Kentucky

SUMMER

SEASONAL FOOD GUIDE

LOCAL

Learn how to make the most of what's grown near you this summer.



COMMUNITY

Shared knowledge, local connections, and food that brings us together.

NEED MORE ACRES
EST. 2002

Seasonal food ideas rooted in community, local farms, and everyday cooking. Simple tips to help you use what you have, stretch your food, and eat GOOD all summer.

Find the Full Seasonal Guide Here

SCAN ME

You don't have to be a good cook to eat good—you just need a place to start. Welcome to How to Eat Good!, a Seasonal Food Guide rooted in community and everyday cooking.



EDITOR'S NOTE

Good food should feel possible, not complicated. This guide exists to remind you that you don't have to be a good cook, have a perfect kitchen, or know all the answers to eat good.

How to Eat Good! was created for everyday people—families, seniors, neighbors—who want simple, practical ways to use fresh food, stretch what they have, and feel more confident in the kitchen. Whether this guide came in a produce box, from a farmers market, or through a community program, it's meant to meet you right where you are.

I bring this work from both lived experience and years of professional practice. I've worked in food access, nutrition education, and local food systems across Kentucky, but I've also known what it feels like to worry about having enough food and to make meals stretch when resources are limited. Those experiences shaped my belief that food education should be realistic, respectful, and rooted in community—not judgment or perfection.

This guide is part of my ongoing commitment to community-centered food work. It celebrates local farmers, honors shared knowledge, and offers tools you can return to again and again. Take what you need, try what feels doable, and remember: eating good is about care, connection, and small steps that add up over time.

LATOYA DRAKE, MS
Editor-in-Chief

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Good Food, Prescribed!

HOW PRODUCE PRESCRIPTIONS SUPPORT HEALTH AND COMMUNITY

WHAT IS A PRODUCE PRESCRIPTION PROGRAM?

Food as medicine—rooted in community.
Produce prescription programs help people get free or low-cost fruits and vegetables to support their health. Instead of medicine alone, a doctor or health partner may "prescribe" fresh food to help manage diet-related conditions like diabetes, high blood pressure, or food insecurity.

These programs are part of a growing food as medicine movement that connects health care, community organizations, and local farms—all working together to improve health and access to good food.

HOW PRODUCE PRESCRIPTION PROGRAMS WORK

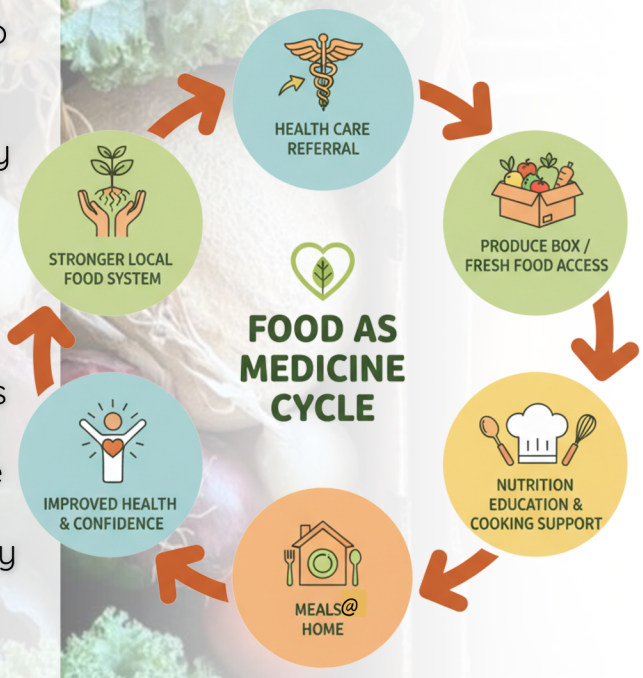
1. **Health Care Referral:** A doctor, clinic, or health team identifies someone who could benefit from more fruits and vegetables.
2. **Getting the Produce:** Participants may receive:
   - Weekly or monthly produce boxes
   - Vouchers for farmers markets
   - Grocery-style food boxes
   - Home delivery
3. **Education & Support:** Many programs include recipes, cooking tips, and nutrition education to help families use the food with confidence.
4. **Health Check-Ins:** Health partners may track things like blood sugar, blood pressure, or overall well-being to see how food supports health.

WHY PRODUCE PRESCRIPTIONS MATTER

Research shows that produce prescription programs can:

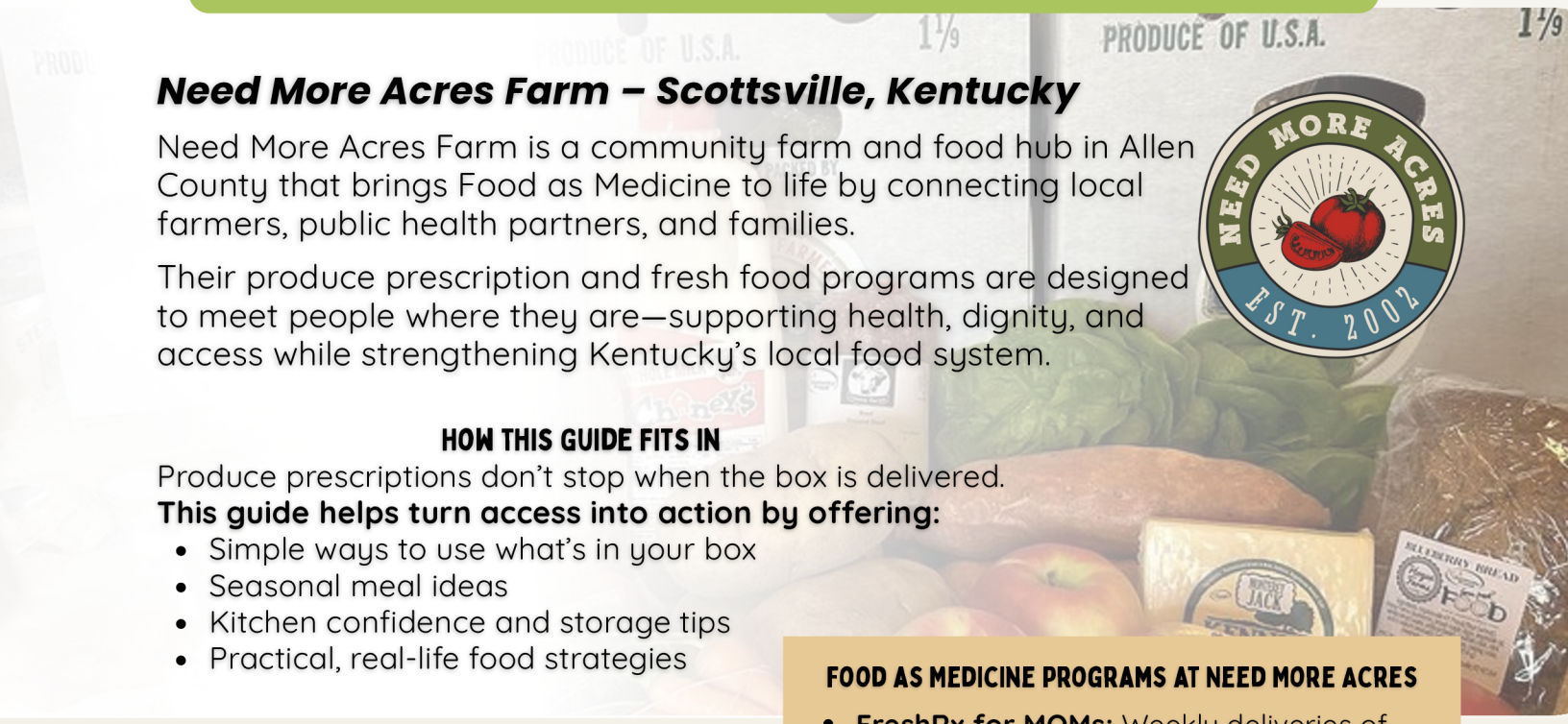
- **Increase fruit and vegetable intake**
- **Reduce food insecurity**
- **Support diabetes and blood pressure management**
- **Improve confidence in shopping and cooking**
- **Strengthen local food systems**

When people have access to fresh food and know how to use it, health improves—for individuals and communities.



A Kentucky Food as Medicine Story

PUTTING PRODUCE PRESCRIPTIONS INTO PRACTICE



Need More Acres Farm – Scottsville, Kentucky

Need More Acres Farm is a community farm and food hub in Allen County that brings Food as Medicine to life by connecting local farmers, public health partners, and families.

Their produce prescription and fresh food programs are designed to meet people where they are—supporting health, dignity, and access while strengthening Kentucky's local food system.

HOW THIS GUIDE FITS IN

Produce prescriptions don't stop when the box is delivered.
This guide helps turn access into action by offering:

- Simple ways to use what's in your box
- Seasonal meal ideas
- Kitchen confidence and storage tips
- Practical, real-life food strategies

WHO THIS GUIDE IS FOR

This guide was created to support people receiving produce prescription boxes—but it's also for **anyone who wants to eat more seasonally, shop locally, and make the most of fresh food.**

Whether your produce comes from a box, a farmers' market, a garden, or the grocery store, these ideas are meant to work for everyday life.

A SHARED VISION

This **Seasonal Food Guide** is a collaboration between **How to Eat Good!** and **Need More Acres Farm**, built to support practical, community-rooted food as medicine strategies.

Together, we believe good food should be:

- **Accessible**
- **Affordable**
- **Culturally meaningful**
- **Easy to use**

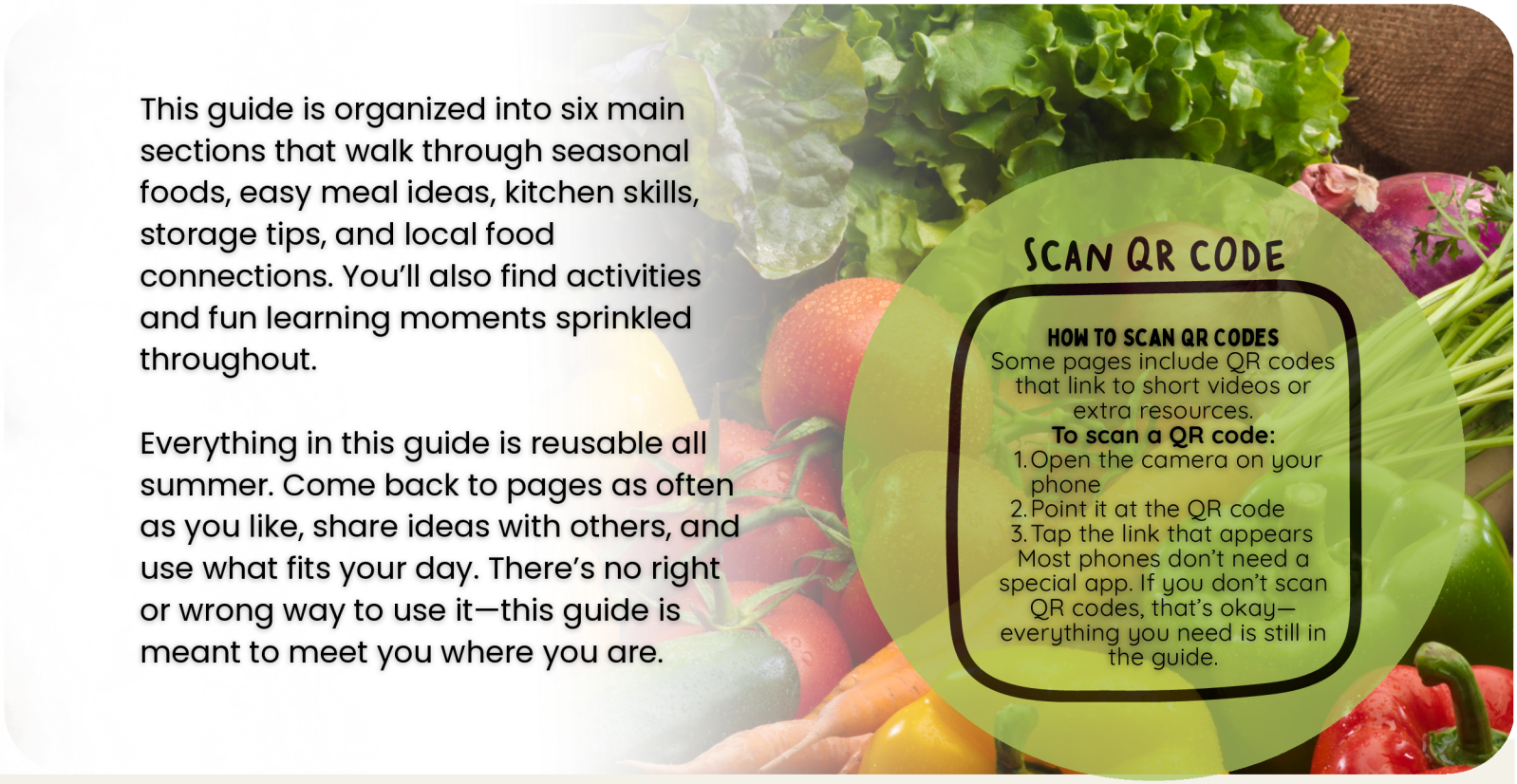
FOOD AS MEDICINE PROGRAMS AT NEED MORE ACRES

