

SUMMER  
**RED CURRANT**

*(Ribes rubrum)*

## RED CURRANTS

grow on shrubs and ripen in SUMMER (June-August). This easy-to-care-for plant can produce 10 lbs. of bright red, tart berries yearly! Eat fresh or cooked, or freeze for later.

## HARVEST FIRM & JUICY FRUIT

Harvest red currants when they are firm and shiny. Remove individual fruits or whole stems by hand. Refrigerate unwashed ripe berries to cook, or freeze washed berries.

## AN INFECTION-FIGHTING FRUIT!

One cup of red currants contains 77% of the daily recommend value of vitamin C! Vitamin C helps the body resist and fight infections. The fruit also contains copper and iron, helpful in forming new blood cells, and vitamin K, which helps strengthen bones!



## EASY WAYS TO ENJOY THIS FRUIT!

### MINT-CURRENT DRESSING & TOSSED GREENS

In a blender, puree 1/2 cup red currants, 1/2 cup olive oil, 1/4 cup red wine vinegar, 1/4 cup fresh mint, 1/2 tsp salt, 1/4 tsp black pepper, Refrigerate. Toss on mixed greens.



### GREENBEANS WITH RED CURRANTS

Cut tops off of 2-1/2 cups of green beans. Cook for 3 minutes in a pot of boiling salted water. Remove and set aside. Mix together 2 TB. of olive oil, 1 TB. red wine vinegar (or other variety), 1/2 tsp. black pepper. Toss otop green beans and add 1/4 cup red currants, and 1/2 cup thinly sliced red onion.





**FALL / WINTER**  
**AMERICAN**  
**PERSIMMON**  
*(Diospyros virginiana)*

## AMERICAN PERSIMMONS

grow on tall trees and ripen LATE FALL / WINTER (November-January). Small 2-3 inch orange fruits can be bitter or drying when unripe and honey-sweet when ripe.

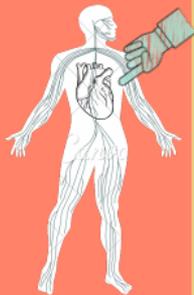


## PICK SOFT, FLESHY FRUIT

American persimmons are best after a period of frost, which helps sweeten the fruit. Fruit can be shaken down from tall branches and stored in the refrigerator or freezer.

## A GREAT SOURCE OF VITAMIN C AND COPPER!

American persimmons are loaded with antioxidants, vitamins C, A, minerals manganese, potassium, and copper (helpful for red blood cell and nerve health) and anti-tumor compound, betulinic acid! The fruit can help reduce inflammation in the body!



## EASY WAYS TO ENJOY THIS FRUIT!

### 4-INGREDIENT PERSIMMON JAM

Use foodmill to separate flesh of 20 small-medium sized American persimmons to fill 2 cups. Transfer into a medium saucepan over medium-high heat. Add 3/4 cup sugar. Boil for 15 minutes. In a separate bowl, mix 1 TB. cornstarch with 2 TB. water. Add to the puree along with juice of 1 lemon. Boil 15 minutes on low-medium heat. Let cool. Store in jar. Refrigerate. Eat in 7-10 days.



### SPICED PERSIMMON SMOOTHIE

Blend together flesh of 2 persimmons, 1 cup milk (dairy or non-dairy), 1 frozen banana, 1/4 tsp. ginger and 1/4 tsp. cinnamon. Enjoy!



FALL

**P A W P A W**

*(Asimina triloba)*

## PAW PAWS

grow on trees and ripen in EARLY FALL (mid-to-late September).

This native fruit looks like a mango and has a custardy texture, and a tropical mango-banana-like flavor!

### CHOOSE TENDER, BRUISED FRUIT

Ripe paw paws turn yellow-brown and fall to the ground, bruise easily, and don't store well fresh. Scoop flesh from the peel, remove seeds, and freeze the pulp for later use.

### AN EXCELLENT SOURCE OF VITAMIN C

Paw paws can be eaten raw or cooked, but should be eaten moderately because they have a mild laxative effect. The fruit contains high amounts of vitamin C (heals wounds), potassium (lowers blood pressure), iron (forms red blood cells) and other health-supporting minerals!



## EASY WAYS TO ENJOY THIS FRUIT!

### SPICED PAW PAW SMOOTHIE

Scoop out flesh from 3 paw paws, removing the seeds. Blend paw paw fruit, 1 cup ice, 1 cup coconut milk, 1 TB. honey, dash of cinnamon, and dash of vanilla extract until smooth. Enjoy!



### PAW PAW PUDDING

Pre-heat oven to 350F. Grease a 13x9x2 inch baking dish. Mix together 2 cups sugar, 1-1/2 cups flour, 1 tsp. baking powder, 1/4 tsp. salt, 1/2 tsp. cinnamon, 1/4 tsp. ginger, 1/4 tsp. nutmeg. In another bowl, mix 3 large eggs, 2 cups pawpaw pulp, 1-1/2 cups whole milk, 1 tsp. vanilla and 1/2 cup melted butter. Pour into dish. Bake 50 mins.



