



What's in Season?

Late Summer Edition

Why Eat with the Seasons?

Late summer is one of the best times of year to enjoy fresh fruits and vegetables. Produce harvested at its peak is often more flavorful, nutrient-rich, and budget-friendly. Shopping seasonally is an easy way to add variety and color to your meals.

What's in Season?

Fruits	Vegetables
Peaches	Tomatoes
Nectarines	Bell peppers
Plums	Cucumbers
Blueberries	Zucchini
Blackberries	Summer squash
Raspberries	Sweet corn
Watermelon	Green beans
Cantaloupe	Beets
Honeydew	Carrots
Grapes	Onions
Pears	Fresh herbs

Nutrient Spotlight

Produce	Key Nutrients	Supports
Tomatoes	Lycopene, Vitamin C	Heart health
Berries	Fiber, antioxidants	Brain & gut health
Watermelon	Hydration, lycopene	Hydration
Bell peppers	Vitamin C	Immune support
Sweet corn	Fiber, B vitamins	Digestive health

Simple Ideas

- Add berries to yogurt or oatmeal.
- Toss tomatoes, cucumbers, and herbs into a salad.
- Grill zucchini and peppers.
- Freeze peaches or berries for smoothies.
- Make homemade gazpacho.
- Keep cut vegetables ready for snacks.

Freeze Summer for Later

Wash • Chop • Blanch vegetables if needed • Cool • Freeze flat • Store in labeled freezer bags.

Enjoy your favorite produce long after summer ends.

Vegetables

- Wash
- Chop
- Blanch
- Cool
- Freeze

Fruits

Simply wash, slice if needed, freeze on a baking sheet, then transfer to freezer bags.

Perfect for:

- Smoothies
- Soups
- Stir-fries
- Overnight oats
- Baking

This Month's Challenge

- ☐ Try one new seasonal fruit.
- ☐ Visit a local farmers market.
- ☐ Freeze one seasonal produce item.
- ☐ Add one extra serving of vegetables to dinner three times this week.

Free Download

Late Summer No-Cook Recipe Collection featuring Gazpacho, Watermelon Quinoa Greek Salad, Strawberry Mango Yogurt Pops, and Chocolate Fudge Pops.