- **FreshRx for MOMs:** Weekly deliveries of fresh fruits, vegetables, and proteins for pregnant individuals enrolled in Medicaid, in partnership with the Community Farm Alliance.
- **Grocery RX Pilot:** Weekly food boxes for qualifying Medicaid-eligible households, in partnership with WellCare and Bowling Green Independent Schools.
- **Senior Nutrition Program:** Monthly produce boxes for older adults in Allen County, sourcing food from a network of local farms.
- **Chronic Disease Support:** Produce prescriptions connected to blood pressure and diabetes management programs with the Allen County Health Department.

Need More Acres also partners with the University of Kentucky's College of Public Health and public health agencies to track outcomes and ensure farmers receive fair prices—supporting both community health and local agriculture.

How to Use the SEASONAL FOOD GUIDE

This guide is filled with simple ideas to help you eat good all summer long. You don't have to read it from front to back. Jump around, revisit pages, and use what works best for you.



This guide is organized into six main sections that walk through seasonal foods, easy meal ideas, kitchen skills, storage tips, and local food connections. You'll also find activities and fun learning moments sprinkled throughout.

Everything in this guide is reusable all summer. Come back to pages as often as you like, share ideas with others, and use what fits your day. There's no right or wrong way to use it—this guide is meant to meet you where you are.

SCAN QR CODE

HOW TO SCAN QR CODES

Some pages include QR codes that link to short videos or extra resources.

To scan a QR code:

1. Open the camera on your phone
2. Point it at the QR code
3. Tap the link that appears

Most phones don't need a special app. If you don't scan QR codes, that's okay—everything you need is still in the guide.

ICONS:

Icons help you quickly spot what each page offers.



RECIPE
Simple, practical meal ideas



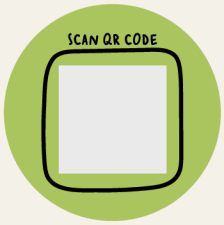
KITCHEN SKILL
Tips to build confidence



STORAGE
How to store or freeze food



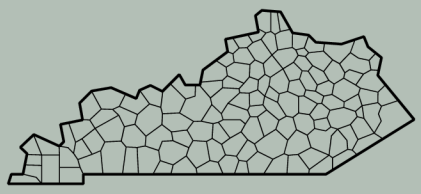
ACTIVITY
Games, challenges, and fun learning



QR
Short how-to videos or extra resources

You don't need to use every page or icon. Choose what feels helpful.

Try 5 New SUMMER FOODS

☐ A Fruit 	Trying new foods helps build confidence in the kitchen. Use this challenge at the farmers market, with your produce box, or at home—no rush, no pressure.	☐ A Vegetable 
☐ Something Green 	☐ Something Grown Near You 	☐ Something New to You 

REFLECTION

My favorite new food:_____

One food I want to try again:_____

How to Eat Good! Quick Tips

You don't have to like every new food. Trying it once still counts.

HOW TO TRY IT!

- Wash it
- Taste it raw or cooked
- Add salt, oil, or seasoning
- Try it more than once if you want

WHAT'S IN YOUR BOX?

A simple guide to using summer vegetables



CUCUMBERS

Easy ways to use:

- Slice and eat fresh with a little salt
- Add to salads or sandwiches
- Mix with vinegar and oil for a quick side

Eat Now: Fresh and crunchy snacks
Store: In the fridge, unwashed
Freeze: Not recommended (best fresh)



TOMATOES

Easy ways to use:

- Slice for sandwiches or toast
- Chop and add to salads
- Cook down for soups or sauces

Eat Now: Fresh slices or salads
Store: On the counter until ripe, then fridge
Freeze: Chop or cook first, then freeze



SWEET CORN

Easy ways to use:

- Boil or microwave and eat on the cob
- Cut off the cob and add to salads or soups
- Mix into rice or pasta dishes

Eat Now: Fresh and sweet side dish
Store: In the fridge, husks on
Freeze: Cut kernels off the cob and freeze





How to Eat Good! Quick Tips

You don't have to use everything at once. If you won't eat it in a few days, freezing is a smart choice—not a failure.

Opening a produce box can feel exciting—and a little overwhelming. If you're not sure what to do with everything right away, that's okay. This guide gives you easy, no-stress ideas to help you use what you might have, one vegetable at a time.

You don't have to do it all. Just pick one place to start.



LEAFY GREENS (KALE, COLLARDS, SPINACH)

Easy ways to use:

- Sauté with oil and garlic
- Add to eggs, soups, or pasta
- Blend into smoothies

Eat Now: Cooked or fresh (depending on type)
Store: In the fridge, loosely wrapped
Freeze: Chop and freeze (great for cooking later)



ZUCCHINI / SUMMER SQUASH

Easy ways to use:

- Slice or spiralize and sauté
- Add to pasta or stir-fries
- Roast or grill

Eat Now: Quick cooked meals
Store: In the fridge
Freeze: Shred, spiralize, or slice, then freeze



YOU'RE DOING IT RIGHT

There's no one "right" way to use your produce box. Eat what you enjoy, store what you can, and freeze what you won't use right away. Every step helps you waste less food and feel more confident in the kitchen.

Turn the page for more simple ways to make fresh food work for you.

NO-COOK & LOW-HEAT MEALS

Eat good without heating up the house

When it's hot outside, cooking can feel like too much. You don't have to turn on the oven to eat well. No-cook and low-heat meals can help you stay cool, save energy, and still enjoy nourishing food.

This approach is especially helpful in the summer for seniors, families, and anyone trying to keep their home comfortable.

NO-COOK MEAL IDEAS

Some meals don't need heat at all. These options are quick, refreshing, and easy to put together.
Try these ideas:

- Salads with prepared beans, chicken, or eggs
- Sandwiches or wraps with vegetables and spreads
- Yogurt with fruit and nuts
- Smoothies made with fruit, greens, and milk or yogurt
- Snack plates with fruit, veggies, cheese, and crackers

📌 **Eat Good Reminder**:
Simple meals still count.



LOW-HEAT COOKING OPTIONS

When cooking is needed, **small appliances and short cook times** can help keep the kitchen cooler.
Helpful tools include:

- **Microwave**: Steams vegetables, reheats soups, and cooks grains quickly
- **Slow cooker**: Uses steady, low heat and doesn't warm the house—even in summer
- **Air fryer**: Cooks food fast without heating the whole kitchen
- **Pressure cooker**: Shortens cooking time and reduces heat
- **Electric skillet or single burner**: Lets you cook on the counter instead of using the oven

Soups, one-pot meals, and simple dishes can all be made with these tools.

STOVE-TOP COOKING—KEEP IT SHORT

The stove-top can still work in summer when meals are quick and simple.
Good stove-top choices:

- One-pan meals
- Light sautés with vegetables and beans
- Eggs, soups, or quick stir-fries

An electric skillet or portable burner can be helpful if standing at the stove is hard or if you want to keep heat out of the main kitchen.
📌 **Eat Good Reminder**: Short cook times mean less heat and less stress.





How to Eat Good! Quick Tips

If the oven feels like too much, choose no-cook meals or use small appliances. Comfort and ease are part of eating good.

WHY THIS WORKS IN SUMMER

- Helps keep your home cooler
- Uses less energy
- Reduces time standing in the kitchen
- Makes cooking feel more manageable

For many people, these small changes can make a big difference.

SHORTCUTS ARE ALLOWED

Cook smarter, not harder.

Eating good doesn't mean doing everything from scratch. Shortcuts can save time, energy, and stress—and they still count. Using convenient foods is a smart way to get meals on the table, especially on busy days or when energy is low.

FROZEN + FRESH WORK TOGETHER

Frozen fruits and vegetables are often picked at peak ripeness and frozen quickly, which helps lock in flavor and nutrients. Mixing frozen and fresh produce is an easy way to stretch meals and reduce waste.

Try this:

- Add frozen vegetables to fresh stir-fries, soups, or curries
- Use frozen cauliflower or potatoes when fresh prep feels like too much
- Keep frozen vegetables on hand for quick meals

📌 **Eat Good Reminder**: Frozen foods are practical, affordable, and nutritious.



PRE-CUT PRODUCE IS A TOOL

Pre-cut vegetables, bagged greens, and chopped onions can make cooking feel more doable. Tools like a vegetable chopper can also save time and reduce hand strain—especially when cooking larger batches.

Pre-cut produce is helpful when:

- Time is limited
- Energy is low
- You want to cook more often with less prep

📌 **Eat Good Reminder**: Saving time is not cheating—it's planning.



PREPARED PROTEINS COUNT

Prepared proteins make balanced meals easier to build.

Easy options include:

- Canned beans or lentils
- Canned meats
- Rotisserie chicken
- Eggs
- Frozen cooked meats

These foods can be added to vegetables, grains, soups, or salads to create filling meals without extra cooking.

📌 **Eat Good Reminder**: A meal doesn't have to be complicated to be nourishing.



Shortcuts in Action:

Throughout this guide, you'll see recipes that use shortcuts on purpose—like canned lentils, frozen vegetables, and simple seasonings—to make cooking easier and more approachable. Our **lentil curry with roasted potatoes and cauliflower** is one example of how a few smart shortcuts can still lead to a comforting, flavorful meal.

How to Eat Good! Quick Tips

Shortcuts help you eat more vegetables, waste less food, and enjoy cooking more. If a shortcut helps you eat good, it belongs in your kitchen.

