

**Blueberries
Peaches
Tomatoes
Cucumbers
Summer Squash
Green Beans**

Seasonal Eating

July

THIS MONTH I USED THE FEATURED PRODUCE ON THESE DAYS:

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Load up on Lycopene!

Lycopene is a phytochemical that gives the bright red color to some fruits and vegetables such as tomatoes, watermelon and pink grapefruit (not strawberries or cherries). Lycopene is a very efficient antioxidant and because of this property some research indicates that it may be useful in cancer prevention, heart disease prevention and the slowing of macular degeneration. Including tomatoes in your regular diet makes good nutritional sense as they are also high in vitamins A and C and a good source of potassium. Lycopene is more easily absorbed from cooked tomato products than raw, plus the content is more concentrated. So try these lycopene loading tips:



- 1 Serve spaghetti sauce over whole wheat noodles for dinner tonight. Just 1/2 cup of spaghetti sauce has about 20 milligrams of lycopene (25-75 milligrams per day is good).
- 2 Pour a bowl of salsa and enjoy dipping baked tortilla chips for an afternoon snack.
- 3 Spread light cream cheese on toasted slices of French bread and top with sun-dried tomato pesto. In food processor combine 3/4 cup sun-dried tomatoes, 3 cloves garlic, 1/2 cup fresh basil and 1/2 cup grated parmesan cheese and process about 1 minute. With processor running slowly pour in 1/4 cup olive oil and 1 tablespoon balsamic vinegar.
- 4 Drink a glass of tomato juice. One cup has over 20 mg. of lycopene. Add a few drops of hot sauce for a zippy treat.

Brainy Blueberries

In a USDA Human Nutrition Research Center laboratory, neuroscientists discovered that feeding blueberries to laboratory rats slowed age-related loss in their mental capacity, a finding that has important implications for humans.

The phytochemical anthocyanin, found in blueberries, is thought to contribute to this benefit. Blueberries are also powerful antioxidants

with phytochemicals, vitamin E and vitamin C which contributes to anti-aging.

Those who eat more blueberries (the rats were fed the human equivalent of 1 cup per day) are thought to have better functioning in motor behavioral learning and memory. So drop those blueberries in your cereal and grab a bowlful for snack time to power up your brain!

Did You Know?

- Peaches originated in China.
- Blueberries are one of the few fruits that are native to North America.
- Calvin Keeney bred the first "stringless" bean in 1894 in New York.
- Tomatoes, a member of the nightshade family, were originally thought to be poisonous.
- Cucumbers are 95% water.
- The name "squash" comes from the Narragansett Native American word 'askutasquash', which means "eaten raw or uncooked".

Herbed Flank Steak with Tomato Salsa

2 cups halved cherry tomatoes
1 cup chopped fresh flat leaf Italian parsley
1/4 cup coarsely chopped, pitted kalamata olives
1/4 cup coarsely chopped, pitted green olives
1/4 cup chopped fresh basil
1/4 cup extra virgin olive oil
2 tablespoons sherry or white wine vinegar
2 tablespoons chopped fresh thyme
2 tablespoons chopped fresh rosemary
1 tablespoon chopped fresh tarragon
2 cloves garlic, minced
2 teaspoons salt
1 1/2 teaspoons black pepper
1 1/2 pounds beef flank steaks
1 tablespoon olive oil
1 loaf ciabatta bread, sliced
Olive oil
Garlic cloves

For the Tomato Salsa: In a medium bowl mix together the cherry tomatoes, parsley, olives, basil, 1/4 cup olive oil and sherry wine vinegar. Set aside until ready to use.

For the steaks: In a bowl mix together the thyme, rosemary, tarragon, minced garlic, salt and pepper. Rub flank steaks with 1 tablespoon olive oil and press herb mixture onto outside of steaks. Grill steaks until cooked to desired doneness, about 4 minutes per side for medium. Transfer steaks to a cutting board. Cover with foil and let stand 5 minutes.

For the bread and serving: Rub ciabatta slices with garlic and drizzle with olive oil. Grill until lightly toasted and you have good grill marks. Cut steaks across grain into 1/4" slices. Arrange on top of grilled ciabatta. Spoon tomato salsa over top and serve.

Glazed Blueberries over Angel Food Cake

2 tablespoons seedless raspberry preserves
1 teaspoon lemon juice
1/8 teaspoon ground cinnamon
1 dash ground nutmeg
1 teaspoon grand marnier, optional
1 tablespoon water
1 1/2 pints blueberries
1 angel food cake, sliced

Combine raspberry preserves, lemon juice, cinnamon, nutmeg, grand marnier and water in a medium size microwavable bowl. Microwave for about 30 seconds on high or until the preserves melt. Let cool just slightly, 1-2 minutes. Add blueberries and stir to glaze the berries. Spoon over slices of cake and serve immediately (garnished with whipped cream, if desired).

Featuring: Green Beans

Green beans are a legume that are bred for fresh consumption. They have a long, slender pod with small seeds inside. Also called string beans or snap beans, the entire pod is edible. Wax beans are a yellow variety of green beans and they also come in purple. The taste is similar in all colors but the purple color will leach out if you boil them. Beans can be bush beans or pole beans with the only difference being the way they grow. If you are going to grow your own for fresh dinners, the pole variety produces all season while the bush variety is ready all at once (great if you want to can them). Haricot vert (ah-ree-koh-VEHR) is the French name for green (vert) bean (haricot) and usually refers to a slender, long, "filet" bean for which there are several varieties. While we think of beans as being cooked, the haricot verts or very young beans are great in their raw state as well. Try cutting them up into your favorite pasta salad for a crunchy addition.

