



SUMMER PRODUCE AND EATING SEASONALLY

Eating with the seasons can have impactful health and environmental benefits. In New Jersey we have an abundance of fresh fruits and vegetables available to us throughout the year. Knowing what fruits and vegetables are currently in season can assure that you are purchasing produce at its peak harvest. This means that these fruits and vegetables will be richer in vitamins and nutrients, offer a riper and juicier flavor, typically lower in price, and can help to support local farms.

WHERE TO GET SUMMER PRODUCE

By shopping at local farmers markets you will be getting high quality produce and supporting local farms and agriculture. There are a lot of local markets available through New Jersey. Listed below are some local farmers markets in Northern New Jersey.

- 17 Farmer's Market
- Clifton Farmer's Market
- La Casa de Don Pedro's Farmers Market
- Paterson Farmer's Market
- Ramsey Farmer's Market
- Rutherford Farmer's Market
- Stokes Farm
- Teaneck Farmers Market





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WHAT IS IN SEASON THIS SUMMER IN NEW JERSEY

FRUITS:

- Blueberries – Peak season from July – August
- Peaches – Peak season from July – September
- Cherries – Harvested in July
- Plums – Peak season from August – September
- Nectarines – Peak season from August – September
- Melons – Peak season from July – October

VEGETABLES:

- Tomatoes – Peak season from July – September
- Corn – Peak season from June – August
- Cucumbers – Peak season from July – October
- Zucchini – Peak season from July – September
- Green Beans – Peak season from July – September

HOW TO ENJOY YOUR SUMMER PRODUCE

- Grill zucchini for a smokey and tasteful side dish
- Add blueberries on top of your salads for some sweetness
- Make your own cherries jam
- Grill peaches for a sweet and indulgent dessert
- Drizzle olive, salt, and pepper over slices of tomatoes for a refreshing appetizer