

July Produce Guide

Summer isn't going anywhere yet, and this heat is great for more produce, such as:

- Blackberries
- Eggplant
- Okra
- Cabbage
- Kale
- Peppers
- Carrots
- Peaches
- Tomatoes

The recipe below features Tomatoes. Here are health facts and tips for storing, selecting, and preparing this berry:

- The best tomatoes to pick have bright, shiny, and firm flesh.
- Tomatoes are best stored at room temperature, away from direct sunlight.
- Tomatoes should only be refrigerated if they won't be used before they spoil (usually around 1 week after ripe).
- Tomatoes are saturated fat free and very low in sodium and calories. They are high in vitamins A and C, as well as being a good source for potassium.
- The tomato is a fruit, however, the Supreme Court actually debated whether a tomato was a fruit or vegetable in 1892.

Farmers Market Salsa

Makes 4 cups. Refrigerate leftovers within 2 hours.

- 1/2 cup corn
- 1 can (15 ounces) of black beans, drained and rinsed
- 1 cup fresh, diced tomatoes
- 1/2 cup diced onion
- 1/2 cup green pepper, seeded and diced
- 2 tablespoons of lime juice (optional)
- 2 cloves of finely chopped garlic (or 1/2 teaspoon of garlic powder) (optional)

Instructions:

- 1) Combine all ingredients into a bowl.
- 2) Refrigerate until serving. Drain before serving if necessary.

Recipe via foodhero.org



Note: Salsa is a very versatile food with a large variety of recipes. Feel free to experiment with other vegetables and flavors to make your own salsa!