A photograph of a woven basket filled with fresh, green gooseberries. The berries are round and have a slightly wrinkled texture. Some are still attached to their stems and leaves. The basket is placed on a dark blue, textured wooden surface. A few more berries are scattered on the surface to the left of the basket. The overall lighting is bright, highlighting the freshness of the fruit.

SUMMER

**GOOSEBERRY**

*(Ribes uva-crispa)*

# GOOSEBERRIES

grow on shrubs and ripen in SUMMER (July-August). This easy-to-care-for shrub bears large tart berries in colors that vary from green to purple. Good fresh or cooked.

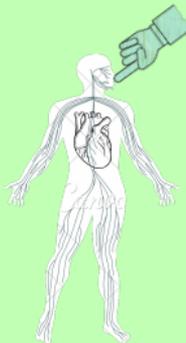


## HARVEST BERRIES WHEN FULLY RIPE

Harvest gooseberries when they are fully-colored and remove easily from the stem. Refrigerate unwashed berries to cook or freeze washed berries in ziplock bags.

## A VITAMIN-C RICH FRUIT!

The tart gooseberry is a high source of vitamin C -- a 3.5 ounce serving has 26% the daily recommended value, more than 20 times that of oranges! Gooseberries are said to produce insulin, helping to strengthen the heart, slow aging, protect the eyes, and improve skin!



# EASY WAYS TO ENJOY THIS FRUIT!

## GOOSEBERRY PARFAIT

Preheat oven to 350F. Slice ends off 3 cups of gooseberries. Place on baking sheet and sprinkle with 3 TB. sugar. Roast 20-30 minutes. Serve with yogurt.



## GOOSEBERRY-CORN SUMMER SALAD

In a mixing bowl, combine 1 cup gooseberries sliced in half, 1 peeled, chopped cucumber. In a medium-hot skillet, brown 1/2 cup corn kernels (fresh or frozen). Set aside to cool. Mix. Dress with 1/4 cup olive oil, salt to taste, 1 tsp. apple cider vinegar, 1/2 tsp. chili flakes, 1/2 tsp. garlic, 1/2. tsp sesame seed, and chopped cilantro.





SUMMER

# JUNEBERRY

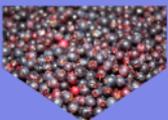
*(Amelanchier spp.)*

# JUNE BERRIES

grow on trees and ripen in June. This native fruit looks like a blueberry and taste like a mix between a blueberry, cherry, and almond. Great fresh or cooked!

## CHOOSE BLUE, PLUMP JUNE BERRIES

Select plump juneberries that are deep blue / purple. Red juneberries are more tart. Hold the branch steadily to carefully pluck the berries. Store in the refrigerator or freezer.



## AN EXCELLENT SOURCE OF IRON!

A 3/4 cup of juneberries contains 23% the daily recommended value of iron, an essential nutrient for healthy red blood cells! Juneberries also contain as much potassium, magnesium, and phosphorous as blueberries! Potassium is an important mineral for blood pressure and muscular health!



# EASY WAYS TO ENJOY THIS FRUIT!

## JUNE BERRY LEMONADE

Blend 2 cups of juneberries in a food processor. Strain away seeds. Juice 8-10 lemons to get 1 cup juice. Mix in 3/4 cup sugar until dissolved. Add 5 cups water to taste. Serve iced.



## BASIC JUNE BERRY MUFFINS

Pre-heat oven to 425 F. Grease regular-sized muffin tin (makes 10). Sift 2 cups flour, 1/2 tsp. salt, 1 TB. baking powder, 1/2 cup sugar. In a separate bowl, mix together 1 beaten egg, 1-1/2 tsp. vanilla, 1/4 cup melted butter, 1 cup milk. Mix wet into dry. Add 3/4 cup juneberries. Fill tins 3/4 way full. Bake 15-20 min.





FALL

# CHOKEBERRY

*(Aronia melanocarpa)*

## CHOKEBERRIES / ARONIA BERRIES

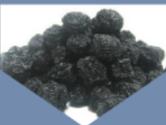
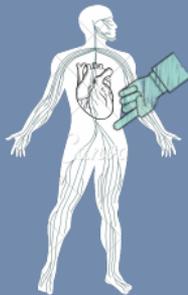
grow on shrubs and ripen LATE SUMMER to FALL (August - September). This native shrub bears berries that are dark purple-black when ripe with deep red inner flesh.

### PICK DEEP PURPLE-BLACK FRUIT

The berries are tart, bitter, and drying when eaten fresh. Refrigerate unwashed ripe berries to cook or process, or freeze washed berries in ziplock bags.

