

Commodity	May	Jun	Jul	Aug	Sep
Apples					■
Asparagus	■				
Beans (Snap, Italian, Variety)	■	■	■	■	■
Beets	■				
Blackberries		■			
Blueberries		■	■		
Broccoli	■	■	■		
Butter Beans			■	■	■
Cabbage	■	■			
Cantaloupes		■	■	■	
Cucumbers	■	■			
Green Onions	■	■	■	■	■
Leafy Greens	■	■	■	■	■
Muscadine Grapes					■
Okra			■	■	■
Parsley	■	■	■	■	■
Peaches	■	■	■	■	■
Peas	■	■	■	■	■
Peppers (Variety)		■	■	■	■
Radishes	■	■	■		■
Squash (Yellow)	■	■	■	■	■
Strawberries	■	■			
Sweet Corn	■	■	■	■	
Sweet Potatoes				■	■
Tomatoes		■	■		
Watermelons		■	■		■
Zucchini Squash	■	■	■	■	■





Cantaloupe

How to choose a ripe cantaloupe:

Look for a yellowish tint to the rind and a melony smell. Use your thumb to press on the cantaloupe rind, you should be able to softly press in the rind slightly.

To ripen a cantaloupe at home, leave it at room temperature for two to four days.

It's sweet flavor makes it a treat for children at mealtime or snacktime.

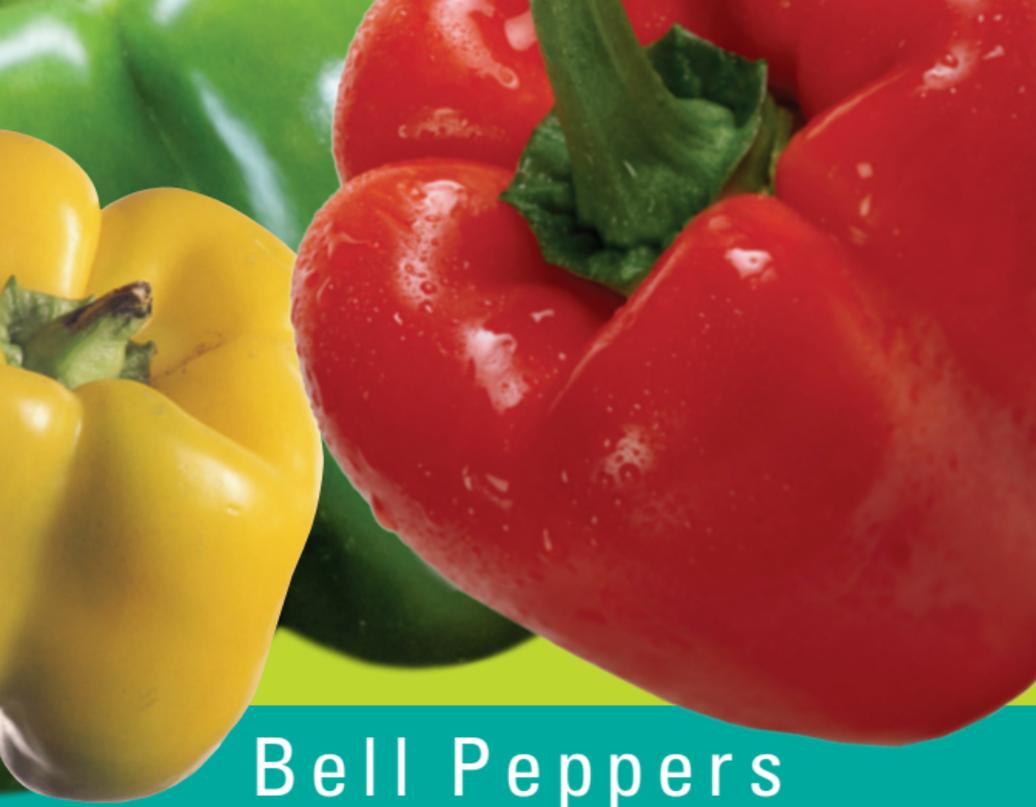
Preparation:

Wash the cantaloupe before cutting as you would any fruit. Harmful bacteria can live in the rind. Cut the cantaloupe in half and scoop out the seeds. The rest of the rind can then be removed and the cantaloupe cut into slices or cubes.

