

Summer is here which means many of our favorite fruits and vegetables are back in season. Learn more about what to expect during these warm months as well as some tips and tricks to make the most of the summer bounty.



## SUMMER FRUITS & VEGETABLES



### BELL PEPPERS

Red, orange, yellow and green bell peppers are all delicious when grilled, sauteed or eaten raw. These small snacking peppers are a particularly sweet variety known as “flavorburst.”



### BLUEBERRIES

Organic berries are not sprayed with anti-fungal agents, so be sure you store your blueberries unwashed in your fridge—that is if you can avoid eating all of them on the spot.



### CUCUMBERS

In addition to adding flavor and crunch to a summer salad, cucumbers make a refreshing low-calorie snack. Pickle them with fresh herbs for summer flavor all year long.



### DANDELION GREENS

When used raw, dandelion greens add depth to a simple mixed green salad. You can also blanch, steam or sauté the leaves, like you would kale, to reduce their natural bitterness.



### FRESH HERBS

We'll bring you fresh basil, chives, dill, rosemary and sage all summer long. It's always best to cook with fresh herbs, but you can also dry or freeze extra herbs to save for the winter.



### EGGPLANT

Asian, Italian, and classic eggplants all respond well to broiling, frying and grilling. It's best to store them in a cool, dry place for a short time, but you can also keep them in the crisper.



### PEACHES & NECTARINES

Soft-skinned stone fruit should be ripened and eaten at room temperature. To get the best flavor, let refrigerated fruit return to room temperature before you eat it.



### PLUMS & PLUOTS

Pluots are a cross between a plum and a plumcot, itself a plum-apricot hybrid. Store firm plums and pluots in a paper bag at room temperature, and ripe fruit in a plastic bag in the fridge.



### SUMMER SQUASH

All soft-rind squashes, including zucchini, can be used interchangeably. Grill or stir-fry squash for an easy side dish, or stuff a large squash with meat or quinoa for something more filling.



### TOMATOES

Tomatoes come in many sizes and colors, but they all taste best in the summer. Cold temperatures diminish a tomato's flavor, so avoid refrigerating them if possible.

## SUMMER RECIPES

### RATATOUILLE



#### Ingredients

1/4 cup olive oil  
1 1/2 cups diced yellow onion  
1 tsp minced garlic  
2 cups diced eggplant  
1/2 tsp fresh thyme  
1 cup diced green bell peppers  
1 cup diced red bell peppers  
1 cup diced zucchini squash  
1 cup diced yellow squash  
1 1/2 cups diced tomatoes  
1 Tbsp thinly sliced fresh basil  
1 Tbsp chopped fresh parsley  
Salt and black pepper, to taste

Set a large 12-inch saute pan over medium heat and add the olive oil. Once hot, add the onions and garlic to the pan. Cook, stirring occasionally, until onions are lightly caramelized, about 5 to 7 minutes.

Add the eggplant and thyme to the pan and continue to cook, stirring occasionally, until the eggplant is partially cooked, about 5 minutes.

Add the green and red peppers, zucchini, and squash and continue to cook for an additional 5 minutes.

Add the tomatoes, basil, parsley, and salt and pepper, to taste, and cook for a final 5 minutes. Stir well to blend and serve either hot or at room temperature.

### SIMPLE STONE FRUIT COMPOTE



#### Ingredients

3 cups ripe stone fruits (peaches, nectarines, plums), sliced  
3 Tbsp water  
1/4 cup sugar  
2 pinches sea salt  
1/2 small lemon, juiced  
1/4-1/2 tsp ground cardamom (optional)

Wash, pit, and slice any combination of stonefruit (peaches, plums, nectarines).

Place all ingredients in a non-reactive (stainless steel, ceramic, or glass) sauce pan, cover and bring to a boil. Once boiling, lower heat until fruit is just at a simmer, and cook another 10 minutes, until fruit begins to break down and mixture starts to thicken.

Remove from heat, transfer to glass jars, and let cool. Serve with cheeses, nut butters, with toast, or with your favorite breakfast treat!

### STAY COOL WITH NIXIE SPARKLING WATER



#### Try some delicious and locally-made flavors

Black Cherry Lime  
Grapefruit  
Lime Ginger  
Peach Black Tea  
Pomegranate Green Tea  
Strawberry Hibiscus  
Watermelon Mint

## FREEZING

With summer in full swing and long, beautiful days here in New England, no one wants to start thinking about fall, let alone winter. Freezing, however, is a great technique to preserve the tastes of summer to warm up any cool day to come. With just a few standard kitchen tools and your favorite summer produce, get ready to enjoy the season all year long.



### FROM FRESH TO FROZEN

Choose a selection of ripe, medium to large sized tomatoes - these are the best for freezing!

Wash, dry and hull your tomatoes. To hull, use a paring knife to remove any green stems and the woody core from the top of your tomatoes.

Place tomatoes in freezer-safe ziploc bags or air-tight containers. Force out as much air as possible and tightly seal the bags or containers. Make sure your bags or containers are sitting flat in your freezer and freeze until tomatoes are solid, at least six hours. Tomatoes will keep in the freezer for up to six months.

When you are ready to use, remove tomatoes from freezer and thaw at room temperature. If you are looking to peel them before use, remove the peel after the tomatoes have been thawing for 30 minutes. Allow the tomatoes to thaw completely before cutting.

### WHAT ELSE SHOULD I FREEZE?

Corn • Summer Squash • Herbs • Blueberries • Peaches • Strawberries



## MEET YOUR FARMERS

### RIVERLAND FARM — Sunderland, MA

Rob Lynch and Meghan Arquin met while working at the Food Bank Farm in Hadley, MA. After working together for a number of seasons in Hadley, they started Riverland Farm in 2007. Cultivating 40 acres of diverse fruits and vegetables, Meghan and Rob are passionate growers who take pride in providing their communities with high-quality, organic produce.

### HAPPY VALLEY ORGANICS — Hadley, MA



Doug Coldwell is one of the co-farmers at Happy Valley Organics of Hadley. Thanks to the efforts of Doug and the rest of the Happy Valley Organics crew, Boston Organics' customers enjoy freshly cut herbs like rosemary, basil, oregano, and mint year-round as well as potted basil in the summer months. The farm also has a keen focus on renewable energy, sustainability and energy efficiency.