



Summer Salad

Ingredients

- 2.5 c sliced English, Persian or Armenian cucumber
- 2 -3 large ripe tomatoes (1.5 lb), diced
- ½ c thinly sliced red onion (optional)
- ¼ c fresh herbs (basil, dill and/or parsley), chopped
- 2 tbsp oil
- 1 tbsp lemon juice
- 1 tbsp red wine vinegar
- Salt & pepper to taste

Directions

1. Combine cucumbers, tomatoes and onions in a bowl.
2. Prepare dressing by mixing herbs, oil, lemon juice, vinegar, salt and pepper.
3. Pour dressing over vegetables and stir.
4. Chill in the refrigerator for 20-30 minutes before eating.
5. Enjoy as a cool, fresh side for any main dish!

Tip: Get your children involved by letting them measure ingredients or use small cookie cutters to cut cucumber slices into fun shapes.

JULY'S SEASONAL VEGETABLES

By: Jessica Gust, MS, RDN & Josie Frye, MS

Summer is in full swing, so it's a great time to head to the farmers' market and see what fresh, seasonal vegetables your community is growing!

Why buy seasonal vegetables?

Seasonal vegetables are picked at the height of their natural growing cycle, which means better flavor and nutrition. When produce is allowed to ripen naturally, it's packed with vitamins, minerals, and taste. An added bonus--seasonal vegetables are often less expensive thanks to local availability and reduced transportation costs.

Which vegetables are in season in July?

- Tomatoes
- Cucumbers*
- Bell Peppers*
- Hot peppers
- Sweet corn*
- Green beans
- Zucchini
- Summer squash
- Egg plant
- Peas*
- Okra

*Picky eater friendly!

Including a variety of these vegetables in your meals throughout the week will boost nutrition by providing fiber, flavor, and vitamins & minerals like vitamin B6, C & K, beta-carotene, folate, potassium, and thiamin.

Check out the [SNAP-Ed Seasonal Produce Guide](#) online for recipes and more information on seasonal vegetables.

