Hello from the Wayne/Holmes County SNAP-Ed Team!

Celebrate the summer season with fresh fruits and vegetables.

What’s Fresh in Ohio in June and July?

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Fruit</th>
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<tbody>
<tr>
<td>Asparagus</td>
<td>Onions</td>
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<tr>
<td>Beans</td>
<td>Peas</td>
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<tr>
<td>Beets</td>
<td>Peppers</td>
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<tr>
<td>Broccoli</td>
<td>Radishes</td>
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<tr>
<td>Cabbage</td>
<td>Summer Squash</td>
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<tr>
<td>Carrots</td>
<td>Tomatoes</td>
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<tr>
<td>Cabbage</td>
<td>Blackberries</td>
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<tr>
<td>Corn</td>
<td>Blueberries</td>
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<td>Cucumbers</td>
<td>Cantaloupe</td>
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<tr>
<td>Eggplant</td>
<td>Cherries</td>
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<tr>
<td>Leafy Greens</td>
<td>Rhubarb</td>
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<tr>
<td>Herbs</td>
<td>Strawberries</td>
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It is possible to fit vegetables and fruits into any budget. Try some of these low-cost tips from MyPlate.gov

- Look for coupons and special pricing.
- Make a list and stick to it.
- Buy small amounts frequently to avoid wasting food.
- Plant your own garden in the yard or on your porch.
- Plan for leftovers and use them up in soups, stews, casseroles or on pizzas.
- Make smoothies to use small amounts of fruits and some veggies too!
Blueberry Chicken Pasta Salad
Servings 4 | Total time 30 mins. | Serving Size 2 cups

Ingredients for the dressing
1/2 cup fresh or frozen blueberries
2 Tablespoons olive or vegetable oil
2 Tablespoons balsamic vinegar
½ teaspoon Dijon mustard
2 teaspoons honey
¼ teaspoon salt (optional)

Ingredients for the salad
1-1/2 cups fresh blueberries
3 cups cooked whole grain pasta
12 ounces cooked chicken breast, sliced
4 cups dark green leafy vegetables
½ cup red onion, chopped
1 medium bell pepper, chopped

Instructions
1. Before you begin, wash your hands, surfaces, utensils, fruits, and vegetables.
2. Add dressing ingredients to a jar with a lid and shake to blend or combine in a small bowl and whisk them together.
3. Combine salad ingredients in a large mixing bowl and toss with dressing.

Tips
♥ Add other fresh or frozen fruit instead of blueberries based on what’s on sale or in season.
♥ Substitute chickpeas or white beans (no salt added, drained and rinsed) for chicken to make this dish vegetarian.
♥ You can use any mix of dark green leafy vegetables or broccoli for this salad.

Resources used: MyPlate.gov, Microsoft Images, USDA Dietary Guidelines for Americans, CelebrateYourPlate.org

Healthy dietary patterns include a variety of vegetables from all five vegetable subgroups—
♥ dark green
♥ red and orange
♥ beans, peas, and lentils
♥ starchy
♥ and other vegetables.

These include all fresh, frozen, canned, and dried options in cooked or raw forms, including 100% vegetable juices.

Try increasing the vegetable content of mixed dishes or eating less of a main dish to allow for more vegetables as side dishes.

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