



Seasonal Foods for the Best Summer Eats!

Summer and fall are the best times to get your vitamins and minerals in because a variety of delicious, nutritious fruits and vegetables are in season! Here are some great storing and serving tips for some favourite summer food items!



Food Item	Season	Storing or Serving Tip
Basil	July	Store in refrigerator, wrapped in damp paper towel, for up to three days. Or, dry and store by hanging basil for a week, then store it in an airtight container.
Broccoli	July – late Oct	Keeps for about a week in an open plastic or paper bag. Lightly steam broccoli and toss with olive oil, lemon juice, pine nuts or sesame seeds for a tasty alternative!
Cherries	Late June-early Aug	Choose dark red cherries if you are going to eat them immediately or bright red if you plan to store them for a few days. Simply wash, and enjoy!
Corn	Late July-Oct	Heat converts the sugar in corn to starch, so store your corn in a cool place. Corn can be frozen, husk on, for several months in thick plastic bags. Otherwise, it should be cooked immediately. Cooking tip: soak corn in cold water for three hours, and then grill for fifteen minutes. Add cumin or chilli powder for a unique twist of flavour!
Peaches	Mid July-mid Sept	Peaches are good to go once they are soft to touch. Create a unique side dish by drizzling balsamic vinegar onto peach slices and then grilling face down for ten minutes. Sprinkle with blue cheese and walnuts. Enjoy!
Raspberries	July	Raspberries are extremely perishable and should be used immediately. Store in fridge, and be sure to remove any spoiled berries first.
Spinach	June – Oct	Store in loose plastic bag at the top of the crisper. Spinach will usually last for up to four days.
Zucchini	July-Sept	Store in a crisper in a perforated plastic bag for up to a week. Bring out their unique flavour by slicing lengthwise and drizzling with olive oil and grilling for four minutes per side.