

Why You Should Eat Seasonally + A Summer Produce List

There are plenty of reasons that you should eat seasonally (and locally!).

Plants get their nourishment from the sun (energy) and soil (food). Produce that is picked and eaten at its peak generally has more vitamins, minerals and antioxidants than foods harvested before they're ripe. And, when fruits and vegetables are shipped locally, they don't have to endure as much travel, so they don't lose those vital nutrients before they make it to your kitchen table!



Another benefit to eating with the seasons is that it gives you the ability to change up your diet—and consume an array of diverse foods that provide your body with a wide variety of important vitamins, minerals, enzymes, antioxidants, and phytochemicals that you need to keep your immune system strong and maintain optimal health!

Summer Produce List

Berries	Arugula	Limes
Peaches	Cucumber	Cucumber
Figs	Beets	Plums
Onion	Bell Peppers	Watermelon
Tomatoes	Carrots	Strawberries
Basil	Garlic	Green Beans
Eggplant	Corn	Okra
Zucchini	Rhubarb	Lima Beans
Summer Squash	Passion Fruit	Avocados
Radishes	Melon	
Cherries	Lemon	