



CHEF'S TIPS - QUICK PICKLING

It's kind of a big dill!

Here are some tips to help you enjoy local summer produce in a whole new way with some homemade pickles!

- Stop at your local farm stand for the freshest produce available and avoid using waxed supermarket produce.
- Use canning or pickling salt, as iodized (table) salt makes the brine cloudy.
- Choose a distilled vinegar with five percent acidity. Cider vinegar is ideal, but white may be used when you are concerned about imparting color on your finished product.
- Cucumbers, carrots, cauliflower, peppers and green beans all yield great results. Experiment with asparagus, cherries and berries. Keep in mind more delicate items such as peaches and blackberries may be ready in as little as 4 hours, where heartier items such as carrots take up to 4 days.
- Check out this pickled carrot recipe and get pickling!



EAT LOCAL ALL SUMMER LONG

During the later summer months, there are still so many opportunities to buy and eat local. In most areas, bell peppers, peaches, tomatoes, and zucchini will be in season. At their peak season, these fruits and vegetables have such great flavor, and they are better for you too.

As soon as produce is picked, it starts losing nutrient values, so longer transit time means more loss. A study from Montclair State University found that the Vitamin C in broccoli was cut in half when shipped from out of the country compared to local. Yikes! So join us this month as we celebrate local produce in some delicious recipes and you can do your part by aiming to buy local from your grocery stores and farmers markets!

NATIONAL PEACH MONTH

Peach perfection happens only in the summer months, making it a great time to enjoy this delicious stone fruit. During this time, peaches have the best flavor, and with only 70 calories and 3 grams of fiber, they are the perfect snack to curb your appetite and boost your intake of vitamins A and C. They are so versatile too! Snack on fresh or dried peaches, chop peaches and add to oatmeal, yogurt, or a salad, or grill peaches and top with Greek yogurt or whipped cream. For a quick summer side, top arugula with sliced mozzarella, sliced peaches, and a drizzle of balsamic.



TIME TO GRILL AND CHILL

It's Grillin' and Chillin' season! August is the perfect month to celebrate the joy of grilling with the smoky, savory flavors of grilled dishes on your table. Embrace the essence of summer by firing up the grill and celebrating the season with fresh, bold ingredients and vibrant tastes! Level up your BBQ with some healthier options:

- Add flavor using fresh herbs, spices and citrus juices without adding calories.
- Choose skinless poultry and lean cuts of meat.
- Cut the sugar by making your own condiments like ketchup and honey mustard.
- Swap your heavy mayo-based salads for grilled veggies.
- Don't forget, there is always room for dessert! Celebrate peach season by tossing them on the grill as a sweet treat.