

# Summer Produce



## Mid-June through August

Nutrition experts agree that most Americans would be healthier if they ate more fruits and vegetables. In summertime, you can find fresh fruits and vegetables at farmers markets, roadside stands, and groceries across Indiana. Use the following tips to select, prepare, and store this delicious produce.

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### *Vegetables available in summer in Indiana*

Basil and fresh herbs	Beets	Brussels sprouts	Cabbage
Carrots	Cucumbers	Eggplant	Green beans
Mushrooms	Onions	Peppers	Potatoes
Tomatoes	Sweet corn	Summer squash	

### *Carrots and tomatoes*

**Select**

Look for bright orange carrots with a smooth skin. Try picking medium-sized carrots that taper at the ends. Clip the greens as soon as you are home to avoid moisture loss.

Use your nose for tomatoes. Those with the strongest tomato aroma will have the richest taste. Tomatoes should also be firm with taut skin and heavy for their size. The outside should be free of bruising.



**Prepare**

Carrots should be thoroughly washed in cold water and scrubbed to remove soil contaminants. Peel carrots to remove outer layer and then slice as desired and serve cooked or raw.

Tomatoes should be washed in cold water before use. For salads and sandwiches, slice a tomato horizontally (just lay the tomato on its side and slice down) to prevent the juice and seeds from leaking out.



**Store**

Store carrots in plastic bags separate from the greens and place in the refrigerator crisper. Carrots will last for a few weeks, while the greens will last only a few days.

Allow tomatoes to remain at room temperature. Refrigeration will cause them to lose their flavor and become grainy.

**Fruits available in summer in Indiana**

Apples	Blackberries	Blueberries
Cantaloupe	Cherries	Grapes
Peaches	Plums	Raspberries
Strawberries	Watermelon	

**Cantaloupe and grapes****Select**

Select cantaloupes that are free of bruises and evenly shaped with no soft spots or cracks. Cantaloupes should have a light brown netting that stands out from their underlying smooth skin. If the stem is still attached, it was picked too early. Also, ripe cantaloupes will have a mildly sweet fragrance. Look for firm, plump grapes that are rich in color and firmly attached to their green stem. While fully ripe grapes are soft and tender, don't purchase those that have brown spots or are shriveling and sticky.



Clean grapes under a gentle spray of water, drain, and pat dry.

**Store**

Cantaloupes continue to ripen off the vine, so if bought ripe, eat as soon as possible. Cantaloupe can be stored in the refrigerator crisper for up to five days. Fresh grapes will be good to eat for two to three days when stored in a covered container or plastic bag in the refrigerator.

**Prepare**

Wash the outside of the cantaloupe with running water or a wet cloth to remove any remaining dirt. Cantaloupe may be sliced any way you like once the seeds are removed. Serve at room temperature or chilled.