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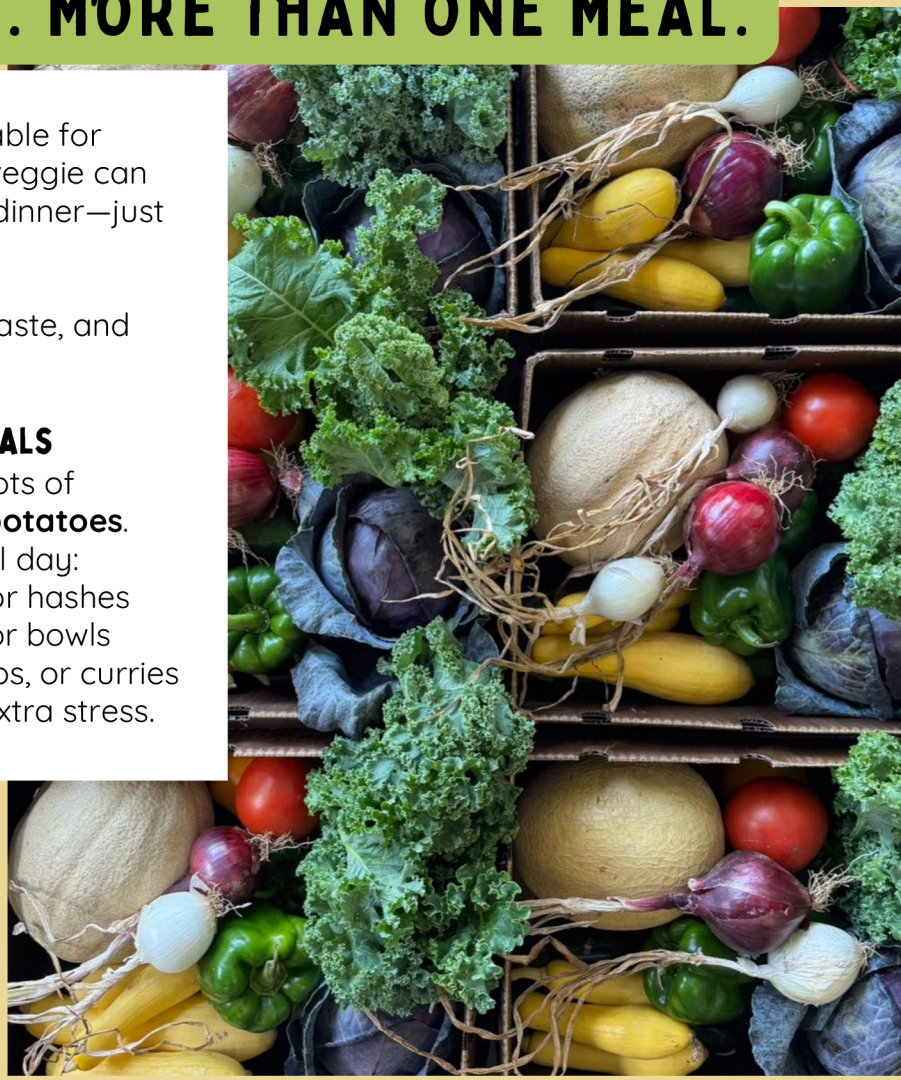
Stretch This Box

ONE VEGETABLE. MORE THAN ONE MEAL.



You don't need a different vegetable for every meal. One good, versatile veggie can show up in breakfast, lunch, and dinner—just prepared in different ways.

This helps save money, reduce waste, and make cooking feel easier.

ONE VEG → MULTIPLE MEALS

Choose vegetables that work in lots of dishes, like **spinach, carrots, or potatoes**.
Simple ways to use one veggie all day:

- **Breakfast**: smoothies, eggs, or hashes
- **Lunch**: salads, wraps, soups, or bowls
- **Dinner**: stir-fries, roasted, tacos, or curries

Same vegetable. New meal. No extra stress.

USE NOW, SAVE LATER

If you won't use everything right away, make a plan.

- Use some fresh this week
- Save the rest for later

There's no need to rush.



FREEZE HALF STRATEGY

When you get a large amount of one vegetable:

- Use **half now**
- **Freeze the rest** for another day

Many frozen vegetables work great in soups, smoothies, and cooked meals. Freezing food is a smart choice—not a failure.

How to Eat Good! Quick Tips

You don't have to eat vegetables perfectly. If they get used–fresh or frozen–you're doing it right.

How to Store It So It Lasts

SUMMER PRODUCE STORAGE MADE SIMPLE



STORE IN THE FRIDGE (CRISPER DRAWER)

Best for produce that likes cool, moist air

Kentucky summer produce:

- Apples (up to 2–4 weeks)
- Beans (5–7 days)
- Beets (2–3 weeks)
- Broccoli & cauliflower (5–7 days)
- Brussels sprouts (1–2 weeks)
- Cabbage (2–3 weeks)
- Carrots (2–3 weeks)
- Cucumbers (5–7 days)
- Greens (kale, collards, spinach) (5–7 days)
- Kohlrabi (1–2 weeks)
- Okra (3–4 days)
- Peppers (1–2 weeks)

📌 **Tip:** Trim leafy tops from carrots and beets before storing. Use the greens in soups, pesto, or salads.



STORE ON THE COUNTER (THEN REFRIGERATE IF NEEDED)

Best for produce that doesn't like cold at first

Kentucky summer produce:

- Tomatoes (3–5 days, then refrigerate if very ripe)
- Peaches & plums (2–4 days)
- Cantaloupe (2–3 days whole)
- Watermelon (3–4 days whole)
- Eggplant (2–3 days)
- Summer squash & zucchini (2–4 days)

📌 **Berry Rule:**

- Counter: 1–2 days
- Fridge: 3–5 days (unwashed, dry container)





STORE IN A COOL, DARK PLACE

Not the fridge! These prefer airflow.

Kentucky summer produce:

- Garlic (2–3 months)
- Onions (2–4 weeks)
- Potatoes (1–2 months)

📌 **Tip:** Keep potatoes and onions separate.



FREEZE FOR LATER

Best if you won't use it soon.

Great for freezing:

- Berries
- Greens
- Corn (cut off the cob)
- Peppers
- Squash & zucchini (blanched)

📌 **Tip:** Freeze produce at peak freshness for best flavor.

SCAN QR CODE



QUICK USE GUIDE

- **Use first:** berries, greens, okra
- **Use next:** cucumbers, squash, tomatoes
- **Use later:** apples, cabbage, carrots

WHY EATING LOCAL HELPS YOU EAT GOOD

Freshness • Flavor • Value • Community






Eating local often starts with taste. Foods grown close to home are usually harvested at their peak, which means better flavor, better texture, and food that lasts longer once you bring it home. When fruits and vegetables don't have to travel far, they arrive fresher—and that freshness shows up in every bite.

Eating local also helps you eat seasonally. Seasonal foods are meant to be eaten when they're growing, which often means they're more affordable, more flavorful, and easier to enjoy without a lot of extra effort. Eating what's in season can help simplify meals and make cooking feel more natural and intuitive.

But the benefits of eating local go beyond the plate. **Choosing local food supports farmers, growers, and small producers in your community.** It keeps food dollars circulating locally and helps strengthen the systems that make fresh food available close to home. When you eat local, you're investing in your neighbors and the places you live.

Local food also creates a connection. Whether it's talking with a grower, learning how food is produced, or sharing meals made with local ingredients, these moments build trust, pride, and a sense of belonging. Communities with strong local food systems are often healthier, more connected, and more resilient.

Eating local isn't about doing everything perfectly or buying all your food from one place. It's about making small choices—when you can—that support your health, your community, and the people who grow your food.

How to Eat Good! Quick Tips

Eating local doesn't have to be all or nothing. Start with one local food you enjoy and build from there.

Pre- Diabetes

FOOD AS MEDICINE SPOTLIGHT



Prediabetes means your blood sugar is higher than normal, but not in the diabetes range. Many people don't feel any symptoms. It can sneak up when life gets busy—more sweet drinks, more snack foods, big portions, late-night eating, stress, poor sleep, and not moving much during the day. The good news: prediabetes is a **wake-up call**, and small changes can make a real difference.

A **food-as-medicine** approach focuses on **building meals that help your body work better**, not following strict diets. One simple strategy is balanced meals: fill **half your plate with non-starchy vegetables** (like leafy greens, cucumbers, tomatoes, or broccoli), **one quarter with protein** (beans, lentils, eggs, chicken, fish), and **one quarter with carbohydrates** (whole grains, corn, potatoes). This balance helps slow blood sugar rises and keeps you feeling full longer.

What you drink matters just as much as what you eat. Sugary drinks—like soda, sweet tea, sports drinks, and juice—can cause quick blood sugar spikes. Choosing **water most often** is one of the most effective changes you can make. For snacks, pairing **fiber and protein** helps steady energy, such as yogurt with berries, apples with peanut butter, or vegetables with hummus.



Food as medicine is also about using the supports around you. Whether you're cooking at home, using a produce box, shopping at a farmers market, or learning new recipes, the goal is the same: make nourishing food easier to prepare and enjoy. If you want more guidance, a healthcare provider or registered dietitian can help tailor changes to your needs. Start with **one small step this week**—those steps add up.

📌 **Eat Good Tip: Aim for one "steady meal" each day with vegetables, protein, and water. Progress beats perfection.**

USING EBT AT FARMERS MARKETS

Fresh food. Simple steps.

Farmers' markets welcome EBT shoppers. If you've never used your EBT card at a market before, that's okay. The process is simple, and help is usually nearby.

SHOPPING SMART AT THE MARKET

A few small tips can make your visit easier:

- Take a quick walk around before buying
- Compare prices and choices
- Ask farmers how to store or cook items
- Choose foods you know you'll use
- Don't worry about looks—imperfect produce still tastes great

Markets are friendly places, and farmers are happy to help.



WHAT ARE DOUBLE DOLLARS?

Double Dollars programs help your food dollars go further.

Here's how it works:

- You spend your EBT benefits at the market
- The program matches part of what you spend
- You get extra money for fruits and vegetables

Not all markets offer Double Dollars, so ask at the information booth.

📌 **Eat Good Reminder:** Double Dollars are there to help you get more fresh food.









SIMPLE STEPS TO USE YOUR EBT

1. Find the information booth at the market
2. Ask if EBT is accepted
3. Swipe your EBT card
4. Get tokens or a receipt to use with vendors

Some vendors may also be able to swipe your card right at their booth.

📌 **Eat Good Reminder:** Asking questions is always okay.

How to Eat Good! Quick Tips

You belong at the farmers' market. Using EBT is normal, accepted, and encouraged. Markets exist to serve the whole community—and fresh, local food is for everyone. Start small. Even one or two items is a great place to begin.

Family Summer Farmers' Market Scavenger Hunt

Explore • Learn • Eat Good

Visit a farmers' market, farm stand, or open your produce box and see what you can find. This scavenger hunt is for kids, adults, and the whole family! Take your time, have fun, and try something new.

HOW TO PLAY

- Check off items as you find them.
- Use a farmers' market, CSA box, senior produce box, or grocery store.
- No rush—complete it over the season.

