

# SEASONAL SPOTLIGHT: summer

JUNE - AUGUST 2025



## 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



<https://www.seasonalfoodguide.org>



# Three Sisters Salad



Photo attribution: Carrie Adair

**Serves: 4**

## Ingredients

- 15 ounces beans (black, kidney or garbanzo)
- 11 ounces corn with red & green peppers, drained
- 1 zucchini, chopped
- 1 tablespoon lime juice
- 1 jalapeno, chopped with seeds removed (optional)

## Instructions

1. Carefully open the can of beans. Drain. Place in a medium bowl.
2. Add all other ingredients.
3. Stir to combine.
4. Serve immediately or refrigerate for later.

Recipe: Kid's Get Cookin'!



Native Americans planted the "three sisters" which are corn, beans and squash (zucchini) together because they help each other grow. Combining them makes a nutritional meal.

# Zucchini Noodles

Serves 2

## Ingredients

- 2 large zucchinis
- coarse kosher salt
- 1 - 24 ounce jar tomato sauce (optional)

## Instructions

1. Preheat oven to 200 degrees.
2. Using side of grater with large holes, drag long side of zucchini down the grater in a long, smooth motion.
3. Grate the same area of the zucchini several times, rotating until you are left with a seedy core. Discard core.
4. Place zucchini noodles on a paper towel-lined baking sheet. Sprinkle with salt and bake for 30 minutes.
5. Remove from oven and serve with tomato sauce.



## Variations:

- Add a jar of pesto
- Add grilled chicken or shrimp
- Use "zoodles" for a ramen bowl (follow the link)



Summer Squash come in many varieties and can be substituted when cooking. You can eat their skin and seeds. Choose small to medium size squash with shiny, tight skin for the best flavor. Summer squash should be stored on the counter and will stay good for 1 - 4 days. They are versatile and can be used in a variety of recipes: muffins, bread, stir-fry, zoodles, or in a salad. They contain B vitamins (help our cells to grow), vitamin C (boosts our immune system) and Riboflavin which is a B vitamin (helps our bodies change carbohydrates to energy). This summer try some summer squash! Bon appetit!