



The Be Fit Minute

By Emily Gelsomin, RD, LDN



THE BEST OF AUGUST'S BOUNTY

Summer in New England offers a wealth of fruits and vegetables, but by August you may be scratching your head for new ways to use up all of the season's bounty. While the produce listed below can be found all year round, eating it while it is in season often makes for cheaper, tastier, and possibly even more nutritious meals. So look no further than these old standbys to perk up your plate.

Cantaloupe

Provides a healthy dose of vitamin A to keep your skin, eyes, and immune system healthy.

Fresh Uses:

- Wrapped in prosciutto for a quick appetizer or side dish
- As a cantaloupe, green onion, and citrus salsa
- Diced in chicken salad

Cauliflower

Helps cleanse the body with its natural "detox" properties and may help prevent cancer. Added bonus: orange-hued varieties have 25 times more vitamin A.

Fresh Uses:

- In place of potatoes in a gratin
- In pasta (hot or cold)
- Pickled, like you would cucumbers

Corn

Contains the highest level of antioxidants (disease-fighters) than any other grain or vegetable. It's naturally sweetest soon after it's picked.

Fresh Uses:

- In a tomato basil relish (no cooking needed)
- Pancakes, of the sweet (with syrup) or savory (with sour cream) variety
- In crab or bean dip

Eggplant

May help protect cells, especially brain cells. Also contains chemicals that may reduce cholesterol.

Fresh Uses:

- Halved, grilled, and eaten as a smoky side dish
- Roasted or grilled and pureed into a dip with lemon and tahini
- Diced and added to tomato sauce

Watermelon

Naturally high in water and disease-fighting antioxidants. Also an excellent source of vitamin C which promotes wound healing and a strong immune system.

Fresh Uses:

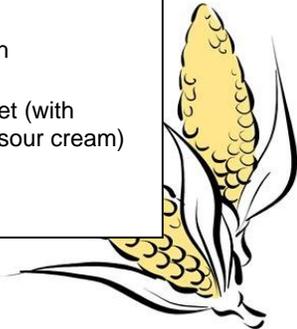
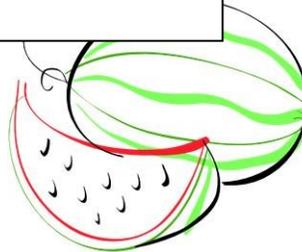
- Paired with salty cheeses like parmesan or feta in a savory salad
- Combined with peas and wild rice for a fiber-rich salad
- Pureed and frozen in ice cube trays to flavor drinks

Celery

Contains chemicals which may reduce stress hormones and lower blood pressure. Also a good source of folate, necessary for healthy cell growth.

Fresh Uses:

- Chopped with endive and apples for a crunchy salad
- Braised or roasted with lemon and olive oil
- Juiced and added to homemade smoothies or shakes



You can find locally grown produce in your area by visiting farmers markets and frequenting stores and restaurants that offer locally grown products. Visit www.eatwellguide.org to learn where local food can be purchased in your area.