FIND THESE FOODS

- [ ] Something red
- [ ] A leafy green
- [ ] A fruit grown in Kentucky
- [ ] A vegetable you've never tried
- [ ] Something you can eat raw
- [ ] Something that needs to be cooked

MARKET MOMENTS

- [ ] Meet a farmer or food grower/producer
- [ ] Spot a basket of produce
- [ ] Find a price sign
- [ ] Find something sold in season

KITCHEN SKILLS CHECK

- [ ] Wash fresh produce
- [ ] Store a vegetable the right way
- [ ] Use part of your box today
- [ ] Save or freeze something for later

TRY SOMETHING NEW

- [ ] Taste a new fruit or vegetable
- [ ] Ask how something is grown
- [ ] Cook one simple meal at home
- [ ] Share food with family or a neighbor



REFLECTION

CIRCLE OR WRITE YOUR ANSWER:

My favorite find was: _____

One food I want to try again: _____

How to Eat Good! Quick Tips

You don't have to try everything at once. Eating GOOD starts with small steps.

Food is Medicine
SUMMER EDITION

Staying healthy when the heat is on

When temperatures rise, our bodies need a little extra care. In the summer**, food can do more than fill us up—it can help keep us hydrated**, energized, and feeling our best. Choosing lighter meals and water-rich foods is one simple way to support your health all season long.

HYDRATION THROUGH FOOD

Water is essential, but it doesn't have to come only from a glass. Many fruits and vegetables are made up mostly of water and can help support daily hydration—especially when remembering to drink fluids feels hard. Eating water-rich foods throughout the day can:

- Help keep energy levels steady
- Support digestion and circulation
- Help regulate body temperature
- Reduce strain on the heart and kidneys

Think of food as a partner to the water you drink—not a replacement, but extra support.

HIGH-WATER SUMMER PRODUCE

Fruits and vegetables are hydration superstars. Many summer favorites are made up of **70–95%** water, making them refreshing and nourishing choices in hot weather.

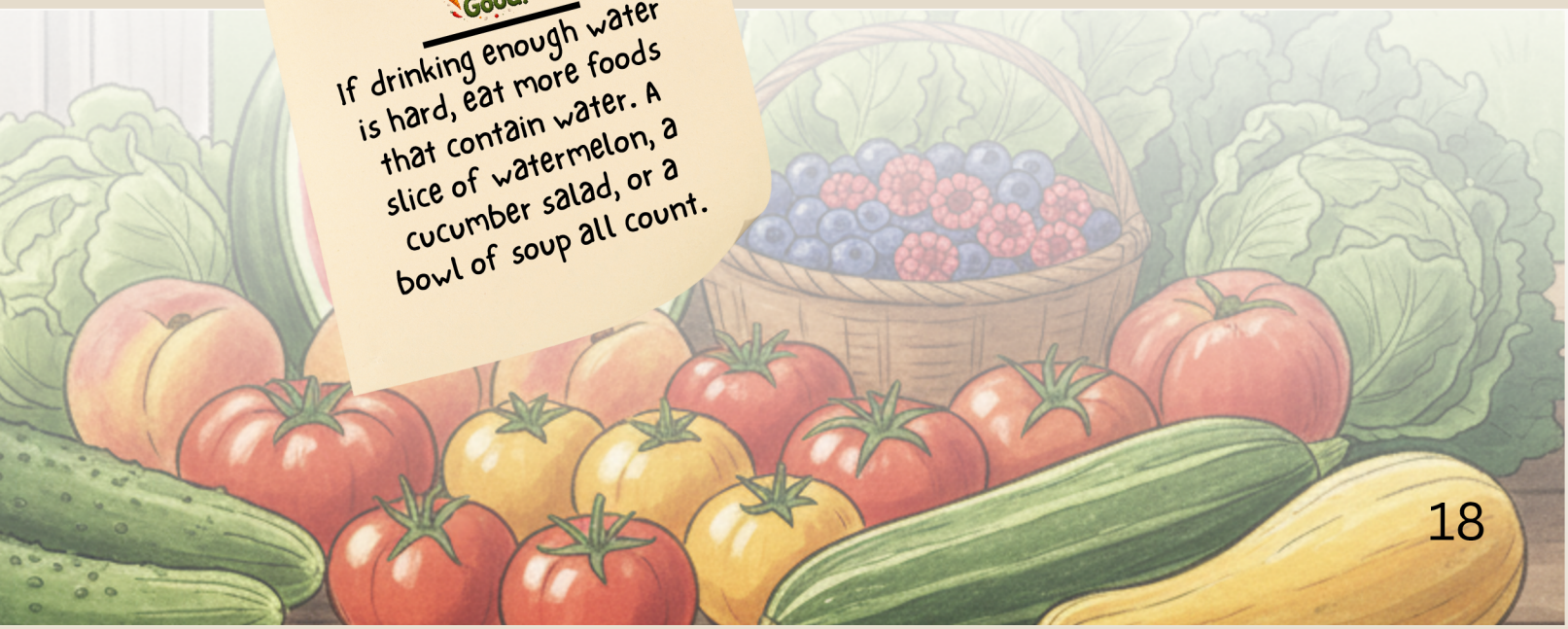
Great summer options include:

- Cucumbers
- Watermelon
- Tomatoes
- Peaches
- Berries
- Zucchini
- Lettuce and leafy greens
- Summer squash

These foods are especially helpful when it's hot or when you don't feel very thirsty—something that can happen more often as we age.

How to Eat Good! Quick Tips

If drinking enough water is hard, eat more foods that contain water. A slice of watermelon, a cucumber salad, or a bowl of soup all count.





LIGHTER MEALS IN THE HEAT

Heavy meals can feel uncomfortable in warm weather. Lighter meals built around fruits, vegetables, grains, and simple proteins can be easier to digest and more enjoyable.

Try this approach:

- Build meals around produce
- Add protein in simple ways (beans, eggs, yogurt, chicken, lentils)
- Choose soups, salads, smoothies, or bowls
- Let fresh flavors shine without a lot of extra cooking

You'll notice many meals in this guide follow this pattern on purpose.

FOOD IS MEDICINE—EVERYDAY STYLE

Staying hydrated and eating lighter in the summer isn't about rules or perfection. It's about paying attention to how food makes you feel and choosing what helps your body function well.

Small choices—like adding fruit to breakfast, vegetables to lunch, or soup and produce-forward meals at dinner—can make a real difference over time.



> **"WATER IS ESSENTIAL.**

Seasonal

COOKING IT •



SWEET CORN
IN SEASON: JULY – SEPTEMBER

Why It's Good:
- Fiber
- Energy-giving carbohydrates
- B vitamins

Choose:
- Tight green husks
- Moist silk
- Plump kernels

Store:
- Refrigerator, husks on
- Use within 2–3 days

Use:
- Boiled or grilled
- Cut off the cob for bowls, soups, or salads
- Freeze kernels for later



ZUCCHINI (AND SUMMER SQUASH)
IN SEASON: JUNE – OCTOBER

Why It's Good:
- Vitamin C
- Fiber
- Low-cost, versatile

Choose:
- Small to medium size
- Smooth skin

Store:
- Refrigerator
- Use within 4–5 days

Use:
- Sautéed or roasted
- Added to pasta, eggs, or bowls
- Grilled or frozen (blanched)



CUCUMBERS
IN SEASON: JUNE – SEPTEMBER

Why They're Good:
- Very high water content
- Vitamin K
- Refreshing and light

Choose:
- Firm, dark green
- No soft spots

Store:
- Refrigerator crisper
- Use within 5–7 days

Use:
- Fresh snacks
- Salads and bowls
- Quick refrigerator pickles

Produce Spotlight

KEEPING IT • EATING IT

Kentucky summer produce is fresh, flavorful, and easy to use. Here's how to choose it, store it, and enjoy it—without overthinking.

TOMATOES
IN SEASON: JULY – OCTOBER

Why They're Good:
- Vitamin C
- Potassium
- Lycopene (supports heart health)

Choose:
- Bright color, firm but not hard
- Sweet smell near the stem

Store:
- Counter for best flavor
- Refrigerate only when very ripe (use soon)

Use:
- Fresh slices or salads
- Quick sauces
- Sandwiches, bowls, or eggs

PEACHES
IN SEASON: JUNE – AUGUST

Why They're Good:
- Vitamin C
- Fiber
- Natural sweetness

Choose:
- Fragrant
- Slight give when gently pressed

Store:
- Counter until ripe
- Refrigerate when ripe (use within 3–5 days)

Use:
- Fresh snacks
- Yogurt or oatmeal
- Salads or smoothies

SCAN QR CODE

How to Eat Good! Quick Tips

If you won't use it in time, freeze it. Fresh, frozen, and cooked all count.

How to Eat Good!

SUMMER

- APPLES (JUL – DEC)
- BEANS (JUN – SEP)
- BEETS (JUN – NOV)
- BLACKBERRIES (JUN – OCT)
- BLUEBERRIES (JUN – JUL)
- BROCCOLI (JUN – JUL)
- BRUSSELS SPROUTS (JUL – NOV)
- CABBAGE (JUN – JUL)
- CANTALOUPE (JUL – SEP)
- CARROTS (JUN – AUG)
- CAULIFLOWER (JUN – JUL)
- SWEET CORN (JUL – SEP)
- CUCUMBERS (JUN – SEP)
- EGGPLANT (JUN – SEP)
- GARLIC (JUN – AUG)
- GRAPES (AUG – SEP)
- GREENS (APR – NOV)
- KOHLRABI (MAY – JUN)
- OKRA (JUN – SEP)
- WHITE ONIONS (JAN – MAR)
- PEACHES (JUN – AUG)
- PEPPERS (JUL – SEP)
- PLUMS (JUL – SEP)
- POTATOES (JUL – OCT)
- RASPBERRIES (JUN – SEP)
- RHUBARB (JUN – SEP)
- SUMMER SQUASH (JUN – OCT)
- TOMATOES (JUL – OCT)
- WATERMELONS (JUL – OCT)
- ZUCCHINI (JUN – OCT)



KENTUCKY SUMMER PRODUCE AVAILABILITY CHART

June - August

PRODUCE	JUNE	JULY	AUGUST
Apples		●	●
Beans	●	●	●
Beets	●	●	●
Blackberries	●	●	●
Blueberries	●	●	
Broccoli	●	●	
Brussels Sprouts		●	●
Cabbage	●	●	
Cantaloupe		●	●
Carrots	●	●	●
Cauliflower	●	●	
Sweet Corn		●	●
Cucumbers	●	●	●
Eggplant	●	●	●
Garlic	●	●	●
Grapes			●
Greens (kale, collards, etc.)	●	●	●
Kohlrabi	●		
Okra	●	●	●
Peaches	●	●	●
Peppers		●	●
Plums		●	●
Potatoes		●	●
Raspberries	●	●	●
Rhubarb	●	●	●
Summer Squash	●	●	●
Tomatoes		●	●
Watermelons		●	●
Zucchini	●	●	●

Source: Adapted from Kentucky Proud Produce Availability

Build a Summer Bowl THAT EATS GOOD



Summer Bowl Boost: Load up on fresh veggies, keep sauces simple, and use leftovers to stay cool and satisfied.

Bowls are an easy way to eat well in the summer—no recipe required. Start with a base, add protein, pile on seasonal vegetables, and finish with flavors you enjoy. Use what you have, mix fresh and frozen foods, and build meals that keep you full without heating up the kitchen.

Bowls are great for leftovers, tight budgets, and busy days. There's no one "right" way—just simple layers that work for you.

BUILD A BOWL THAT EATS GOOD

How to Build a Nutritious Bowl

PROTEIN

Protein helps keep you full.

Examples:
- Chicken or turkey
- Beans or lentils
- Eggs
- Tofu
- Beef or pork (small portions)
- Greek yogurt (for breakfast bowls)

📌 **Shortcut allowed:** Canned beans and rotisserie chicken count.

