





# Summer Produce Guide

This helpful guide explains how to properly clean and prep produce, as well as ideas for cooking and serving.

Washing produce is an important step in keeping children safe! When washing produce, remember these tips:


















- Wash water should be no more than 10 degrees colder than the produce, to prevent microorganisms entering the stem or bloom.
- Certain produce requires immersion in water for cleaning- use a clean bowl rather than the sink itself.
- A vinegar solution can be used for cleaning (½ cup distilled white vinegar: 1 cup water) but may affect taste.
- Certain foods are stored before washing (such as berries), but visible dirt should be shaken or brushed off before storage.

Summer Produce	Cleaning and Prep	Ways to cook & serve
<b>Beans</b> 	Clean: Under running water, rub briskly with hands. Prep: Trim ends off before cooking.	Boil, saute, steam or roast. Recipe idea: Add to kidney and garbanzo beans for a crisp Three Bean Salad.
<b>Beets</b> 	Clean: Under running water, scrub firmly with a scrub brush. Prep: Trim off greens. Peel skin off before or after cooking. Note: Use gloves and paper towel to prevent staining hands and kitchen surfaces.	Boil, saute, steam or roast. Recipe idea: Blend up beets to make Pink Beet Hummus.
<b>Bell Peppers</b> 	Clean: Under running water, rub briskly with hands. Prep: Remove stem and seeds. Slice as desired.	Serve raw or cook by sauteeing, steaming or roasting. Recipe idea: Stuff with Sloppy Joe meat and cooked rice for Sloppy Joe Stuffed Bell Peppers.
<b>Berries</b> 	Clean: Store unwashed until ready for use. Then clean by rinsing under cool, running water or by using a scrub brush. Prep: Remove stems or leaves.	Serve raw, blend or use in baked goods. Recipe idea: Blend with yogurt and banana for a Berry Banana Smoothie.



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<b>Broccoli</b> 	<p>Clean: Remove leaves and stem before cleaning. Immerse in cold water to loosen sand or dirt. After immersion, blot dry with paper towels or use a salad spinner.</p> <p>Prep: Chop into desired size.</p>	<p>Serve raw or cook by boiling, sauteeing, steaming or roasting.</p> <p>Recipe idea: Mix with cheese, breadcrumbs and spices then air fry for Broccoli Cheese Bites.</p>
<b>Cabbage</b> 	<p>Clean: Remove outer leaves and stem. Cut in quarters or halves before immersing in cold water to loosen sand or dirt. After immersion, blot dry with paper towels or use a salad spinner.</p> <p>Prep: Chop, shred or slice as desired.</p>	<p>Serve raw or cook by boiling, sauteeing, steaming or roasting.</p> <p>Recipe idea: Mix with shredded carrots for Homemade Cole Slaw.</p>
<b>Carrots</b> 	<p>Clean: Remove tops before cleaning. Under running water, scrub firmly with a scrub brush.</p> <p>Prep: Peel if desired. Chop, shred or slice as desired.</p>	<p>Serve raw or cook by boiling, sauteeing, steaming or roasting.</p> <p>Recipe idea: Shred and mix with applesauce in Apple Carrot muffins.</p>
<b>Cherries</b> 	<p>Clean: Store unwashed until ready for use. Then clean by rinsing under cool, running water or by using a scrub brush.</p> <p>Prep: Remove stems.</p>	<p>Serve raw or use in baked goods.</p> <p>Recipe idea: Remove pits and slice then mix with granola and yogurt for a cherry granola parfait.</p>
<b>Corn</b> 	<p>Clean: Remove husk and silk. Under running water, rub briskly with hands.</p> <p>Prep: No prep necessary before cooking.</p>	<p>Boil, saute, steam or roast.</p> <p>Recipe idea: Cook and cool then mix with cheese and ranch seasoning for Sweet Corn Salad.</p>
<b>Cucumbers</b> 	<p>Clean: Under running water, rub briskly with hands.</p> <p>Prep: Peel and slice as desired.</p>	<p>Serve raw.</p> <p>Recipe idea: Mix with strawberries, mint and feta cheese for Cucumber Strawberry Salad.</p>
<b>Greens</b> 	<p>Clean: Immerse in cold water to loosen sand or dirt. After immersion, blot dry with paper towels or use a salad spinner.</p> <p>Prep: Remove stems. Slice as desired.</p>	<p>Serve raw or cook by boiling, sauteeing, steaming or roasting.</p> <p>Recipe idea: Blend with bananas, eggs and flour in Green "Hulk" muffins.</p>
<b>Herbs</b> 	<p>Clean: Immerse in cold water to loosen sand or dirt. After immersion, blot dry with paper towels or use a salad spinner.</p> <p>Prep: Remove leaves from stem. Dice if desired, or leaves can be left whole.</p>	<p>Serve raw or cook by boiling, sauteeing, steaming or roasting.</p> <p>Recipe idea: Blend basil into pesto and mix with cooked pasta for Pesto Pasta Salad.</p>

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<b>Melon</b> 	Clean: Under running water, scrub firmly with a scrub brush. Prep: Cut through rind and remove seeds. Slice as desired.	Serve raw. Recipe idea: Blend with coconut water and a hint of salt for a budget-friendly Homemade Sports Drink.
<b>Peaches</b> 	Clean: Under running water, rub briskly with hands. Prep: Peel if desired.	Serve raw or use in baked goods. Recipe idea: Freeze and blend up with coconut milk for Peach Frozen Yogurt.
<b>Peas</b> 	Clean: Immerse in cold water to loosen sand or dirt. Prep: For snap or snow peas, snap off the stem and remove fibrous string. For English peas, snap open pod and remove peas.	Boil, saute, steam or roast. Recipe idea: Cook with brown rice, diced carrots and low sodium soy sauce for Homemade Fried Rice.
<b>Potatoes</b> 	Clean: Under running water, scrub firmly with a scrub brush. Prep: Peel if desired. Slice as desired.	Boil, saute, steam or roast. Recipe idea: Microwave potatoes until soft, then season before adding to waffle iron with shredded cheese for Cheesy Breakfast Potato Waffles.
<b>Summer Squash</b> 	Clean: Under running water, rub briskly with hands. Prep: Remove stem. Slice as desired.	Saute, steam or roast. Recipe idea: Roast with zucchini and corn and top with parmesan cheese and herbs for Roasted Corn & Squash.
<b>Tomatoes</b> 	Clean: Under running water, rub briskly with hands. Prep: Peel and slice as desired.	Serve raw or cook by sauteeing, steaming or roasting. Recipe idea: Roast tomatoes then blend with onions, garlic, herbs and olive oil for Homemade Tomato Sauce.
<b>Zucchini</b> 	Clean: Under running water, rub briskly with hands. Prep: Remove stem. Slice as desired.	Saute, steam or roast. Recipe: Roast sliced zucchini with tomato sauce and top with shredded mozzarella for Mini Zucchini Pizzas.

