



Happy July, July is peak summer – cookouts on the weekends, family camping trips, water activities and more. Don't forget to pack some fresh fruits and veggies to fuel you up and keep you hydrated on hot days. While you are at the grocery store or the farmer's market, make sure to pick up some in-season fruits and veggies.

Healthy eating does not have to be expensive. Planning meals around in-season fresh produce is one of the easiest ways to save on groceries. If you are wondering, what fruit and vegetables are in season in July, here is a full list of all the produce now in season?

#### Vegetables in season in July

Avocado, arugula, artichokes, beans, beets, bell peppers, bok choy, broccoli, cabbage, carrots, cauliflower, celeriac, celery chilies, chard, chicory, collard greens, corn, cucumbers, eggplant, endive, fava beans, fennel, French beans, garlic, green peas, horseradish, leeks, lettuce, kale, Kohlrabi, new potatoes, okra, radishes, spinach, spring onion, shallots, summer squash, turnip, tomatillos, tomatoes, turnips, and zucchini.

#### Fruits in season in July

Apples, apricots, blackberries, blueberries, cherries, currants, figs, grapes, cantaloupe, nectarines, oranges, peaches, pears, plums, raspberries, rhubarb, strawberries, and watermelon.

#### Let's Get Cooking!

##### Elotes (Mexican Street Corn)

Makes 8 servings

Canola oil, for grill Grates

¼ cup mayonnaise

¼ cup sour cream

1 small clove garlic, pressed

1 Tbsp. fresh lime juice

½ tsp. chili powder

Kosher salt and pepper

8 ears fresh corn, husk removed

1/3 cup finely crumbled Cotija Cheese

Chili-lime seasoning (such as Tajin)

And chopped fresh cilantro for garnish

Heat grill to medium. Once hot, clean and Oil grill grates. Stir together mayonnaise, Sour cream, garlic, lime juice, and chili Powder in a bowl. Season with salt and pepper. Grill corn, turning frequently, until lightly Charred, 5 to 7 minutes. Brush with mayonnaise Mixture and sprinkle with cheese. Garnish With chili-lime seasoning and cilantro.

July fruit of the month is watermelon!

##### Fresh Watermelon Sorbet

Makes 4 servings

3 cups diced Seedless Watermelon

1/4 cups warm water

2 tablespoons honey (optional)

1. Place the watermelon into a gallon sized freezer bag. Freeze for at least 2 hours and up to overnight.
2. Remove from freezer and, if it was in the freezer for more than 2 hours, let sit at room temperature for about 10-15 minutes to thaw a little.
3. Add frozen watermelon to the bowl of a food processor. Process, adding warm water as needed to help the mixture move around, as needed. Process until smooth.
4. Taste and add honey if desired. Serve cold.

**A Little Laugh!** I have ears, but I am Unable to hear. Who am I? I am a field or Corn

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