VEGETABLES

Add Seasonal Vegetables: The more color, the better.

Examples:
- Leafy greens (spinach, kale)
- Carrots
- Bell peppers
- Broccoli or cauliflower
- Onions
- Tomatoes
- Zucchini or squash
- Potatoes or sweet potatoes

BASE

This gives your bowl energy.

Examples:
- Brown or white rice
- Quinoa
- Grits
- Whole-grain pasta
- Oatmeal
- Potatoes or sweet potatoes

📌 **Eat Good Tip:** Many leftover grains freeze well.



How to Eat Good!

TOPPINGS

Finish with Toppings: Small touches= big flavor.

Examples:
- Fresh herbs (cilantro, basil, parsley)
- Sauces (vinaigrette, yogurt sauce, salsa, soy sauce)
- Nuts or seeds
- Pickled veggies
- Spices and seasonings

📌 **Eat Good Tip:** A little goes a long way.

FRUIT

Great for breakfast or sweet-savory bowls.

Examples:
- Berries
- Peaches
- Pineapple
- Apples
- Citrus

📌 **Eat Good Tip:** Fruit adds flavor without extra sugar.

SCAN QR CODE

Scan the QR code to learn more about building balanced bowls, flavor ideas, and bowl inspiration from different food traditions.

Local Chef Feature
FINE ARTS BISTRO



ROOTED IN NOSTALGIA, BUILT ON COMMUNITY

In the heart of downtown **Glasgow**, **Fine Arts Bistro** opens each morning with the smell of coffee and fresh biscuits. But it also opens with memories. Owner and chef **Danny Williams** has led the bistro since buying it in 2020, carrying forward a space that has been part of the community for nearly **15 years**. He works hard to keep that small-town feeling alive. "We know their voices when they call," Danny says. "Our regulars are the ones who keep us going." The space is cozy and welcoming. It feels personal**. People come not just for food, but for connection.**

WHAT IT MEANS TO EAT "GOOD"

To Danny, eating good means eating a variety of **whole foods**. Fruits. Vegetables. Beans. Different kinds of protein. His menu reflects that **balance**. You'll find meat dishes, but also vegetarian and plant-based options. The Black-Eyed Pea Salad is a favorite. It's full of protein and fiber, and it's not something you find everywhere. "People can get fries anywhere," he says. "I want to offer something different." For him, good food should taste great first — and also be good for you.



FRESHNESS AND HOMEMADE MATTER

Freshness shapes how he cooks. Whenever possible, Danny uses **local ingredients**, especially for specials. He enjoys building dishes around what farmers are growing. While food costs can make it hard to buy local all the time, he looks for ways to highlight local farms when he can. He believes in making food from scratch. "**Homemade makes a difference**," he says. Even simple ingredients can shine with care and creativity. His goal is to make every bite delicious and well-seasoned.

THE POWER OF SEASONING AND COMMUNITY

For home cooks, his advice is simple: learn to season your food. "A little salt at the right time can change everything," he says. Experience teaches you how to taste and adjust. That's what sets chefs apart. **But what truly keeps him going is the community.** Guests stop by the kitchen to say thank you. Some say a dish tastes just like their mom used to make. One guest even called it their "death row meal." Those moments matter. "Consistency, good food, and friendly service," he says. "That's what brings people back."

Power Outages & Food Safety

WHEN THE POWER GOES OUT, HERE'S WHAT TO DO

Summer storms can knock out power fast. These simple rules help keep you safe—and help you know ***what to save and what to toss.***

FIRST RULE: KEEP DOORS CLOSED

- **Fridge**: Stays cold about 4 hours if unopened
- **Freezer**:
  - Full freezer = about 48 hours
  - Half-full freezer = about 24 hours

Tip: Every time you open the door, cold air escapes.

FREEZER RULES

(Your Best Friend in a Power Outage)

- Keep your freezer at **0°F or below**
- **A full freezer stays colder longer**

(Fill empty space with frozen water jugs or ice packs)

- Food with **ice crystals or still frozen is safe** to refreeze or cook
- Freezing stops bacteria from growing—but **does not kill bacteria**

When power returns:
If food smells bad, feels slimy, or looks off—**throw it out.**

WHAT TO TOSS

Throw food away if:

- It feels warm **(above 40°F)** for **more than 2 hours**
- It smells strange or looks spoiled
- You're not sure how long it was without power

When in doubt, throw it out.
You can't see or taste harmful bacteria.

COOLER BACKUP TIPS

If power is out longer:

- Use a cooler with **ice or frozen gel packs**
- Keep food **below 40°F**
- Put **perishables together** and open the cooler as little as possible
- Frozen water bottles can double as drinking water later

WANT MORE HELP?

- Download the USDA **FoodKeeper App** for storage times
- Visit **FoodSafety.gov** for outage charts and tips
- Call the USDA Meat & Poultry Hotline: **1-888-674-6854**





Leftover Food Safety
SUMMER RULES

Eat good. Stay safe in the heat.

Summer heat makes food spoil faster. A few simple rules can help you enjoy leftovers safely—at home, cookouts, or picnics.



AVOID THE "DANGER ZONE"

Bacteria grow fastest between **40°F and 140°F.**

- Keep **cold foods cold** (below 40°F)
- Keep **hot foods hot** (above 140°F)
- Don't leave food sitting out in the heat

If food sits out too long, it's safer to toss it.

COOL & STORE LEFTOVERS SAFELY

- Divide food into **small, shallow containers**
- Refrigerate or freeze quickly
- **Label containers** with the date

Use refrigerated leftovers within 3–4 days.

If you won't eat it soon—**freeze it.**

REHEAT THE RIGHT WAY

- Reheat leftovers to **steaming hot (165°F)**
- Stir food so it heats evenly
- Only reheat what you plan to eat

THE 2-HOUR RULE (1 HOUR IN EXTREME HEAT)

- Refrigerate perishable foods within **2 hours**
- If it's **above 90°F**, refrigerate within **1 hour**

This includes cooked foods, cut fruits and vegetables, meat, and leftovers.

📌 **Eat Good Tip:** When it's hot, time matters more than taste.



2-hour rule
(1 hour in hot weather)







KEEP IT OR TOSS IT?

- If you're unsure how long food sat out → **Toss it**
- If it smells, looks, or feels off → **Toss it**
- When in doubt → **Throw it out**

Foodborne illness doesn't always change how food smells or tastes.

Wild & Wonderful
SUMMER FORAGE FEATURE

KENTUCKY MULBERRIES

Sweet, seasonal, and simple to enjoy

MEET MULBERRIES

Mulberries are one of Kentucky's delicious wild summer fruits. They grow on trees in woodlands, yards, parks, and along fence lines, typically ripening in **late spring through midsummer**. When they are bright red, deep purple, or almost black, they're ready to eat.

Mulberries are soft, sweet, and juicy with a flavor somewhere between a raspberry and a sweet grape. They're a great natural addition to smoothies, oatmeal, salads, or baked goods.

WHY FORAGING CAN BE FUN

Foraging connects us to the natural world and reminds us where food comes from. It's not about being an expert—just being **curious and careful**. Mulberries are a beginner-friendly wild food: easy to identify, delicious to eat, and gentle on the stomach.

ONE SAFE, APPROACHABLE USE

Mulberry Smoothie

- 1 ripe cup of mulberries
- 1 banana
- A handful of spinach (optional)
- ½ cup yogurt or milk (dairy or plant-based)
- Ice and honey to taste

Blend until smooth and enjoy! The sweetness of the mulberries pairs beautifully with banana and greens for a refreshing, nutrient-rich drink.

WILD FOOD SAFETY

Before you taste any wild plant:

- **Be 100% certain of the plant ID.** Mulberries are sweet and berry-like, but some lookalikes (like pokeweed berries) can be unsafe. If you're unsure, don't eat it.
- **Harvest from clean areas.** Avoid roadside edges or places that may have been sprayed with chemicals.
- **Start small.** Try a small amount first to make sure your body agrees with it.

Safety First: If a berry tastes sour, bitter, or unfamiliar, don't eat it.

How to Eat Good! Quick Tips

Mulberries make an excellent topping for yogurt or cereal, a boost to smoothies, or even a quick compote for toast. Try mixing them with frozen berries from your freezer stash!

Preservation for Beginners

SAVE FOOD SAFELY. KEEP IT SIMPLE.

You don't need special equipment or expert skills to save food for later. Simple methods like freezing and quick refrigerator pickles are great ways to start. This page focuses on easy, low-risk options that help you stretch your food safely.

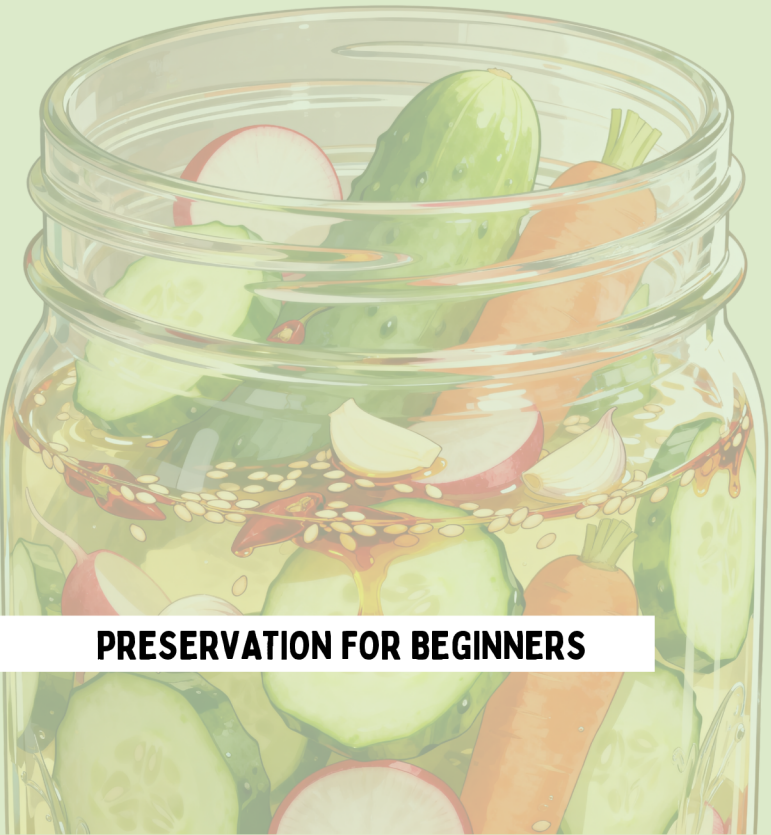


EASY FREEZING BASICS

Freezing is one of the safest ways to preserve food at home.
Great foods to freeze:

- Berries: Wash, dry, and freeze on a tray, then store in a bag
- Corn: Cut kernels off the cob and freeze
- Greens: Chop and freeze for soups, smoothies, or cooking

📌 **Eat Good Reminder:** Frozen food still counts.



IMPORTANT SAFETY NOTE

Home canning is different from freezing or refrigerator pickles. Improper canning can cause serious illness, including botulism. That's why it's important to use tested recipes and trusted instructions.

If you want to try canning:

- Use **approved recipes**
- Follow the steps exactly
- Learn from a trusted source
- Your local Extension office is a great place to get safe, up-to-date food preservation guidance.

