

June Produce Guide

Summer is here, and along with it, a large variety of fruits and vegetables. Examples Include:

- Blueberries
- Asparagus
- Garlic
- Beans
- Beets
- Cherries
- Raspberries
- Cucumbers
- Green Onions

The recipe below can feature Raspberries or Blueberries. Here are health facts and tips for storing, selecting, and preparing these berries:

- Raspberries are loaded with fiber and a great source of vitamin C and healthy antioxidants.
- Choose Raspberries that are dry, plump, and firm. They should only be washed just before eating them.
- Blueberries are a good source of vitamin C and fiber, and rich in antioxidants.
- Choose blueberries that are firm, plump, dry, and uniform in size with a dusty blue color.
- Blueberries last a long time and can be stored in the refrigerator for 10-14 days.



Berry Banana Smoothie

Makes 4 Cups. Prep time: 5 Minutes.

Perfectly refreshing for hot summer days.

- 1 cup sliced banana
- 1 cup unsweetened frozen berries of your choice
- optional handful of fresh spinach
- 1 cup nonfat or 1% milk or 1 cup yogurt
- about ½ cup ice

Instructions:

- 1) Place all ingredients in a blender, making sure the lid is on tight.
- 2) Blend until smooth. If too thick, add ½ cup of cold water and blend again.
- 3) Refrigerate leftovers within 2 hours to enjoy again later.

