

What's in Season this Summer?

Benefits of Eating in Season

Eating seasonally is a great sustainability practice because it ensures that most of your produce is from local farms rather than being shipped from other countries.

Fruits in season

Cherries, blueberries, avocados, peaches, nectarines, blackberries, mangoes, raspberries, lemons, figs, strawberries, and more.

Vegetables in season

Cucumbers, summer squash, peppers, tomatoes, lettuce, snap peas, green beans, cilantro, radishes, sweet potatoes, and more.

Recipes

Here are some recipes that use summer produce!
[Warm Pearl Couscous Salad](#), [Mini Blueberry Crisps](#),
[Blackberry Moscow Mule Mocktail](#), [Strawberry and Pistachio Salad](#), [Mojito Mocktail](#).

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