

Insider!

EAT
LOCAL



EAT LOCAL ALL SUMMER LONG

Did you know that local produce actually has higher nutrient values? Research done at Montclair State University revealed the vitamin C content of broccoli was cut in half when it was shipped from out of the country compared to when it was sourced locally.

Local produce gets to grow longer before being harvested, allowing more time for the nutrients to develop. This produce also has less time in transit, so less time for nutrients to break down. The benefits of local produce are endless, so be sure to get yours at your Eurest Marketplace, farmers markets, and grocery stores.

YOU SAY TOMATO!

It wasn't that long ago that Americans thought tomatoes were poisonous, but science over the years has taught us otherwise. They are a nutrient-dense superfood that provides antioxidants like lycopene, which has been associated with decreased risk of chronic diseases like cancer and cardiovascular disease.

This month we are highlighting all the goodness tomatoes have to offer. Each part of the tomato provides distinct texture and taste to every recipe, so we can all do our part to help reduce food waste by utilizing every part of the produce.



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 are at their peak season and 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, and grill peaches and top with Greek yogurt or whipped cream.

CHEF TIP

3 FUN WAYS TO USE YOUR SUMMER TOMATOES:

CHARRED TOMATO SALSA

blister your tomatoes on the grill, dice them up and add to your favorite salsa recipe for a delicious, charred flavor to enjoy as a dip or with grilled shrimp or chicken

PEACH AND TOMATO CAPRESE SALAD

partner your tomatoes with sweet, juicy peaches, torn basil leaves and fresh mozzarella

TUSCAN PANZANELLA (TOMATO AND BREAD) SALAD

tomato wedges, cucumbers, red onions, arugula, olive oil, fresh herbs and vinegar will transform your day-old bread into a cool summer meal

