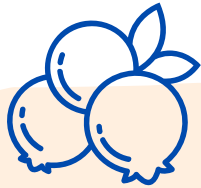


Summer Produce

What's in Season in Virginia!



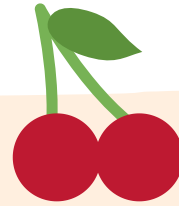
BLUEBERRIES

Blueberries are rich in vitamins C, B6, and fiber. The season ends in mid-late July. Stock up and freeze them for summer smoothies.



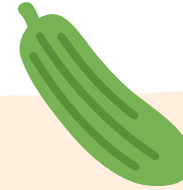
PEACHES

Peaches are a good source of vitamin C and antioxidants. Add to a summer salad or eat whole for a refreshing and satisfying snack. Peaches are at their peak all summer long.



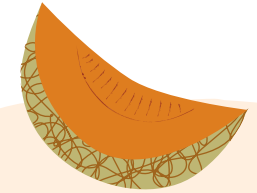
CHERRIES

Cherries contain antioxidants and potassium, which benefit heart health. Enjoy fresh as a snack or baked into a pie. They are at their peak in late spring and summer.



CUCUMBERS

Cucumbers are 96% water, and eating them this summer can help you stay hydrated. Slice for a salad addition or pair with your favorite dip. They are at their peak all summer long.



CANTELOPE

Canteloupe is rich in vitamin A, vitamin C, and potassium. Eat this fruit for breakfast with yogurt or as an after dinner dessert. The fruit peaks in July and August, so get them now while they're fresh!