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NEWS RELEASE

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Bountiful Summer Harvest

As summer rolls to an end the bounty of the summer harvest is in full swing. Most popular on the list of vegetables are tomatoes, corn, eggplant, summer squash, cucumbers, peppers and fresh herbs. The list also includes some wonderful summer fruits such as watermelon, cantaloupe and peaches. These make up the basis for a wide variety of culinary creations sure to tantalize the taste buds.

With the revised Dietary Guidelines for Americans recommending 9 serving of fruits and vegetables a day for better health, what better way than the summer harvest to get into the habit. Not only are their plenty of fruits and vegetables available, but they also cost less and taste better. This is also a wonderful time to get children eating more fruits and vegetables. Make a family outing to your nearest farmers market and let the whole family take part in tasting and selecting produce for up coming meals.

Seasonal fruits and veggies make delicious meals a snap. Most need little preparation and taste best when made simply. Whether grilled, tossed fresh into a salad, or cooked into pasta sauces or soups, the summer harvest demands center stage at any table. For more information on purchasing and preparing fresh produce, or on the health benefits contact University of California Cooper Extension (530)889-7350, or visit our website at <http://ceplacer.ucdavis.edu>.

Roger S. Ingram
Acting County Director