QUICK ASIAN-STYLE REFRIGERATOR PICKLES



These are fridge pickles only—they are not canned and must be kept cold. They're ready in just a few hours and **last about 1–2 weeks in the refrigerator**.

You'll need:

- About 2 cups sliced vegetables
- (cucumbers, carrots, radishes, or a mix)
- 1 clean pint-size jar with a lid
- ½ - ¾ cup rice vinegar
- 1 tablespoon sugar (just enough to balance the vinegar)
- Sweet chili oil, to taste
- Optional: sliced garlic, fresh ginger, or sesame seeds

Directions:

1. Place the sliced vegetables into a clean pint-size jar, filling it loosely.
2. In a small saucepan or microwave-safe cup, warm the rice vinegar and sugar just until the sugar dissolves.
3. Carefully pour the warm mixture over the vegetables.
4. Add sweet chili oil and any optional seasonings.
5. Let cool, then cover and refrigerate - Refrigerate 2–4 hours before eating; flavor improves overnight..

📌 **Eat Good Reminder:**

These are refrigerator pickles only—always store in the fridge and do not keep at room temperature.

www.howtoeatgood.com

Local Farmer Feature
BEARFRUIT & GROW



GROWING FOOD, GROWING COMMUNITY

LeTicia Marshall is the founder and owner of **Bearfruit & Grow**, a **Louisville**-based business rooted in urban farming, gardening education, and community food access. While Bearfruit & Grow began as a small gardening project, it has grown into a trusted source of knowledge, encouragement, and fresh food for neighbors across the city and the Commonwealth.

Through Bearfruit & Grow, LeTicia helps people grow vegetables and herbs no matter how much space they have—whether that's a backyard, a raised bed, or a few containers on a porch. Her work is grounded in the belief that growing food builds confidence, strengthens communities, and supports both physical and mental well-being.

WHAT THEY GROW/PRODUCE

Bearfruit & Grow focuses on a mix of **vegetables** and **herbs** well-suited for urban spaces, including seasonal produce that can be grown in small plots, raised beds, and containers. LeTicia also recently expanded her operation to include a farm stand, where she offers fresh produce alongside delightful **homemade sourdough baked goods**.



MORE THAN A FARM

Founded in 2020, Bearfruit & Grow also offers **education and coaching for new and experienced gardeners**. LeTicia shares practical, encouraging guidance through her YouTube channel and Facebook community, BearFruit Gardening, helping people feel less intimidated and more confident in their growing journeys.

With a background in social work and experience in other professional fields, LeTicia brings a people-centered approach to farming. She is also a member of the **Community Farm Alliance**, where she contributes her knowledge and lived experience to strengthen Kentucky's local food system.

WHY IT MATTERS

Bearfruit & Grow shows that food doesn't have to come from far away—or from "perfect" conditions—to be meaningful. By starting small, growing where you are, and sharing what you learn, **LeTicia helps normalize gardening as a tool for connection, healing, and access to cleaner, healthier food.**

This work matters because it reminds us that local food systems are built by people, relationships, and shared effort—one garden, one loaf of bread, and one conversation at a time.

Local Food
RESOURCES AND PARTNERS

Connections that help you eat good—right where you live



Eating local is easier when you know where to look. These trusted resources can help you find farmers markets, food programs, and community support across Kentucky—no matter your age, income, or experience with local food.

MARKETS

Why Farmers' Markets Matter

Farmers' markets are more than a place to shop—they're a way to support local farmers, keep food dollars in the community, and access fresh, seasonal foods at their peak. Shopping at farmers' markets helps strengthen local food systems and makes good food more accessible for everyone.

Finding a Market Near You

- Kentucky has farmers' markets in communities across the state
- Many markets accept EBT/SNAP and offer incentives like Double Dollars
- Markets change with the season - offerings may vary

A helpful place to start is the **Kentucky Proud Farmers Market Directory**, which allows you to search for markets by city or county and learn what benefits are accepted.

How to Eat Good! Quick Tips

If you're not sure where to start, ask at a farmers market, food pantry, or your county Extension office. They can often help you find local food programs and community organizations working near you.

PROGRAMS

Food Access & Community Support

Food access looks different for everyone. At different points in my own life, I've experienced what it's like to worry about having enough food—and I know how important it is to have places you can turn to without judgment.

Across Kentucky, food access programs work every day to make sure individuals and families can get the food they need. The **Feeding Kentucky** network helps connect people to food pantries, meal programs, and mobile food distributions in communities statewide. These programs exist to support neighbors through hard seasons and everyday life alike.



COMMUNITY HELPERS

Look for the people feeding their neighbors

In addition to markets and programs, many community-based organizations are quietly doing the work of making sure people are fed with dignity and care. Groups like **FoodChain** in Lexington and **Feed Louisville** and **Change Today Change Tomorrow** in Louisville are just a few examples of organizations helping connect people to food, skills, and community.

Every community has helpers. Sometimes they're farmers, sometimes they're volunteers, and sometimes they're neighbors looking out for one another.

Small Space, GROWING FOOD

Rooted Solutions LLC

You don't need land to grow a garden. Plants can be grown in a variety of containers. You can repurpose any container that used to hold FOOD or select a new container. Make sure that any container you use is at least eight inches (8") deep. If you are repurposing a container, add four to six (4-6) holes that are 1/4" in diameter or smaller to the bottom of the container for drainage. Finally, fill the container all the way to the top with soil before planting.

- Bethany

SCAN QR CODE

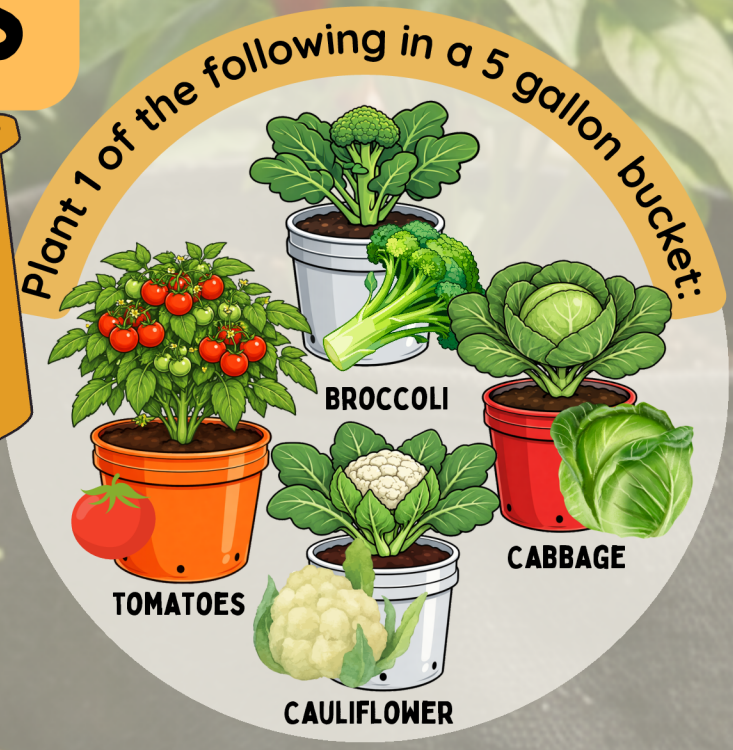
Meet Bethany

Bethany Pratt is the founder of **Rooted Solutions, LLC**, where she shares her passion for gardening education and sustainable growing. With over 10 years of experience in urban agriculture, farm-to-table education, and community food systems—from Peace Corps service in Ecuador to work across Kentucky—Bethany brings deep knowledge and heart to her work. She lives on an urban farm in Louisville, where she raises kids, chickens, berries, figs, and plenty of vegetables, showing that growing food and community can happen anywhere.

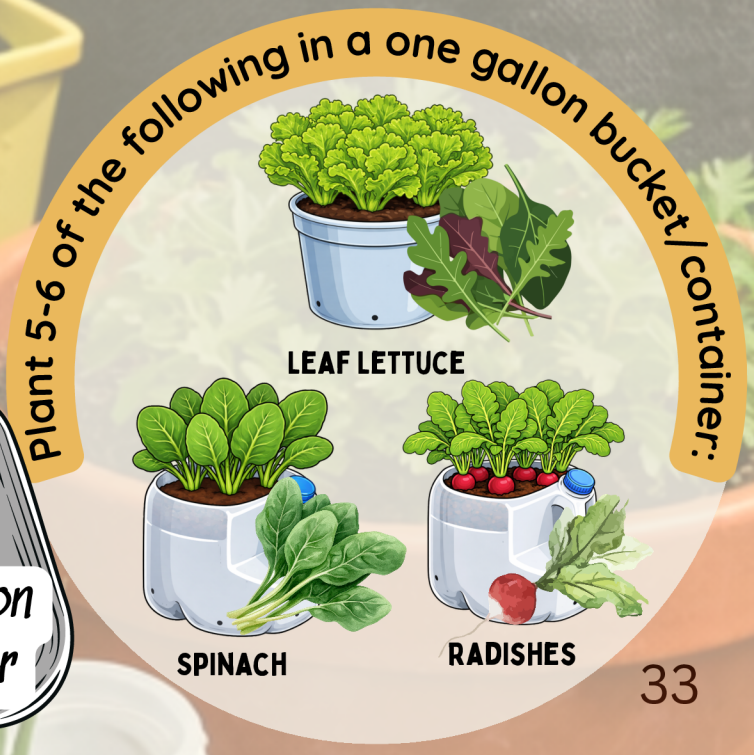


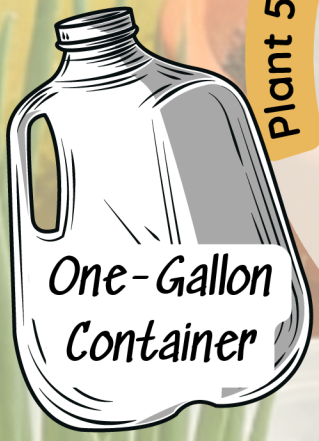
Big Harvest
IN CONTAINERS











Rooted Solutions LLC

Garden & Landscape Coaching Services
www.rootedsolutionsky.com

Summer Farmers' Market Word Search

T O M A T O O O T S O U P D P E P P E R F D O
B G J C Q E J N T I G H N O L C H O P N T O P
S A B N E U K K S E S S N B A S K E T H O U M
L R L Y T L O J E R U I R D C S Q U A S H B I
I L A F A A O T V O P R F A P R O D U C E L M
C I N I R V C E R T E U M L W Z F T C S U E V
E C O D D Q I K A S A O D A W W F M J N L D D
F P S N Y Z N R H E C N F S E C N A L A B O O
M B A A H U I A K Q H U F A R M E R O P G L O
M H E T I D H M C L F T C B A S I L C Q D L G
Y S S S E M C C L W R K W U Y P M H S A W A T
R E T D Z E C O A S M O K X M R O D N E V R A
R R A T E L U R C D K A W C Z B O N I O N S E
E F R W E O Z N O G R I L L D G E F T T K W A
B N K O R N C D L T V S C M V M S R O J I A J
S Z O Z F L E U F G R E E N S T Q W F D E L G

Find the following words in the puzzle.
Words are hidden ↑ , ↓ , → , ← , and ↘ .

