

# JUNE

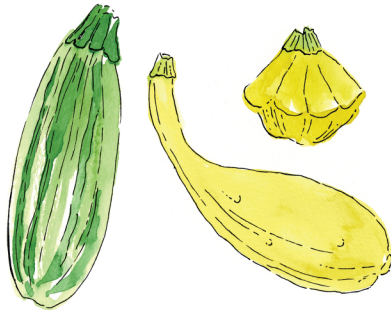
## Seasonal Market Guide



### Blueberry

*Grows as a hardy shrub; a member of the Rosaceae family*

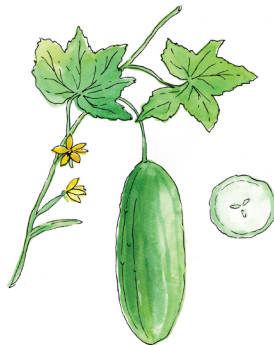
Native to the North American forests, the indigenous people called this berry star-fruit in reference to its star-shaped blossom. Tastes great when added to cereal or baked into muffins, pancakes, waffles, and pies.



### Summer Squash

*Herbaceous vine, part of the Cucurbitaceae, or gourd, family*

Varieties include zucchini, yellow, crookneck, straightneck, zephyr, pattypan, eight-ball, and more. All varieties are staple summer foods, frequently found tossed in salads, skewered on kebabs, grated into quick breads, or roasting in the oven.



### Cucumber

*Another member of the gourd family, a non-woody vine*

Local farmers typically grow two types of cucumbers: slicers and picklers. The phrase cool as a cucumber has scientific origins: the inside of a cucumber is usually 20 degrees lower than its surface; why it makes such a great summer snack.



### Radish

*Root vegetable from the Brassica family*

Commonly grown varieties: french breakfast, easter egg, watermelon, black, and daikon. The spice, or heat, of a radish comes from naturally occurring sulfurous compounds also found in horseradish and the mustard family.



### Pea

*Considered a legume, a bean; in botanical terms a 'bean pod' is an elongated seed vessel that splits in two when ripe*

Peas come to market in three types: shell, snow, and sugar snap; pods of the snow and sugar snap are edible. Peas and their pods should be blanched before adding to salads, pastas, rice, stir-fries, or when served on the side of a meat or fish.



### Fresh Herbs

Commonly seen at market: mint, cilantro, parsley, basil, oregano, sage, dill, thyme, rosemary, lavender. Store herbs in the fridge by rolling them up in a damp paper towel, or leave on countertop or windowsill in mason jars slightly filled with water.