

Welcome Summer!

Summer is THE fantastic season for fresh, vibrant produce! Although many of the fruits and vegetables we love can be purchased in the off season, eating seasonally means enjoying fruits and vegetables at their peak flavor while benefiting from their rich nutrients.



Strawberries are one of the first fruits to ripen in the spring, making them a seasonal favorite. Strawberries are typically harvested in late spring to early summer, depending on the variety and location. Botanically speaking, strawberries aren't true berries because their seeds are on the outside. Each strawberry has about 200 seeds on its surface, making it the only fruit with seeds on the outside. Ancient Romans used strawberries for medicinal purposes, believing they could cure everything from depression to fever. These can easily be added to hot and cold cereals, salads, yogurts or cottage cheese, or they can be enjoyed in all their goodness by themselves.

Apricots are small but mighty! Apricots are typically harvested between also May and August, thriving in warm climates. Like peaches, plums, and cherries, apricots belong to the Rose family. Packed with vitamins A and C, fiber, and antioxidants, apricots support healthy digestion. Apricots can be enjoyed fresh, dried, or in jams, sauces, and even savory dishes. Apricots add moisture and a subtle tang to chicken dishes, whether in glazes, sauces, or stuffing. The mild, slightly sweet flavor of pork works well with apricots, especially in roasts or chutneys.





Sugar snap peas are a delicious and crunchy vegetable that's perfect for snacking or cooking! Unlike sugar snap peas, snow peas have thin, flat pods with tiny peas inside. Sugar snap peas are a cross between snow peas and garden peas, combining the best traits of both. Unlike regular peas, their pods are completely edible, making them much more convenient. Sugar snap peas thrive in spring and early summer, preferring cooler temperatures. They can be eaten raw, sautéed, stir-fried, or even roasted for a crispy texture.

Yellow squash is a versatile and nutritious summer vegetable. Yellow squash thrives in warm weather and is commonly harvested in the summer months. Unlike some squash varieties, yellow squash has a tender skin and soft seeds, making it easy to cook without peeling. The two main types are straight-neck and crookneck, with slight differences in texture and flavor. Yellow squash can be grilled, roasted, sautéed, steamed, or even eaten raw in salads.

Sauteed Yellow Squash

Yield: 4 servings

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons butter
- 1 onion, chopped
- 1/2 red bell pepper, chopped
- 2 small to medium yellow squash, sliced
- Salt and pepper
- 2 tablespoons chopped parsley leaves
- 2 tablespoons chopped chives or 2 scallions, optional



Preheat skillet over medium high heat. Add oil, then butter. When butter melts, add red peppers, onion, and squash. Sauté 12 to 14 minutes until squash is tender. Add salt, pepper and parsley. Add chives or scallions as desired