Puzzle Word List:

TOMATO
BERRY
MELON
GREENS
ONION
FARMER
SEASONAL
VENDOR
SNAP
CHOP
COOK
SOUP
HYDRATE
FUEL
CORN
ZUCCHINI
BASIL
PEPPER
GARLIC
LOCAL
PRODUCE
BASKET
DOUBLEDOLLARS
SLICE
GRILL
FREEZE
BALANCE
EATGOOD
PEACH
CUCUMBER
OKRA
SQUASH
MARKET
FRESH
HARVEST
STAND
VALUE
WASH
SALAD
STORE
NOURISH

Local Producer Feature
BOONE'S BUTCHERSHOP



A KENTUCKY FAMILY TRADITION, CUT WITH CARE

Boone's Butcher Shop has been feeding Kentucky families for generations. What started as a one-room operation in 1946 has grown into a trusted, family-owned butcher shop and USDA-inspected processing facility—still rooted in the same values it began with: quality, care, and community.

Today, Boone's is led by the Boone family, including co-owner and vice president, **Allison Porteus**, who continues the legacy while helping move Kentucky's local food system forward.

WHAT THEY GROW/PRODUCE

Boone's Butcher Shop offers a wide range of fresh, high-quality foods, prepared right here in Kentucky:

- Fresh beef, pork, chicken, lamb, and goat
- Hand-cut steaks and freshly ground beef are made daily
- House-made sausages, bologna, pit ham, and snack sticks
- Deli meats, cheeses, and pantry items
- Custom meat processing for local farmers and families
- Seasonal deer processing for hunters

Whether you're cooking dinner for tonight or stocking your freezer, Boone's helps make local meat accessible and approachable.



WHY IT MATTERS

Knowing where your food comes from matters—and Boone's makes that connection clear. By processing meat locally and working closely with farmers, they help keep food dollars circulating in Kentucky communities.

Their work supports:

- Local farmers and producers
- Food safety through USDA inspection
- Families looking for quality, affordable protein
- A food system built on trust and transparency

Good food doesn't have to be complicated. Boone's shows that eating good can start with simple, well-raised ingredients.

COMMUNITY, FOOD & EATING GOOD

I got to know Allison Porteus through the **Kentucky Agricultural Leadership Program**, where we traveled together—across the U.S. and internationally—to learn about food systems, agriculture, and leadership. She's a true boss: thoughtful, hardworking, and always lifting up others.

Like me, Allison is a big foodie and curious eater—never afraid to try something new, while still honoring tradition. That balance shows up in Boone's work every day: respecting the past while welcoming new ideas about how we eat and cook.

Boone's isn't just a butcher shop—it's a place where food, family, and community meet.

Local Farmer Feature

NEED MORE ACRES FARM



WHY FARMING MATTERS TO THEM

Carter never planned to become a farmer. At seventeen, while thinking about life after high school, he was certain of one thing—he didn't want to farm. But that certainty changed in a quiet, unexpected moment.

He describes hearing a voice that told him to step outside. Sitting alone in silence, he heard another message just as clearly: he was meant to farm.

"Some people are called to preach," Carter explains. **"I was called to farm and feed."**

That calling continues to guide the work at Need More Acres Farm. Farming, for Carter, isn't just an occupation—**it's a responsibility to nourish people and strengthen community connections through food.**

WHAT THEY GROW & HOW IT'S USED

Need More Acres Farm grows fresh, seasonal produce intended for real households and real kitchens. The farm supplies food for community-based food access programs, produce boxes, and local partnerships that prioritize nutrition, dignity, and consistency.

Carter defines good food simply and clearly:
"Good food to me is local food—people knowing who raised it and having that connection."

That connection between farmer and eater is just as important as freshness. It builds trust, pride, and a deeper understanding of where food comes from.

CALLED TO FEED

Carter Howell is a full-time farmer who runs **Need More Acres Farm** alongside his family in **Scottsville, Kentucky**. What began as a small, two-acre operation has grown into a 20-acre farm rooted in care for neighbors, land stewardship, and local food access across Allen County and surrounding communities.

Carter's family story shapes the farm's purpose. His father came from a farming background. His mother experienced food insecurity. Together, those experiences revealed both the value of farming and the gaps in local food systems—especially for families who struggle to access fresh, nourishing food.



EATING GOOD, GROWN WITH CARE

Carter also hopes people better understand the emotional labor behind farming. Beyond the physical work, farming requires constant decision-making, resilience, and care for both land and people. "It's more than physical labor," he shares. "The emotional labor is just as intense—and that part is often misunderstood."

At Need More Acres Farm, food is grown with intention: to nourish bodies, support health, and strengthen local food systems. Shaped by family history and guided by a deep sense of purpose, Carter's work reflects a commitment to neighbors and community. This is **food grown for community**—this is eating good, rooted in care.

WHAT IF YOU CAN'T USE EVERYTHING?

You're Not Alone—and It's Okay

Getting fresh food is a gift, but it can also feel overwhelming. If you can't use everything right away, that doesn't mean you failed. There are plenty of good, thoughtful ways to make the most of what you have—and every small step counts.

Food is better when it's shared

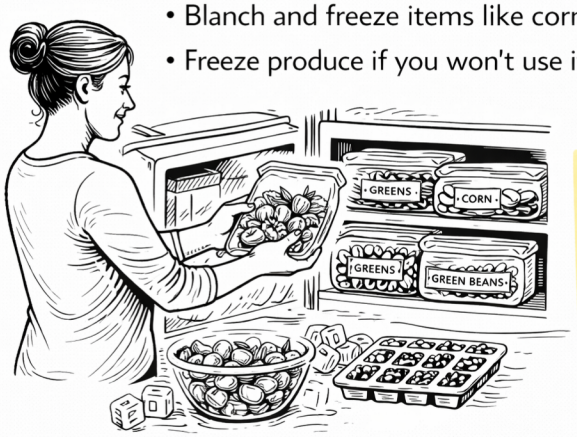
Share extra produce with a neighbor, friend, or family member.
Ask around—many people are happy to receive fresh food.
Sharing helps reduce waste and builds community.



Eat Good Reminder: **Sharing food** is one way neighbors take care of each other.

Save food for later—no special skills required

- Freeze fruits, greens, and chopped vegetables.
- Blanch and freeze items like corn or green beans.
- Freeze produce if you won't use it within a few days.



Eat Good Reminder: **Freezing** is a smart way to **stretch food** and money.

Turn what you won't use into something you will

- Swap produce with someone who likes what you don't.
- Trade tomatoes for eggs, greens for fruit, or squash for herbs.
- Farmers markets and community spaces are great places to ask.



Eat Good Reminder: **Trading** keeps food moving and **useful**.

7-Day SUMMER MEAL PLAN

DAY	BREAKFAST	LUNCH	DINNER
SUNDAY	Berry topped yogurt or oatmeal	Soup + dense bean salad	Crock pot pork roast or spare ribs with potatoes, carrots & roasted veggies
MONDAY	Summer veggie egg cups	Leftover soup + bean salad	Beef stir fry with summer vegetables
TUESDAY	Smoothie (fruit + greens)	Leftover beef stir fry	Pork roast quesadillas with corn & poblano
WEDNESDAY	Egg cups (last day)	Leftover pork & veggies (last day)	Pasta primavera
THURSDAY	Berry yogurt or oatmeal	Leftover pasta primavera	Chicken banh mi bowls with quick pickles
FRIDAY	Brussels sprouts hash + egg	Noodles (ramen or pho) with leftover chicken (last day)	Quick shrimp & grits
SATURDAY	Smoothie or toast + fruit	Greek bowl with roasted chickpeas	Lentil curry with roasted potatoes & cauliflower (freeze half)



Shopping Lists

USE THIS LIST FOR THE 7-DAY SUMMER MEAL PLAN

Many items show up in both lists.
Those are marked ⭐ to help you stretch your box, your budget, and your meals.

🧺 FARMERS MARKET SHOPPING LIST

(Fresh, seasonal, box-friendly items)

PRODUCE	USED FOR
⭐ Onions	Roast, stir fry, pasta, curry, pickles, bean salad, shrimp and grits, soup, and others!
⭐ Potatoes	Pork roast, lentil curry, breakfasts
⭐ Carrots	Roast, stir fry, soup, pickles
⭐ Greens (spinach, kale, chard)	Smoothies, egg cups, bowls
⭐ Bell peppers	Stir fry, pasta primavera, quesadillas, banh mi bowls
Corn	Quesadillas, side dishes
Zucchini / summer squash	Stir fry, pasta primavera
Brussels sprouts	Breakfast hash
Tomatoes	Bowls, pasta, fresh sides
Cucumbers	Quick pickles, bowls
Poblanos	Quesadillas
Cauliflower	Lentil curry
Fresh herbs (cilantro, basil)	Bowls, pasta, pickles
Peaches or berries	Breakfasts, snacks

📌 **Eat Good Tip**: Buy what looks good and fresh—this plan flexes with what's in season and what's in your box.

⭐ OVERLAP = STRETCH ITEMS

(These appear in multiple meals—buy once, use often)

Onions • Potatoes • Carrots • Greens • Bell peppers • Eggs • Yogurt • Oats • Beans • Olive oil





USE THIS LIST FOR THE 7-DAY SUMMER MEAL PLAN

🛒 GROCERY STORE SHOPPING LIST

(Staples + proteins + pantry items)

ITEM	USED FOR
⭐ Eggs	Egg cups, breakfasts
⭐ Yogurt (plain or Greek)	Breakfasts, bowls
⭐ Oats	Breakfasts
⭐ Dry or canned beans	Bean salad, bowls
Lentils	Lentil curry
Rice	Stir fry, curry
Pasta	Pasta primavera
Ramen or pho noodles	Friday lunch
Chicken (whole or parts)	Banh mi bowls, noodle lunch
Pork roast or spare ribs	Sunday dinner + leftovers
Beef (stir fry cut)	Monday dinner
Shrimp	Friday dinner
Corn tortillas	Quesadillas
Cheese (cheddar or similar)	Quesadillas, bowls
Milk or plant milk	Oatmeal, smoothies
Olive oil	Cooking
Soy sauce	Stir fry
Curry powder or paste	Lentil curry
Rice vinegar	Quick pickles
Sugar or honey	Pickles, balance
Sweet chili oil	Pickles, bowls





📌 **Eat Good Reminder:** If an item shows up more than once, that's on purpose—it means fewer groceries, less waste, and easier meals.



LENTIL CURRY with ROASTED POTATOES & CAULIFLOWER

How to Eat Good!

20 minutes
Prep Time :

40 minutes
Cook Time :

6
Servings :



SCAN TO EXPLORE ADDITIONAL 7-DAY SUMMER MEAL PLAN RECIPE IDEAS AND MORE WAYS TO EAT GOOD.

SCAN QR CODE



GREEK-INSPIRED BOWL with ROASTED ZUCCHINI, CHICKPEAS & TZATZIKI

How to Eat Good!

