



SOURCING
HOW TO FIND
INGREDIENTS

FOOD
PURPOSE

EAT LOCAL

This June, choose to Eat Local to reduce waste, boost nutrition, and support your community. In the U.S., food travels an average of 1,500 miles to reach your plate. Local produce travels far less, cutting emissions and reducing energy used for packaging and refrigeration. It is harvested at peak ripeness, giving you fresher, more nutrient-dense meals that taste incredible. Local farms also offer unique seasonal varieties, like heirloom tomatoes and purple carrots, giving you the chance to discover new flavors and expand your recipe repertoire. Eating local reconnects you with where your food comes from and supports farmers who use sustainable, thoughtful practices. Every local purchase helps small farms thrive and builds a stronger, healthier food system for all. Find local farms, farmers markets and food hubs here: usdalocalfoodportal.com



THERE IS A NEW BURGER IN TOWN

Actual Veggies is a plant-based burger brand made with real vegetables, grains, and spices without fillers or artificial ingredients. Just colorful, wholesome flavor in every bite. They partner directly with farmers to source fresh, sustainable crops, and all product development happens in their kitchen, not a lab, to ensure clean, delicious, and satisfying burgers.

We are excited to add the Actual Black Bean Burger to our core menu, offering a hearty, veggie-packed option that is as nutritious as it is tasty. Each season, we will feature a rotating Actual Veggies variety, with flavors like Super Greens, White Truffle Veggie, and Sweet Potato on the way. You won't even miss the meat!

You will never find preservatives or unnecessary additives in an Actual Veggies burger, just quality, whole-food ingredients and real vegetables that come together to create a nutrient-dense burger that is truly good for you.

CHEF'S TIP: 4 TIPS FOR RIPE PRODUCE

As farmers market season picks up, use these tips to identify when produce is ripe:

1. Check for color: ripe fruits and vegetables often have deeper, brighter colors
2. Check for shape: symmetrical shapes can often be a good indicator of ripeness, and that the fruit or vegetable has completely matured
3. Check for the smell: many fruits and even some vegetables have a distinctive smell when ripe. An off putting or vinegary smell could indicate that it is over-ripe
4. Check the weight: ripe fruits and vegetables are often heavier for their size because they are fully developed

Know what fruits and vegetables will continue to ripen on the counter and what won't. Tomatoes, avocados, peaches, and many melons for example, emit ethylene gas that continues the ripening process after picking. These can continue to improve after purchasing. But beware, some items are non-climacteric or do not change after picking like berries, citrus, watermelon and pineapple.



FIND YOUR
NEXT FAVORITE
RECIPE!