon is more than just a summer snack—it's hydrating and high in antioxidants like lycopene and vitamin C. Try it sliced, cubed, or blended into drinks.

Asparagus is still in season in early summer. Grill it, roast it, or toss it into pasta or salads. It's a good source of fiber, folate, and vitamin K.

Peaches are best in mid- to late summer. Eat them raw, grill them, or add slices to yogurt or salads.

Cucumbers are crisp, cool, and refreshing. They're great in salads, wraps, or sliced up with a sprinkle of salt or a splash of vinegar.

Green Beans are in season during the warmer months and cook quickly. Steam, roast, or sauté them—or toss into a grain bowl for some crunch.

Corn is sweet, satisfying, and technically a whole grain when eaten off the cob. Grill it, shave it into salads, or stir it into soups and stews.

Radishes add a little spice and crunch to salads, sandwiches, or veggie slaws. You can even roast them for a milder flavor. They're also a source of prebiotic fiber, which supports a healthy gut.

Okra shows up at many summer markets, especially in the South. It's naturally rich in mucilage, a type of soluble fiber that may help with blood sugar control and digestion. Try it sliced and sautéed, grilled, or added to a veggie stew.

Beets aren't just for fall! Many varieties are harvested all summer. Roast them, shred them raw into salads, or blend into smoothies.

Leeks, Garlic, and Fresh Herbs go a long way in making meals more flavorful. Herbs especially are rich in antioxidants—try parsley, basil, dill, or chives for a fresh finish.

Farmstand Skillet



This quick sauté makes the most of whatever's in season—no exact measurements needed. Use it as a side, pile it over toast, toss it with pasta or whole grains, or serve with an egg on top for a light meal.

Ingredients:

- Olive oil
- 1 onion, sliced
- 1 bell pepper, chopped
- 1 zucchini or summer squash, sliced or diced
- 1 small eggplant, diced (no need to peel)
- 1–2 tomatoes, chopped (or a handful of halved cherry tomatoes)
- 1 can white beans or chickpeas, rinsed
- Fresh herbs (basil, parsley, or dill)
- Salt and pepper to taste
- Optional: garlic, chili flakes, lemon juice, or balsamic vinegar

Instructions:

Heat a drizzle of olive oil in a large pan. Sauté the onion until soft, then add garlic (if using) and the rest of the chopped veggies.

Cook over medium heat until tender, stirring occasionally. Add the beans and let everything warm through.

Season with salt, pepper, and any extras you like—fresh herbs, a splash of lemon, or a little vinegar brighten it up.