Cantaloupe can be eaten by itself or with a mix of other melons or fruit. It can be topped with yogurt or sherbet. Blueberries are a good complement for cantaloupe's sweet flavor.

Nutrition:

Cantaloupe is a fat-free, cholesterol-free food that is very low in sodium. It offers large amounts of vitamins A and C and is a good source of folate.



Bell Peppers

How to choose a bell pepper:

Bell peppers should be firm, fresh looking and brightly colored. Avoid peppers that are shriveled, dull or pitted. Peppers are sold by color (red, yellow, or green) and all are green before they ripen.

Preparation:

Raw:

Bell peppers are great on vegetable trays. They can be chopped and added to salads. Peppers can also be used for taco fillings.

Cooked:

Bell peppers can be stuffed or used in stir-frys, casseroles and omelets. Peppers taste best when allowed to retain some of their crispness.



Nutrition:

Bell peppers are naturally fat-free, saturated fat-free, sodium-free, cholesterol-free, low in calories and high in vitamin C. They also contain calcium and fiber. One medium pepper contains about 190% daily value of vitamin C.



Strawberries

How to choose fresh strawberries:

Strawberries have more flavor if they are bright red in color or have small seedy areas. They are overripe if they have shrunk or are too soft. Those with mold should be avoided because mold spreads quickly. When choosing strawberries, take a peek at the bottom of the container to make sure there are no hidden bruises or rotting. Small to medium strawberries are usually sweeter than the larger sizes.

Storage:

Strawberries should be kept cold once they are purchased. They tend to last 5 to 7 days in the refrigerator. They should be washed just before using.

Nutrition:

Strawberries are naturally fat-free, saturated fat-free, cholesterol-free, low in calories and high in vitamin C. One cup of strawberries contains about 150% daily value of vitamin C.

Recipe:

Quick Yogurt Dip

- 4 cups fresh strawberries
- 1 cup vanilla yogurt

Rinse strawberries and drain thoroughly. You may leave the caps on for color or take them off. When ready to serve, spoon the yogurt into a pretty container and place in the center of a plate. Arrange the fresh strawberries around the dip. Yield: 8 servings.



Tomato

How to choose a tomato:

Use your nose. Smell the blossom (not stem) end. The most flavorful ones will have a rich tomato scent. Select tomatoes that feel full and are heavy for their size, with no bruises. The skin should be tight and not shriveled. Tomatoes come in many shapes and colors like Roma, Beefsteak, Cherry and Yellow.

Storage:

Store fresh ripe tomatoes in a cool, dark place, stem-side down, and use within a few days. Do not put tomatoes in the refrigerator because they will lose their flavor and the flesh will turn mealy.

Nutrition:

Tomatoes are naturally fat-free, saturated fat-free, cholesterol-free, low in calories and high in vitamins A and C. Tomatoes are also a good source of potassium. One cup of tomatoes also has about 15% daily value of vitamin K, which is good for hair, skin and nails.

Recipe:

- 4 tomatoes, halved horizontally
- ¼ cup freshly grated Parmesan cheese
- 1 teaspoon chopped fresh oregano
- Freshly ground pepper, to taste
- 4 teaspoons extra-virgin olive oil

Preheat oven to 450° F.

Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, and pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.

Yield: 8 servings.



Collards

Collards are the South Carolina State Vegetable

How to select and store:

Look for collard greens that have firm, unwilted leaves that are deep green in color with no signs of yellowing or browning. Leaves that are smaller in size will be more tender and have a milder flavor. Place collard greens in a plastic bag, removing as much of the air from the bag as possible. Store in the refrigerator where they should keep fresh for about three to five days.

