

# SUMMER PRODUCE



## WATERMELON

Rich in lycopene, a powerful antioxidant with many health benefits, including sun protection, improved heart health and a lower risk of certain types of cancers



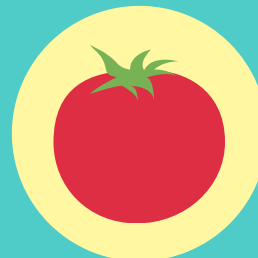
## CORN

Contains essential minerals such as zinc, magnesium, copper, iron, and manganese!



## STONE FRUIT

An excellent source of Vitamin C, which helps the body fight infections as well as fiber that aids in the digestive system.



## TOMATO

High in Vitamin K, which helps heal wounds as well as Calcium, for bone health.

## Pick up summer produce at the Farmers' Market! Why shop at a Farmers' Market?



- ✓ Fresh, local and in season produce that tastes great!
- ✓ Support local farmers and the local economy!
- ✓ Try new produce and learn cooking tips from the farmers!
- ✓ The downtown SLO market (Thurs night) accepts EBT Benefits!

## SUMMER RECIPE: RED, WHITE AND BLUE CAPRESE SALAD

### INGREDIENTS:

- 1 pint blueberries
- 2 pints cherry tomatoes
- fresh basil
- balsamic vinegar
- olive oil
- salt and pepper
- firm mozzarella cheese



1. Wash blueberries and cherry tomatoes and drain well in a colander. Halve cherry tomatoes and toss in a serving bowl with blueberries, set aside.
2. Slice mozzarella cheese into 1/4 or 1/2" slices and then cut into small stars with a cookie cutter (optional).
3. Top the tomatoes and blueberries with the star cheese.
4. Tear fresh basil over-top and drizzle with olive oil and balsamic.
5. Season with salt and pepper and serve immediately.