



July

July is bursting with the first fruits of summer!

Cucumbers

What's in season this month in North Dakota? Cucumbers, for one! Cool and crisp, the high moisture content of cucumbers is sooo refreshing on hot summer days. Cucumbers are also a good source of fiber. Learn more about cucumbers and how to enjoy them, including a recipe for *Tomato, Cucumber and Red Onion Salad* here:

<http://www.fruitsandveggiesmatter.gov/month/cucumber.html>

Curious about what other vegetables are in season in North Dakota this month or any month of the year? Study the *Harvest Guide* from the North Dakota Department of Agriculture's Going Local program:

<http://www.healthynd.org/publications/InSeasonHarvestCalendar.pdf>

Blueberries

July is National Blueberry Month! July is when the harvest is at its peak and when you'll find the best quality and best value for your money. Blueberries are known as a "super-food" due to their high nutrient content. Not only sweet and juicy, blueberries are good for your health.

While blueberries are plentiful, think about freezing some for the months to come. Frozen blueberries will taste great later this year in muffins or just plain, slightly thawed.

Use those frozen blueberries in a warm blueberry cobbler

http://www.fruitsandveggiesmorematters.org/?page_id=35&iRID=554

Stir up a quick new recipe for the 4th of July – *Red, White and Blue Watermelon Sundaes*

http://www.fruitsandveggiesmorematters.org/?page_id=35&iRID=645

Freeze Now, Enjoy Later

For complete information on freezing fruits, visit NDSU Extension Service online or contact your local county agent or specialist.

<http://www.ag.ndsu.edu/pubs/yf/foods/fn182w.htm>

Many vegetables freeze well, too, such as the beans and peas that will soon ripen, or onions, peppers and corn that will be ripe and ready later in the summer. How to freeze vegetables from NDSU Extension:

<http://www.ag.ndsu.edu/pubs/yf/foods/he187.pdf>