



# 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

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## Summer Produce



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.

### 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.



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



**Tomatoes:** in season early July through mid-October. Tomatoes are a great source of vitamin C and lycopene!



### Indiana PA—Farmers Markets

Yarnick's Farm:

155 Thomas Covered Bridge Road

Indiana County Farmer's Market:

8th and Church Street

Support local and find a new pantry staple!



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

Contact the Nutrition Connection Services!

By Appointment Only

Email: [nutrition-connection@iup.edu](mailto: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.

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/tips-for-keeping-summer-produce-fresh>

<https://caplanc.org/blog/whats-in-season-this-summer-nutrition-education-program/>