



JULY 2025

LEARN MORE AND FOLLOW OUR JOURNEY ▲



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.



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!**