

S.T.A.H.L. NEWS STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Nutrition Connection in the Center for Health and Well-Being

ummer Produce

April 28, 2025

During peak growing months, summer's bounty is bursting in gardens, farmers markets, roadside stands and grocery stores. Now's the time savor this abundance of fresh fruits and vegetables, enjoy old favorites and try some new to-you produce.

Produce in Pennsylvania

Strawberries: in season from late May through June. Strawberries are a great source of vitamin C and potassium!

Sweet Cherries: in season early June through late July. Cherries are rich in vitamin C and antioxidants!

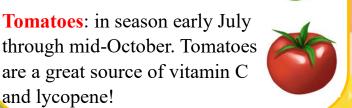
Snap Peas: in season late June

through September. Snap peas

Tomatoes: in season early July

are a great source of vitamin C

are a great source of vitamin K and are also rich in folate!



Washing Produce

Washing your produce is crucial step for food safety; washing removes dirt pathogens like E. coli, listeria and salmonella that can cause food-borne illnesses. It is especially important for raw fruits and vegetables as the heat of cooking typically destroys these harmful pathogens.

- remove stickers
- Wash under cool running water; avoid letting produce soak in the water it's been washed in.

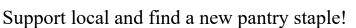
Indiana PA—Farmers Markets

Yarnick's Farm:

155 Thomas Covered Bridge Road

Indiana County Farmer's Market:

8th and Church Street



https:// www.mayoclinichealthsystem.or g/hometown-health/speaking-ofhealth/tips-for-keeping-summerproduce-fresh

and lycopene!

https://caplanc.org/blog/whats-in -season-this-summer-nutritioneducation-program/

Contact the Nutrition Connection Services!

Interested in learning more about how you can better manage your nutrition?

By Appointment Only Email: nutrition-connection@iup.edu

Please provide your name, phone number, and email. A counselor will respond to schedule an appointment. Appointments are offered in-person or virtually via, Zoom.