### IMMUNE-BOOSTING SUPERBERRY!

Aronia berries contain the highest levels of antioxidants and purple-black pigment, anthocyanins, compared to any other berry! These virus-fighting compounds help strengthen the immune system and cardiovascular system, help reduce allergies, and protect the liver!



## EASY WAYS TO ENJOY THIS FRUIT!

### ARONIA-APPLE SMOOTHIE

In a blender, combine 1/2 cup aronia berries, 2 apples cut and cored, 1 banana peeled, 1 TB. honey, 1 pinch ground cinnamon. Blend until smooth! Makes 2 servings.



### ARONIA BERRY BARBECUE SAUCE

In a medium saucepan, combine 2 cups frozen chokeberries, 3/4 cup ketchup, 1/2 cup cider vinegar, 1/2 cup packed light brown sugar, 1 TB. molasses, 1 tsp. chili powder, 1 tsp. black pepper, 1/2 cup water. Bring the mixture to a boil over high heat. Reduce heat to simmer until sauce is thickened. Use as a marinade for tofu, or choice of meat.



A close-up photograph of a Summer Elderberry branch. The image shows several large, bright green, serrated leaves on the left side. On the right side, there are several clusters of small, dark, round berries hanging from reddish-brown stems. The background is a soft-focus green, suggesting more foliage.

SUMMER

**ELDERBERRY**

*(Sambucus canadensis)*

## ELDERBERRIES

grow on shrubs and ripen in SUMMER (July - September). This native shrub bears clusters of seedy, dark purple berries with a musky, sweet flavor. Only eat COOKED fruit!

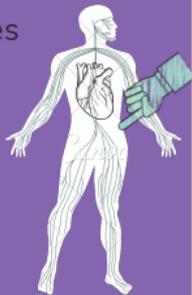


## PICK PLUMP, DEEP PURPLE BERRIES

Harvest plump berries that are fully colored with no red remaining. Refrigerate unwashed ripe berries to cook or process, or freeze washed berries in ziplock bags.

## IMMUNE-BOOSTING SUPERFOOD!

Elderberries are a rich source of anthocyanins, an antiviral, cold-&-flu fighting purple pigment. Elderberries are an excellent source of fiber, improving bowel health, vitamins A, C, and iron! Cooked elderberries are often made into syrups for boosting the immune system! Mildly poisonous when raw.



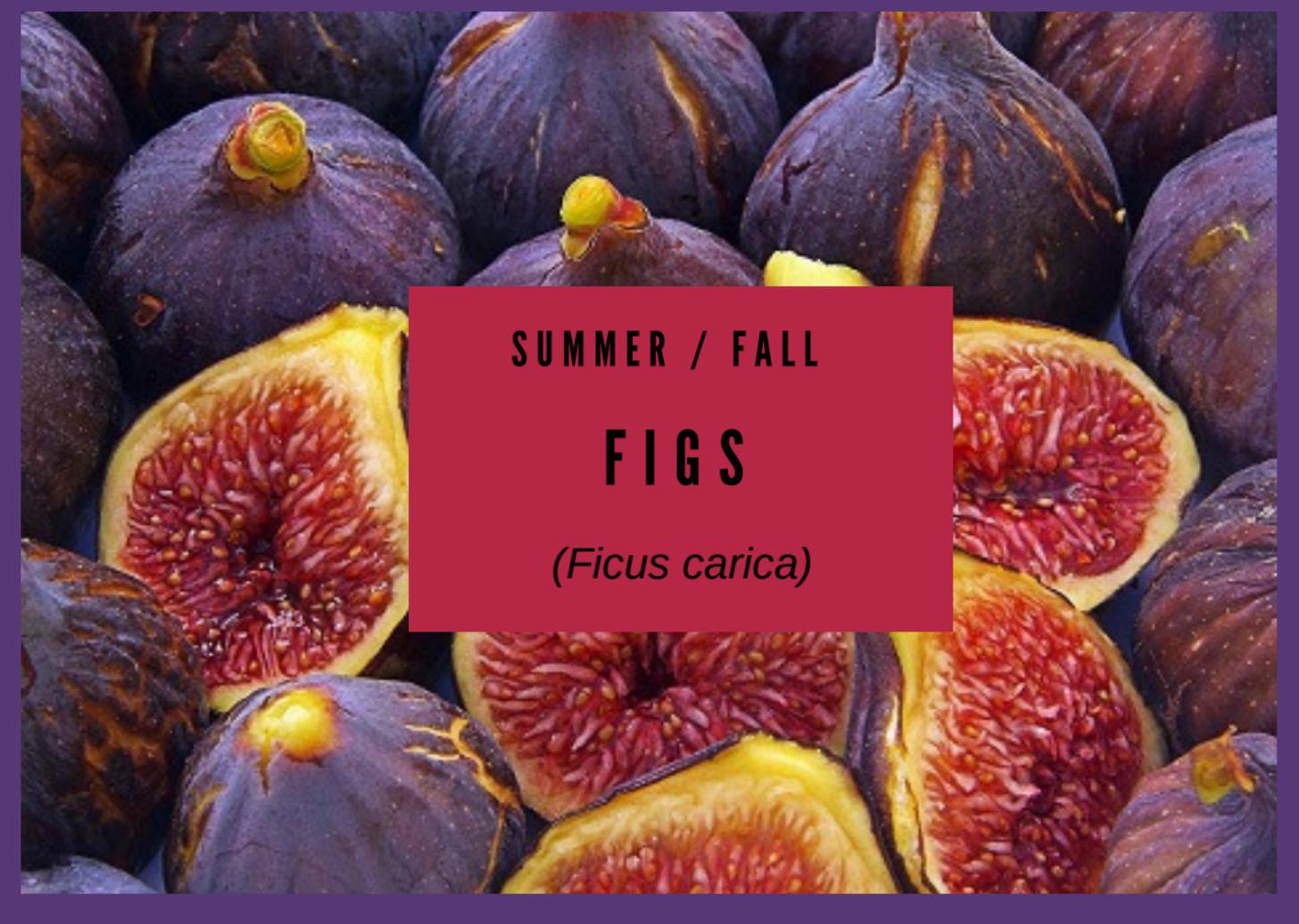
## EASY WAYS TO ENJOY THIS FRUIT!

