

Eating Seasonal Produce Benefits Health

List of Summer Produce Available in NY



NECTARINE

One medium-sized nectarine contains 2.4 grams of dietary fiber. Fiber also helps prevent constipation and helps with digestion.



BLUEBERRIES

Not only can they lower your risk of heart disease and cancer, they are also anti-inflammatory.



CARROTS

One medium carrot provides around 4% of a person's daily requirement of potassium.



COLLARD GREENS

lowers cholesterol naturally because the leaves are high in fiber.



CILANTRO

its deep-green leaves have good amounts of antioxidants, essential oils, vitamins, and dietary fiber, which may help reduce LDL or "bad cholesterol" levels in the blood.



PEACHES

contain fiber, which contributes to smooth digestion and a lower risk of gut disorders.



CABBAGE

Half a cup of cooked cabbage has about a third the vitamin C you need for the day.



BEETS

provides better circulation, and possibly lower blood pressure.



RADISH

helps you lower your cholesterol and increases your fibre intake aiding in weight loss.



CANTELOUPE

makes a refreshing, healthful, and easy summer dessert, while their high water content helps prevent dehydration.



OKRA

are among the very low-calorie vegetables. Okra, is a pod vegetable eaten in the Deep South, is also called "gumbo" in the U.S.



ZUCCHINI

is a good source of fiber, which is great for weight loss because it slows down digestion of food and keeps you full for longer.



KOHLRABI

is also called German turnip. Kohlrabi is an exceptionally rich source of vitamin C; more so than oranges.



SWEET POTATO

are a versatile root vegetable that can be prepared in many ways. It is a healthy carbohydrate source.



SNOW PEAS

Excellent source of vitamin C and a good source of iron and manganese.