

# 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.



## Cucumber Salad with Tomatoes

*Recipe adapted from Choosemyplate.gov*

Serves 4.

- 2 cups cucumber (diced)
- 1 cup tomato (seeded and diced)
- ¼ cup onion (chopped)
- 2 cup couscous or rice, cooked
- 2 teaspoons dill weed (chopped dried or fresh)
- ½ cup Italian dressing, low-fat

Instructions:

- 1) Wash hands.
- 2) Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill, and salad dressing.
- 3) Chill for 1 hour.
- 4) Serve.