INGREDIENTS:

Roasted Chickpeas & Zucchini:

- 1 can (15 oz) chickpeas, drained, rinsed, and patted dry
- 2 medium zucchini, sliced into half-moons
- 2 tablespoons olive oil, divided
- 1 teaspoon dried oregano
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Additional Add-Ins

- Cherry tomatoes
- Cucumber slices
- Kalamata olives
- Red onion
- Feta cheese
- Fresh dill or parsley

Bowl Base (Choose One):

- Cooked brown or white rice
- Quinoa, farro, or couscous
- Roasted potatoes or orzo

Tzatziki Sauce:

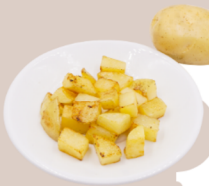
- 1 cup plain Greek yogurt
- ½ cup grated cucumber (seeds removed if watery)
- 1 tablespoon olive oil
- 1–2 tablespoons lemon juice
- 1 small clove garlic, grated or minced
- Salt to taste

Nutrition Facts (per serving)
Calories 380; Total Fat 14g; Saturated Fat 3g; Cholesterol 10mg; Sodium 520mg; Total Carbohydrate 50g; Dietary Fiber 9g; Total Sugars 6g; Added Sugars 0g; Protein 14g; Vitamin D 2% DV; Calcium 15% DV; Iron 20% DV; Potassium 15% DV

DIRECTIONS:

1. **Start the chickpeas:**
   - Preheat oven to **425°F**. Toss chickpeas with **1 tablespoon** olive oil, oregano, garlic powder, salt, and pepper.
   - Spread on a baking sheet and roast **10 minutes**.
2. **Add the zucchini:** Toss the zucchini with the remaining **1 tablespoon** olive oil. Add the zucchini to the pan with the chickpeas, stir, and continue roasting for **15–20 minutes**, until the chickpeas are crispy and the zucchini is tender with lightly browned edges.
3. **Make the tzatziki:** While vegetables roast, stir together yogurt, cucumber, olive oil, lemon juice, garlic, and salt. Chill until ready to serve.
4. **Assemble the bowls:**
   - Start with your base of choice. Top with roasted chickpeas and zucchini. Add optional vegetables or olives.
   - Finish with tzatziki, feta, and fresh herbs.

Source: LaToya Drake, MS - Food Educator and Certified Foodie



LENTIL CURRY with ROASTED POTATOES & CAULIFLOWER

INGREDIENTS:

Lentil Curry Base:

- 1½ cups dry lentils (brown or green), rinsed
- 1 tablespoon oil
- 1 small onion, diced
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- ½ teaspoon turmeric
- ½ teaspoon salt (adjust to taste)
- ¼ teaspoon black pepper
- 1 can (14–15 oz) diced tomatoes
- 3 cups water or low-sodium broth
- ½ cup evaporated milk or coconut milk (optional, for creaminess)

Roasted Vegetables:

- 2 medium potatoes, diced (about 3 cups)
- 1 small head cauliflower, cut into florets (about 3 cups)
- 2 tablespoons oil
- ½ teaspoon curry powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper

For Serving:

- 3–4 cups cooked rice (white or brown)
- Optional toppings: chopped cilantro, plain yogurt, lime juice, hot sauce

***Pantry Swap: Use 2 cans (15 oz each) lentils, drained and rinsed, and reduce liquid by 1 cup.**

Nutrition Facts (per serving)
Calories 410; Total Fat 9g; Saturated Fat 2g; Cholesterol 5mg; Sodium 520mg; Total Carbohydrate 64g; Dietary Fiber 14g; Total Sugars 7g; Added Sugars 0g; Protein 16g; Vitamin D 2% DV; Calcium 10% DV; Iron 30% DV; Potassium 20% DV

DIRECTIONS:

1. **Roast the vegetables:** Preheat oven to 425°F. Toss potatoes and cauliflower with oil, curry powder, salt, and pepper. Spread on a baking sheet and roast **25–30 minutes**, stirring once, until tender and golden.
2. **Build the lentil curry:** Heat oil in a large pot over medium heat. Add onion and cook **3–4 minutes** until softened. Add garlic, curry powder, cumin, and turmeric; cook 30 seconds until fragrant.
3. **Simmer lentils:** Stir in lentils, diced tomatoes, water or broth, salt, and pepper. Bring to a boil, reduce heat, and simmer **20–25 minutes**, until lentils are tender and stew-like.
4. **Finish the curry:** Stir in evaporated milk or coconut milk if using. Gently fold in the roasted potatoes and cauliflower. Simmer 5 minutes to let flavors come together.
5. **Serve**: Spoon lentil curry over warm rice. Finish with toppings as desired.

Source: LaToya Drake, MS - Food Educator and Certified Foodie



CHICKEN BÁNH MÌ BOWL with QUICK PICKLES & CABBAGE

INGREDIENTS:

Sweet Chili Chicken:

- 1½–2 lbs boneless, skinless chicken breast
- 3 tablespoons sweet chili sauce
- 1 tablespoon soy sauce or tamari
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper

Bowl Base & Toppings:

- Cooked jasmine rice or brown rice
- Fresh cilantro
- Green onions, sliced
- Optional: sliced cucumber, jalapeño, or a light drizzle of mayo or chili crisp

Quick Pickles & Slaw:

- 1 cup Asian quick-pickled vegetables
- (carrots, daikon, radish, cucumber—whatever you have)
- 2 cups shredded cabbage (green, purple, or a mix)
- Optional: 1–2 teaspoons pickle brine or rice vinegar

Nutrition Facts (per serving)
Calories 430; Total Fat 7g; Saturated Fat 1.5g; Cholesterol 85mg; Sodium 720mg; Total Carbohydrate Fifty-four g; Dietary Fiber 4g; Total Sugars 10g; Added Sugars 6g; Protein 32g; Vitamin D 0% DV; Calcium 6% DV; Iron 10% DV; Potassium 12% DV

DIRECTIONS:

1. **Cook the Chicken:**
   - Toss chicken with sweet chili sauce, soy sauce, garlic powder, and black pepper.
   - Cook on a grill or stovetop skillet over medium heat until cooked through (165°F internal temperature), about **5–7 minutes per side**, depending on thickness.
   - Let rest for a few minutes, then slice thinly.
   - **Set aside half of the cooked chicken** for ramen or pho later in the week.
2. **Prep the Slaw**
   - In a bowl, toss shredded cabbage with quick pickles.
   - Add a small splash of pickle brine or vinegar if you like extra tang. Set aside.
3. **Build the Bowls**
   - Start with warm rice.
   - Top with sliced chicken and pickled cabbage mixture.
   - Finish with fresh herbs and any optional toppings.

Source: LaToya Drake, MS - Food Educator and Certified Foodie



BRUSSELS SPROUTS BREAKFAST HASH

INGREDIENTS:

- 4 slices center-cut bacon, diced
- 1 cup diced potatoes (russet or Yukon gold)
- 2 cups Brussels sprouts, trimmed and thinly sliced
- 1 poblano pepper, seeded and diced
- ½ cup onion, diced (optional)
- 4 large eggs
- ½–1 teaspoon chipotle seasoning (to taste)
- Salt and black pepper, to taste
- Optional Toppings: fresh salsa or sliced avocado

Nutrition facts per serving:
320 calories; 18g total fat; 5g saturated fat; 205mg cholesterol; 480mg sodium; 22g total carbohydrate; 5g dietary fiber; 4g total sugars; 0g added sugars; 17g protein; 10% Daily Value vitamin D; 6% Daily Value calcium; 15% Daily Value iron; 20% Daily Value potassium.

DIRECTIONS:

1. **Cook the bacon:** Heat a large skillet over medium heat. Add diced bacon and cook until crisp, 6–8 minutes. Remove with a slotted spoon and set aside, leaving about 1–2 teaspoons drippings in the pan (drain excess if needed).
2. **Cook the potatoes:** Add the diced potatoes to the skillet. Cook, stirring occasionally, until golden and tender, 8–10 minutes. Add a splash of water and cover briefly if needed to steam and soften.
3. **Add veggies:** Stir in the Brussels sprouts, poblano, and onion. Sauté 5 minutes until tender and lightly browned.
4. **Season:** Sprinkle in chipotle seasoning, salt, and black pepper. Stir well to coat the vegetables.
5. **Return bacon:** Stir cooked bacon back into the skillet.
6. **Cook the eggs:** Make 4 small wells in the hash. Crack an egg into each. Cover skillet and cook 3–5 minutes, until whites are set but yolks are runny (or to preferred doneness).
7. **Serve:** Top each portion with salsa for zest or avocado slices for creamy richness.

Source: LaToya Drake, MS - Food Educator and Certified Foodie



EASY SUMMER MINESTRONE

INGREDIENTS:

- 1 tablespoon oil (olive or neutral)
- 1 small onion, diced
- 2 cloves garlic, minced (or ½ tsp garlic powder)
- 2 medium zucchini, diced (about 2 cups)
- 1 cup chopped tomatoes (fresh or canned)
- 1 cup diced carrots
- 1 cup green beans or yellow squash
- 1 can (15 oz) beans, drained and rinsed (kidney, cannellini, or pinto)
- 4 cups low-sodium vegetable broth
- 1 cup water
- 1 teaspoon Italian seasoning
- ½ teaspoon salt (adjust to taste)
- ¼ teaspoon black pepper
- 1 cup small pasta (elbows, shells, or ditalini) or cooked pasta added at the end
- 1–2 cups leafy greens (spinach, kale, or chard)
- Optional: grated Parmesan, fresh herbs, or a squeeze of lemon

Nutrition Facts (per serving)
Calories 320; Total Fat 11g; Saturated Fat 4g; Cholesterol 20mg; Sodium 360mg; Total Carbohydrate 46g; Dietary Fiber 6g; Total Sugars 4g; Added Sugars 0g; Protein 10g; Vitamin D 6% DV; Calcium 10% DV; Iron 20% DV; Potassium 10% DV

DIRECTIONS:

1. Heat oil in a large pot over medium heat. Add onion and cook 3–4 minutes until softened.
2. Stir in garlic and cook 30 seconds.
3. Add carrots, green beans, and zucchini. Cook 4–5 minutes, stirring occasionally.
4. Add tomatoes, beans, broth, water, Italian seasoning, salt, and pepper. Bring to a boil.
5. Reduce heat and simmer **10 minutes**.
6. Stir in pasta and cook until tender, about **8–10 minutes**.
   - Tip: For leftovers that reheat well, cook pasta separately and add to bowls when serving.
7. Stir in leafy greens during the last 2 minutes of cooking until just wilted.
8. Taste and adjust seasoning. Serve warm with optional toppings.

Source: LaToya Drake, MS - Food Educator and Certified Foodie



Built with Community

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TOMATOES
SWEET
CORN
KALE
ACHES
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LEARN MORE FROM TRUSTED SOURCES

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Featured Farms & Community Partners

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Additional Learning & Ongoing Content

- HowToEatGood.com – Seasonal guides, recipes, kitchen skills, and food-as-medicine resources
- Local Cooperative Extension Offices – Food safety, nutrition education, gardening, and preservation support

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This seasonal food guide was created to help you eat good—one meal, one box, one season at a time. Whether you're cooking from a produce box, shopping local, or just looking for simple ideas, we're glad you're here.



CLOSING MESSAGE

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Learn More & Keep Cooking
Want more ideas, recipes, and seasonal tips?
Visit the How to Eat Good blog for fresh inspiration, food stories, and practical ways to cook with what you have.
➡️ **howtoeatgood.com**

Stay Tuned
Winter brings new challenges—and new ways to eat good.
Look for our **Winter Seasonal Food Guide**, coming soon with:

- Cold-weather cooking tips
- Storage and preservation ideas
- Comfort foods that nourish and stretch your budget

LATOYA DRAKE, MS
Editor-in-Chief

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Rooted in community. Built for real life.

Created in collaboration with **Need More Acres Farm** and community food partners to support practical, seasonal Food as Medicine strategies—for everyone.

ROOTED IN COMMUNITY. BUILT FOR REAL LIFE.

How to Eat Good!

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