Nutrition:

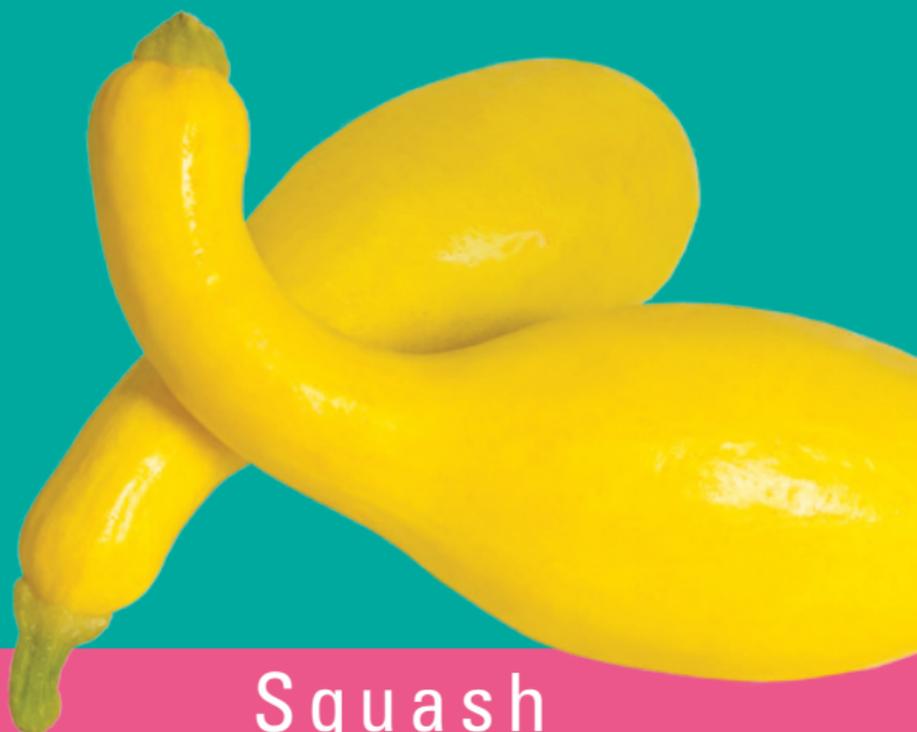
Collard greens are an excellent source of vitamin K, vitamin A (in the form of beta-carotene), vitamin C, manganese, folate, calcium, and dietary fiber. In addition, collard greens are a very good source of magnesium, iron, vitamins B2 and B6. They are a good source of vitamin E, protein, omega-3 fatty acids, potassium, vitamin B1, vitamin B5, niacin, zinc, and phosphorus.

Recipe:

- 1 bunch collards
- 1 can low-sodium chicken broth
- 1½ cups water
- 2 tablespoons Oil
- ¼ teaspoon salt
- ¼ teaspoon pepper

Combine all ingredients in a pot. Bring to a boil. Cover pot; reduce heat to medium heat for 30 minutes or until desired tenderness. Adjust seasonings to taste.

Spice it up with a little vinegar or red pepper flakes!



Squash

How to select crookneck squash:

Look for small- to medium-sized squash, no bigger than 8 inches around. Choose squash that is firm and feels heavy for its size. The skin should be even colored and slightly shiny. Avoid squash with nicks, bruises, or soft spots.

Storage:

Store unwashed in a plastic bag in the refrigerator for up to a week.

Nutrition:

Squash is an excellent source of vitamin C.

Recipe:

Squash Souffle

- 4 cups cooked yellow squash
- 2 tbsp. butter or margarine
- 1 tsp. salt
- dash black pepper
- 2 tbsp. sour cream
- 1 egg
- 2 tbsp. fine dry bread crumbs

Cook squash in little water until tender. Combine all ingredients. Bake at 350 degrees for 35 to 40 minutes.

Yield: 8 servings.



Watermelon

How to select a watermelon:

Choose symmetrical watermelons with dried stems and yellowish undersides, heavy for size.

Storage:

Store whole watermelons at room temperature. Refrigerate cut watermelons in airtight container for use within 5 days.

Nutrition:

Watermelon is naturally fat-free, saturated fat-free, sodium-free, and cholesterol-free. Watermelon is high in vitamins A and C and is a good source of potassium. Just one cup of watermelon provides 18% daily value of Vitamin A and 21% daily value of Vitamin C. It is a great fruit to eat when it is hot outside to help keep you hydrated.

Recipe:

- 1 cup cubed watermelon
- 1 cup diced, fresh or frozen strawberries
- 1 cup pineapple chunks, fresh or canned packed in natural juice: do NOT drain.

Stir fruit together in a medium size bowl. Cover and chill. Serve as soon as possible. Refrigerate or freeze leftovers.

Try freezing fruit for slush or smoothie!
Yield: 6 servings.