

# SEASONAL SPOTLIGHT: summer



JUNE-AUGUST 2024

## COOL PRODUCE FOR HOT DAYS

Summer brings with it a kaleidoscope of colors, flavors, and textures with so much produce in season. Add 2-3 new foods to your next grocery list, and embrace seasonal recipes to take advantage of low prices and support local farming communities.

Take a look on the next page for oven-free summer recipes to add to your rotation.



## IN SEASON NOW:

- Apricot
- Avocado
- Beet
- Bell Pepper
- Blackberry
- Blueberry
- Cantaloupe
- Carrot
- Celery
- Cherry
- Corn
- Cucumber
- Eggplant
- Green Beans
- Honeydew
- Lima Beans
- Mango
- Okra
- Peach
- Plum
- Raspberry
- Strawberry
- Summer Squash
- Tomato
- Watermelon
- Zucchini



# RICOTTA HEIRLOOM TOMATO TOAST

**Serves 4.**

**Ingredients:**

- 3 ripe heirloom tomatoes, sliced into quarter-slices
- 2 tsp salt
- 3/4 tsp black pepper
- 2 cups ricotta cheese
- 2 oz mini bell peppers, sliced into small pieces
- 1/4 cup olive oil
- 8 slices rustic bread loaf
- 1/4 cup fresh basil leaves
- 1 tsp finely chopped green onions

**Instructions:**

1. Season tomato slices with 1 tsp salt and 1/2 tsp black pepper.
2. In a food processor or blender, blend ricotta, 3/4 tsp salt, and 1/4 tsp black pepper for ~30 seconds until smooth.
3. Toss bell pepper slices in olive oil, then saute in a frying pan for 2-3 minutes just to heat/soften.
4. Toast bread in toaster to your preference, and drizzle a small amount of olive oil on toasted bread.
5. Top toast slices with a hearty covering of ricotta mixture, tomato slices, pepper slices, fresh basil, and green onion.
6. Serve 2 slices per person.

Adapted from <https://www.foodandwine.com/recipes/heirloom-tomato-and-pepper-toasts-whipped-ricotta>

# GRILLED CORN TACOS

**Serves 4.**

**Ingredients:**

- 1 cup fresh green beans
- Store-bought tomatillo salsa
- 3 ears of corn
- 1/4 cup chopped onion
- 1/2 cup chopped tomato
- 1 tsp olive oil
- lime juice
- 1/2 cup cilantro (optional)
- salt and pepper
- tortillas
- 1/2 cup feta cheese

**Instructions:**

1. Blanch the green beans in boiling water, then transfer to a bowl of ice water, take out to dry and set aside.
2. Heat grill to medium and grill green beans and corn until cooked and charred.
3. Chop green beans into small (~1") pieces.
4. Shave corn off of cobs, and add to a bowl with the green beans, onions and tomatoes. Add tomatillo salsa, olive oil, lime juice, cilantro, and salt and pepper, and mix well.
5. Fill tortillas with vegetable mixture and top with feta cheese. For additional protein, you can also add grilled chicken or black beans to this recipe.



Adapted from <https://www.loveandlemons.com/grilled-corn-tacos/>