



VEGETABLE OF THE MONTH: JULY 2020

Spotlight on: Farmers Market Fruits & Vegetables

The summer months are a great time to visit your local farmers market for seasonal fruits and vegetables. Choosing local, seasonal produce is better for your health and the environment. Seasonal produce is typically picked at their peak ripeness and is generally higher in vitamins & minerals. Buying local produce helps to reduce pollution from shipping and trucking food. Here are a few of our July favorites:

Tomatoes

- Great source of vitamin C, potassium, and folate
- Rich in the antioxidant lycopene, which is linked to a reduced risk of heart disease and cancer.
- TIP: consume tomatoes with a fat source (i.e. olive oil, cheese, or avocado) to increase absorption of lycopene.

Recipe: Tomato Salad w/ Pickled Walnuts & Blue Cheese

Ingredients

- 1/2 cup candied walnuts, coarsely chopped
- 1 tbsp plus 1 teaspoon sherry vinegar
- 2 tsp Dijon mustard
- 3 tbsp extra-virgin olive oil
- Salt and freshly ground pepper
- 2lbs assorted heirloom tomatoes—thickly sliced, quartered or halved if small
- 2 small celery ribs with leaves, ribs thinly sliced crosswise
- 1/4 cup crumbled blue cheese

Instructions:

1. In a bowl, toss the walnuts with 2 teaspoons of the vinegar and let stand for 10 minutes.
2. In another bowl, whisk the mustard with the remaining 2 teaspoons of vinegar and the olive oil and season with salt and pepper.
3. Arrange the tomatoes on a platter; season with salt. Add the celery and leaves, nuts and cheese. Drizzle with the dressing and serve.

Source: foodandwine.com



Blueberries

- Great source of vitamin C, manganese and vitamin K
- Rich in the antioxidant Anthocyanin, which may reduce your risk of heart disease

Recipe: Blueberry Breakfast Smoothie

Ingredients

- 1 cup fresh or frozen blueberries
- 1/2 cup plain Greek yogurt
- 1/4 cup milk (or milk alternative)
- 1 tbsp honey, to taste
- 1/4 tsp vanilla extract
- 1 pinch cinnamon
- 3 ice cubes

Instructions:

Blend blueberries, yogurt, milk, honey, vanilla, cinnamon and ice in a blender on low speed for 30 seconds; increase speed to high and blend until smooth, about 2 minutes.

