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EAT LOCAL: NATIONAL PEACH MONTH

Peach season is in full swing, and there is no better time to enjoy this juicy, nutrient-packed fruit. Rich in vitamins A, C, and E, as well as potassium, manganese, and calcium, peaches support everything from immunity to skin health. Their antioxidants like polyphenols and carotenoids help reduce inflammation and protect against cell damage. Fiber in peaches promotes digestion and a healthy gut, while potassium supports heart health by helping regulate blood pressure.

Bonus: Vitamin C and beta-carotene work together to boost collagen and guard against UV skin damage. To enjoy these benefits, aim for 2–3 peaches per week during peak season. When possible, choose fresh peaches, especially while they are in season, for their highest antioxidants. Frozen peaches are a great out-of-season option, especially in smoothies and baking. When you eat with the seasons, your body and your taste buds will thank you!



NATIONAL SANDWICH MONTH

August is National Sandwich Month, the perfect time to upgrade your lunchtime meal! Here's how to make a healthy, balanced sandwich that tastes great and is great for you:

1. **Choose the Right Bread:** Go for whole wheat, rye, or multigrain for more fiber and nutrients. For a light option, try thin-sliced bread, wraps, or lettuce leaves.
2. **Pick and Pack on Lean Protein:** Use about 3–4 ounces of turkey, chicken, tuna, beans, or tofu.
3. **Pile on the Produce:** Add at least 3 veggies like spinach, tomato, cucumber, or peppers. Try fruit (apple, avocado) or sprouts for variety.
4. **Spread Smart:** Use avocado, hummus, or Greek yogurt for healthy fats.
5. **Watch the Salt:** Limit salty condiments and use herbs or spices for flavor. Homemade or roasted meats are lower in sodium than deli cuts.

Bonus: Get Creative! Try fun combos like eggs with feta or almond butter with berries to keep it exciting.

CHEF'S TIP: WAYS TO ENJOY PEACHES

Peaches during their peak season have so much flavor and can be enjoyed in so many ways. This Summer, think beyond a hand fruit or slices on a plate to enjoy some really exciting dishes:

1. **Grilled:** Cut peaches in half and remove the pit. Brush olive oil on the flat part and place face down on a heated grill for a few minutes until grill marks form. Remove and top with a spoonful of ice cream or whipped cream.
2. **Sliced:** Slice peaches thinly then add to your yogurt or oatmeal in the morning or even your salad at lunch. Try this delicious combination: arugula, sliced peaches, sliced red onion, feta cheese, walnuts, and a lemon Dijon vinaigrette.
3. **Diced:** Dice peaches then incorporate them into a salsa! Peaches paired with peppers, red onion, cilantro, lime, and garlic make for a delicious seasonal dish.
4. **Pureed:** If you enjoy smoothies, adding peaches to your routine will really brighten up your menu! Once peaches are ripe, cut them in half and remove the pit. Freeze the peaches in an airtight container. Use these peaches in a smoothie with banana, Greek yogurt, or any of your other smoothie favorites.



FIND YOUR
NEXT FAVORITE
RECIPE!