



EAT LOCAL: SUMMER PRODUCE

Seasonal produce is picked at its peak, making it fresher, more flavorful, and often more nutritious. This summer, take advantage of what is in season: juicy berries (strawberries, raspberries, blueberries, blackberries), refreshing melons (watermelon, cantaloupe, honeydew), and sweet stone fruits (apricots, nectarines, peaches, plums). Summer vegetables like tomatoes, corn, cucumbers, squash, and peppers are perfect for grilling or adding to fresh dishes.

Produce grown locally and in season often arrives at its freshest, since it doesn't require long-distance transport. In contrast, out-of-season items are typically harvested early to allow time for shipping, which can affect both flavor and quality. When fruits and vegetables are allowed to fully ripen on the plant, they develop deeper flavor and retain more nutrients.

Want to know what's currently in season near you?
 Visit seasonalfoodguide.org to explore fresh, local produce available in your region.



5 TIPS FOR SAFE AND FLAVORFUL GRILLING

As you light up the grill this season, keep these tips in mind from our chefs to serve menus that are both food safe and exciting:

1. Start with a clean grill and preheat it properly, it will help your food not to stick and will taste better.
2. Always use an instant read thermometer to check your meat temperature for food safety.
3. For thicker cuts of meat or larger pieces of vegetables, create two zones on your grill, keeping one side hot for searing and the cooler side to finish the cooking.
4. Be creative with your grilling by ditching the routine of just grilling meat and try grilling your favorite fruits and vegetables. Take a trip to the farmers market to see what local goodies you can grill. As a bonus, cooking your whole meal on the grill keeps your kitchen cooler in the summer.
5. Use spice rubs to boost the flavor of your grilled foods and finish them off with fresh herbs and a squeeze of citrus to reduce sodium in your recipes.

HEALTHIER SUMMER MENUS

Grilling season celebrates the best flavors of summer. Here are a few easy tips for making deliciously balanced dishes for summertime gatherings:

1. Choose lean proteins like chicken breast, shrimp, turkey burgers, or lean cuts of beef such as sirloin or flank.
2. Trim excess fat, opt for skinless poultry, or remove the skin before eating.
3. Load up on produce! Alternate meat and veggies on skewers or grill fruits like pineapple and watermelon for a naturally sweet treat.
4. Enhance flavor with homemade marinades or spice rubs using herbs, citrus, and minimal salt or sugar. Aim for ½ cup of no-sodium marinade or 1 tablespoon of salt-free rub per pound of protein.
5. Rethink your sides by using whole grains like quinoa or barley in summer salads, or lighten up BBQ classics like coleslaw, baked beans, and potato salad.

This summer, nourish your body, enjoy your food, and make lasting memories.



**FIND YOUR
 NEXT FAVORITE
 RECIPE!**