

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.



Yogurt Berry Parfait

Recipe adapted from ChooseMyPlate.gov

Makes 4 servings. Prep time: 5 Minutes.

- 2 cups yogurt (low-fat or fat-free, plain or vanilla)
- 1 cup banana (sliced)
- ½ cup blueberries (fresh)
- ½ cup strawberries (fresh, sliced)
- Other optional fruit (raspberries, peaches, pineapple and/or mangos)
- 1 cup granola

Instructions:

- 1.) Line up 4 parfait or other tall glasses.

- 2.) Spoon about $\frac{1}{4}$ cup of yogurt into each glass.
- 3.) Top with about $\frac{1}{4}$ cup of fruit.
- 4.) Next sprinkle with 2 tablespoons of granola.
- 5.) Repeat the process.

