



## Summer Harvest

As the days get longer and the weather warms up, it is the perfect time of year to experiment with adding more fresh fruits and vegetables to your plate! June officially starts the summer harvest season when many fruits and vegetables will be at peak ripeness in New England.

A diet rich in fruits and vegetables can reduce the risk of heart disease, lower blood pressure, help prevent some types of cancer, and positively affect blood sugar—just to name a few benefits!

According to the USDA Dietary Guidelines, American adults should aim to consume 1½ to 2 cups of fruit and 2 to 3 cups of vegetables daily. This can range from fresh produce to frozen and canned!

If you're struggling to eat enough fruits and vegetables, it can feel overwhelming to introduce multiple new healthy habits, so start small and with what you can do. Can you choose one fruit or vegetable from the list below each month and aim to consume it 2-3 times per week for the month?

New England Summer Harvest Produce Highlights:

### June

Strawberries, Beets, Carrots, and Kale

### July

Blueberries, Peas, Summer Squash, and Peppers

### August

Melons, Plums, Cauliflower, and Leeks

Be sure to check out [clickncook.com](http://clickncook.com) for recipes that use these fruits and vegetables!

## Food Safety Tip

To help prevent illness from bacteria, eggs should be stored in a clean refrigerator at 40°F or below and used within three weeks for best quality. Hard-cooked eggs (in the shell or peeled) should be eaten within one week after cooking, and leftover refrigerated egg dishes should be consumed within three to four days.



HIP puts money back on your EBT card when you use SNAP to buy healthy, local fruits and vegetables from HIP farm vendors.

The Greater Boston Food Bank can help you apply for SNAP benefits.

Contact us to find out if you are eligible, want to apply, or want support on your existing case.

CALL: (617) 598 5022

OR VISIT:  
[GBFB.org/SNAP](http://GBFB.org/SNAP)



# Red Monster Smoothie

Smoothies are one of the easiest ways to incorporate seasonal fruit into your diet. In the few minutes it takes to make one serving of this smoothie, you'll have four servings of your daily recommended fruit intake!

## Ingredients

- 1 cup kale (or spinach, fresh or frozen)
- 1 cup strawberries
- 1 banana
- 1 cup water
- 1 cup blueberries
- 1 cup pineapple
- 1 orange, peeled and sliced

## Directions

1. Using a blender, mix the greens and the liquid of your choice.
2. Gradually add in the rest of the ingredients, blending after each addition.
3. Separate into two cups.

*Makes 2 servings*



## Nutrition Facts

Red Monster Smoothie

Amount Per Serving (2 cups each)

Calories 182	Calories from Fat 9
	% Daily Value*
<b>Total Fat 1g</b>	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 23mg</b>	1%
<b>Potassium 639mg</b>	18%
<b>Total Carbohydrates 45g</b>	15%
Dietary Fiber 8g	32%
Sugars 28g	
<b>Protein 3g</b>	6%
<b>Vitamin A</b>	180%
<b>Vitamin C</b>	216%
<b>Vitamin D</b>	0%
<b>Calcium</b>	6%
<b>Iron</b>	9%

\* Percent Daily Values are based on a 2000 calorie diet.

## LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at [clickncook.org](http://clickncook.org)

## What can you do with: Pineapple



**Choosing:** Choose fresh-looking pineapples with green leaves and a firm shell. The pineapple should also have a small amount of “give” when squeezed gently.

**Storing:** The whole pineapple should be left at room temperature until ripe. Store cut pineapple in an air-tight container in the fridge and consume within 2-3 days.

**Preparing:** Here’s how to cut a pineapple:

- Cut off the crown and bottom ends with a large knife and discard.
- Stand the pineapple upright and shave off the outer skin, including any eyes that may be left behind, by holding the knife parallel to the pineapple and slicing it down.
- Cut the pineapple in half from top to bottom.
- Halve each piece again to make four pieces.
- Slice off the core from each piece. (Feel to find where the firm core is and where the softer flesh is to avoid losing too much fruit.)
- Halve each piece again to make 8 pieces. Cut each piece into ½-inch triangles.

**Uses:** Eat it as is, add to recipes for a sweet taste, or use it to tenderize your meat. Pineapples contain an enzyme called bromelain that breaks down the protein in meats.

**Nutrition:** Pineapples are an excellent source of vitamin C! One cup of cubed pineapple provides 2 grams of fiber.

**A CLICK N’ COOK RECIPE**  
MORE AT: [CLICKNCOOK.ORG](http://CLICKNCOOK.ORG)

### Pineapple, Corn, and Mango Salsa



#### Ingredients

- 1 cup crushed pineapple, drained
- 1/2 medium mango, diced
- 1/2 cup frozen corn, thawed
- 1/2 cup tomatoes, chopped
- 1/4 cup parsley, minced
- 3 tablespoons red onion, minced
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne pepper

#### Directions

1. In a medium bowl, mix together pineapple, mango, corn, tomatoes, parsley, and onion.
2. Season with salt, cumin, and cayenne pepper.



## Spotlight on Dried Lentils and Peas: Health Benefits, Tips, and Recipes

Dried lentils, green peas, and split peas are part of the legume family. Legumes are rich sources of fiber and contain essential vitamins and minerals.

Beans and legumes have several health benefits when consumed as part of an overall healthy diet and may help reduce cholesterol and blood sugar levels and improve gut health.

They're also great plant-based protein sources for soup, salads, and dips!

While traditional cooking methods require soaking legumes for several hours (usually 8-12 hours) and then boiling and simmering them for a few hours, utilizing a slow cooker to prepare your lentils, split peas, and green peas allows you to set it and forget it!

Add split peas to your slow cooker to make delicious pea and sweet potato soup, or turn on your slow cooker in the morning, and by mid-afternoon, you can enjoy this protein-packed lentil soup. You can find these recipes on [clickncook.com](http://clickncook.com)!



**June 2023**

National Dairy Month

National Fresh Fruits and Vegetables Month

**National Rotisserie Chicken Day**  
June 2

**National Egg Day**  
June 3

**National Chocolate Ice Cream Day**  
June 7

**National Peanut Butter Cookie Day**  
June 12

**International Picnic Day**  
June 18

**National Peaches & Cream Day**  
June 21