



# PRODUCE PRESS

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## SEASONAL EATS

## IN THE KITCHEN



July is the season for a lot of Indiana fruits and vegetables including: Apples, Green Beans, Blackberries, Blueberries, Broccoli, Carrots, Corn, Cucumbers, Kale, and more! July is the perfect month to go to a local farmer's market and try some new treats.

**Blueberries:** Blueberries are a sweet treat that people of every age love! They are a small superfood filled with antioxidants and vitamin C. They can be thrown in salads, used in smoothies, and baked in many different ways.

**Green Beans:** Green beans can be paired with much more than just steak and potatoes! Fresh beans are perfect in a stir-fry, chopped up in a salad, or grilled in a vegetable mix.

**Kale:** Kale is the perfect addition to any smoothie or salad. Pair it with strawberries, oranges, and grilled chicken for a quick salad, or add it in with a strawberry banana smoothie.

**Zucchini:** Zucchini is a delicious vegetable that resembles cucumber. It can be used in a stir-fry, on the grill, in a salad, with pasta, or even as noodles!

<http://www.sustainabletable.org/seasonalfoodguide/>

### SUPER FOOD BLUEBERRY MUFFINS

**Ingredients:**

- 1 1/2 cups whole wheat flour • 1/2 cup oats
- 1/2 cup brown sugar
- 1 tablespoon baking powder • 1/2 teaspoon salt
- 3/4 cup applesauce • 6 ounces Greek yogurt
- 1/4 cup skim milk • 3 tablespoons vegetable oil
- 1 egg • 2 tablespoons skim milk, or as needed (optional)
- 1 cup blueberries, or more to taste
- 2/3 cup coarsely chopped walnuts (optional)

**Directions:**

Preheat oven to 350 degrees F. Grease muffin cups or line with paper muffin liners. Combine flour, oats, brown sugar, baking powder, and salt in a large bowl; stir in applesauce, yogurt, 1/4 cup skim milk, vegetable oil, and egg. If the dough is a bit too dry, add extra milk 1 tablespoon at a time. Batter should be about the consistency of a thick oatmeal. Fold blueberries and walnuts into the batter. Spoon into prepared muffin cups until almost full. Bake in preheated oven until a toothpick inserted into the center comes out clean (15 to 20 minutes).

<http://allrecipes.com/recipe/254937/superfood-blueberry-muffins>



## ACTIVITY CORNER

## TABLE TALK

This month, try to have fun with the color green! Try a new green snack this month. Try the recipe below, or find your own!

**Fresh Zucchini Guacamole**

Ingredients (stir-in)

- 3 medium zucchini
- 1 large roma tomato, diced
- 1 medium ripe avocado
- 1/2 medium red onion, diced
- 1 tsp. garlic, minced (1/2 tsp. garlic powder)
- 1/4 cup cilantro, chopped
- 1 medium lemon
- 1 tsp. salt

**Directions:**

Use a food processor or blender to blend the avocado, zucchini, garlic, lemon juice, and seasonings together until smooth. Scoop into a bowl and stir in tomatoes, onion, and cilantro.

<https://dashingdish.com/recipe/fresh-zucchini-guacamole>



July is a busy month. Take this time to reflect on how many new experiences your family has had this year. Whether it is going to a new place, cooking a new food, trying a new sport, or even reading a new book. Try to use this time to find a new opportunity for both you and your kids. Some dinner table questions could be:

**Have you tried any new sports/foods/activities this summer? Have you enjoyed them? What is one thing you would like to do before summer ends? Where is a new place you would like to some day go? It could be across the world to a new country or across the city to a new park!**