



## Lady of America Newsletter – July 2010 – Measuring Progress at Mid-Year

### Eating: The Fruits & Vegetables of Summer

Summer is here and with the season comes an abundance of delicious produce. Now is the time to enjoy your local farmer's market because the produce is at its peak flavor and nutrition right now.



"It's great for the environment (less transportation costs) and for your local economy to buy locally grown produce. Not only will the produce be fresher, since it's more likely to be fresh-picked, that also means the vitamin content of your fruits and vegetables are at their peak!" explained Tracy Ginsler, MS, RD and Best Life nutritionist.

Though nutrient rich and full of water and fiber, you still need to watch your portions when eating fruit and starchy vegetables. Ginsler suggests limiting fruit to three servings per day, and when eating starchy vegetables, cut out a starch like bread, potato or rice. "Starchy vegetables are higher in calories, so it's important to watch the portion size. When you have a serving of starchy vegetables such as corn, lima beans, peas or squash, swap a one-half cup portion for a one-ounce slice of bread, a small dinner roll, a half-cup of rice or couscous," she suggested.

Grilling is a must in the summertime. Add variety to your barbecuing this summer with grilled fruits and vegetables. Cooking vegetables right on the grill adds flavor to any meal. Baste firm vegetables like peppers, corn, squash, eggplant or onions. Season them with herbs and place on the grill until they are tender and brown — usually about 10 to 15 minutes. Season zucchini, tomatoes and carrots and wrap in aluminum foil with a sprinkle of water. Grill 8 to 10 minutes. And for dessert, skewer some pineapple, banana, kiwis and peaches and grill. In fact, you can grill just about any fruit, so have some fun and experiment.

For other ways to enjoy the summer's bounty, think salads, smoothies, cold soups and quiche. See the chart below for a list of foods that are in season this month and enjoy the wonderful colors and flavors.

**Look for these summer fruits and vegetables at the local farmer's markets and in produce departments. Specific crops and harvest dates depend on your region's climate.**

<b>Apricots</b>	<b>Cherries</b>	<b>Peppers</b>
<b>Artichokes</b>	<b>Cucumber</b>	<b>Plums</b>
<b>Avocados</b>	<b>Currants</b>	<b>Potatoes</b>
<b>Beets</b>	<b>Eggplant</b>	<b>Radishes</b>
<b>Blackberries</b>	<b>Fennel</b>	<b>Raspberries</b>

**Blueberries**  
**Boysenberries**  
**Broccoli**  
**Cabbage**  
**Cantaloupe**  
**Carrots**  
**Cauliflower**  
**Celery**

**Figs**  
**Garlic**  
**Kiwi**  
**Mangoes**  
**Okra**  
**Onions**  
**Peaches**  
**Peas**

**Strawberries**  
**Summer Squash**  
**Sweet Corn**  
**Tomato**  
**Turnips**  
**Watermelon**  
**Zucchini**

Visit [www.ladyofamerica.com](http://www.ladyofamerica.com) for additional articles.