

Summer Produce



Mid-June through August

Nutrition experts agree that most Americans would be healthier if they ate more fruits and vegetables. In summertime, you can find fresh fruits and vegetables at farmers markets, roadside stands, and groceries across Indiana. Use the following tips to select, prepare, and store this delicious produce.

By Catherine Burlage,
graduate student
Department of Foods
and Nutrition, Purdue University
College of Consumer and
Family Sciences

Reviewed by:

- Laura Palmer, MS, RD, Purdue Extension Specialist, Foods and Nutrition
- Atina Rozhon, Purdue Extension Educator, Consumer and Family Sciences, Jennings County, Indiana
- Jennifer Dennis, Purdue Assistant Professor of Horticulture
- Mary Alice Gettings, MS, RD, LDN, CDE, Nutrition and Food Safety Educator, Penn State Extension



Vegetables available in summer in Indiana

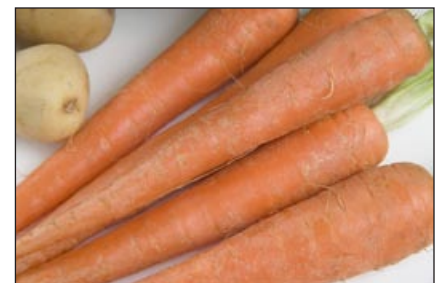
Basil and fresh herbs	Beets	Brussels sprouts	Cabbage
Carrots	Cucumbers	Eggplant	Green beans
Mushrooms	Onions	Peppers	Potatoes
Tomatoes	Sweet corn	Summer squash	

Carrots and tomatoes

Select

Look for bright orange carrots with a smooth skin. Try picking medium-sized carrots that taper at the ends. Clip the greens as soon as you are home to avoid moisture loss.

Use your nose for tomatoes. Those with the strongest tomato aroma will have the richest taste. Tomatoes should also be firm with taut skin and heavy for their size. The outside should be free of bruising.



Prepare

Carrots should be thoroughly washed in cold water and scrubbed to remove soil contaminants. Peel carrots to remove outer layer and then slice as desired and serve cooked or raw.

Tomatoes should be washed in cold water before use. For salads and sandwiches, slice a tomato horizontally (just lay the tomato on its side and slice down) to prevent the juice and seeds from leaking out.

Store

Store carrots in plastic bags separate from the greens and place in the refrigerator crisper. Carrots will last for a few weeks, while the greens will last only a few days.

Allow tomatoes to remain at room temperature. Refrigeration will cause them to lose their flavor and become grainy.

Fruits available in summer in Indiana

Apples	Blackberries	Blueberries
Cantaloupe	Cherries	Grapes
Peaches	Plums	Raspberries
Strawberries	Watermelon	

Cantaloupe and grapes**Select**

Select cantaloupes that are free of bruises and evenly shaped with no soft spots or cracks. Cantaloupes should have a light brown netting that stands out from their underlying smooth skin. If the stem is still attached, it was picked too early. Also, ripe cantaloupes will have a mildly sweet fragrance. Look for firm, plump grapes that are rich in color and firmly attached to their green stem. While fully ripe grapes are soft and tender, don't purchase those that have brown spots or are shriveling and sticky.



Clean grapes under a gentle spray of water, drain, and pat dry.

Store

Cantaloupes continue to ripen off the vine, so if bought ripe, eat as soon as possible. Cantaloupe can be stored in the refrigerator crisper for up to five days. Fresh grapes will be good to eat for two to three days when stored in a covered container or plastic bag in the refrigerator.

**Prepare**

Wash the outside of the cantaloupe with running water or a wet cloth to remove any remaining dirt. Cantaloupe may be sliced any way you like once the seeds are removed. Serve at room temperature or chilled.

Recipes

Try these delicious and healthy recipes with your summer produce.

Pasta Salad with Green Grapes

Ingredients:

- 8 ounces shell or elbow macaroni
- 2 cups boneless chicken breast, cooked and chopped
- ½ cup sliced almonds
- 2 cups green seedless grapes
- 1 cup sliced water chestnuts
- ½ cup low-fat ranch salad dressing

Directions:

1. Cook macaroni according to package directions and drain well after rinsing in cool water.
2. Put macaroni in a large bowl, add remaining ingredients, and toss lightly with ranch dressing.
3. Chill before serving.

Easy Salsa

Ingredients:

- 2 pounds Roma tomatoes (about 14), diced
- 1 cup onion, chopped
- 2 cloves garlic, minced
- 2 Tablespoons olive oil
- 2 cans green chiles, chopped
- ½ teaspoon cumin
- 1 cup cilantro, chopped
- Tabasco sauce to taste

Directions:

Combine all ingredients into a bowl and refrigerate. Serve with tortilla chips.

Five reasons to eat more fruits and vegetables

1. They are naturally low in calories.
2. They are high in vitamins and minerals, which help you to feel energized.
3. They provide fiber to help keep you full.
4. They are healthy whether they are fresh, canned, dried, frozen, or in 100% juice.
5. They taste great!

Cantaloupe Slush with Mango

Ingredients:

- 1 medium-sized cantaloupe
- Juice of half a lemon
- 2 teaspoons honey
- 1 mango

Directions:

1. Peel and seed the cantaloupe.
2. Cut into 1-inch pieces (should be about 6 cups). Pour into blender or food processor with lemon juice and honey and puree until very smooth.
3. Pour mixture into shallow 9"x12" glass pan and set in freezer for two hours.
4. With a fork, chip and stir the icy mixture and return it to the freezer for two to four more hours.
5. Peel and cut the mango into long, thin slices.
6. Remove frozen cantaloupe mixture from freezer and chip it with a fork until it resembles shaved ice.
7. Spoon into four bowls, top with mango slices, and serve.

Crunchy Carrot Salad

Ingredients:

- 1 pound raw carrots, peeled and shredded
- ½ cup raisins
- 8 ounces low-fat vanilla or lemon yogurt

Directions:

1. In a large bowl, combine all ingredients.
2. Cover with plastic wrap and store in the refrigerator until ready to serve.
3. Toss again before serving.

Other publications in this series

- CFS-754-W, *Spring Produce*
www.extension.purdue.edu/extmedia/CFS/CFS-754-W.pdf
- CFS-756-W, *Autumn Produce*
www.extension.purdue.edu/extmedia/CFS/CFS-756-W.pdf

For more Information . . .

. . . on safe refrigerator storage, visit:

- www.extension.purdue.edu/extmedia/CFS/CFS-424-W.pdf

. . . about farmers markets, visit:

- Purdue Extension: www.extension.purdue.edu/anr/anr/anr/farmersmkts.html
or 1-888-EXT-INFO
- Indiana State Department of Agriculture: www.in.gov/isda/market
or (317) 232-8770
- United States Department of Agriculture: www.ams.usda.gov/farmersmarkets

Sources

- Produce for Better Health Foundation: www.fruitsandveggiesmorematters.org/
- University of California Division of Ag and Natural Resources: <http://anrcatalog.ucdavis.edu/pdf/8095.pdf>
- Kansas State University: www.kidsacookin.ksu.edu
- About.com: <http://homecooking.about.com/od/foodstorage/a/tomatostorage.htm>
- University of Illinois Extension: www.urbanext.uiuc.edu/veggies/broccoli1.html
- About.com: <http://southernfood.about.com/od/tomatoes/r/bl21006c.htm>
- Produce for Better Health Foundation: www.fruitsandveggiesmatter.gov/month/grapes.html
- Honeyflow Farm: www.honeyflowfarm.com/graperecipes.htm#grapesaladsdesserts

PURDUE EXTENSION

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