### EASY ELDERBERRY SYRUP

Harvest ripe berries, wash, and remove all stems to prepare.

- In a saucepan, combine 2/3 cup dried elderberries (or 1-1/3 cup fresh/frozen elderberries), 3-1/2 cups water, 2 TB. fresh ginger, 1 tsp. cinnamon, & 1/2 tsp. cloves.
- Bring to a boil, cover and reduce to simmer for 1 hour until liquid reduces by half.
- Remove from heat.
- Mash berries, then strain. While still warm, add 1 cup raw honey.
- Enjoy 1 TB. at a time
- Store the remaining syrup in a clear jar and refrigerate.





SUMMER / FALL

# FIGS

*(Ficus carica)*

# FIGS

grow on large shrubs and ripen in LATE SUMMER-FALL (August-October). Fruit is pear-shaped with a honey-like flavor and seedy crunch. Figs can be green, purple, or brown.

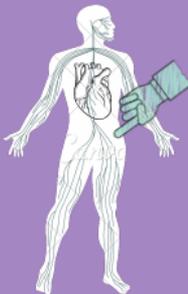


## HARVEST FIRM & JUICY FRUIT

Fruit is ready to harvest when it bends from its stem or 'neck,' is soft to touch, and unmarked by insect holes. Store room-temperature, refrigerate, or freeze whole or sliced.

## A VERSATILE, MINERAL-RICH FRUIT!

Figs contain the highest mineral content of any fruit -- including bone-building calcium, blood-supporting iron and copper, potassium, and magnesium! A great source of fiber, figs support a healthy digestive system and help relieve inflammation in the body!



## EASY WAYS TO ENJOY THIS FRUIT!

### ROASTED FIG & WALNUT PARFAIT

In a 375F oven, roast 2 TB of walnuts per serving for 5-8 minutes, and 2 halved figs per serving for 15-20 minutes. Cool. Layer between 1 cup yogurt and a drizzle of honey.



### SIMPLE-AS-IT-GETS FIG TOAST

Slice bread of choice (whole wheat, gluten free, pumpernickel, etc.) Toast in oven or in a skillet. When evenly toasted, brush with olive oil, top with cheese of choice (ricotta, parmesan, goat cheese). Add sliced figs. Dress as you like - with salt, pepper, rosemary, honey, etc!



A close-up photograph of several dark, almost black, mulberries. The berries are covered in small, white, glistening droplets, likely from a light mist or rain. Interspersed among the dark berries are several bright yellow stamens, which are the male reproductive parts of the fruit. The background is dark and out of focus, making the berries and stamens stand out prominently.

SUMMER  
**MULBERRY**  
*(Morus rubra)*

# MULBERRIES

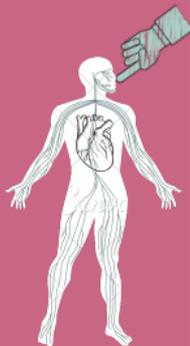
grow on trees that ripen in **SUMMER** (June-August). Berries can be up to an inch long and are sweet, soft, and either dark purple or white (*M. alba*) when ripe.

## PICK SOFT, SWEET BERRIES

Mulberries can be picked by hand when fully ripe, or shaken from the tree and caught with a sheet below. Refrigerate unwashed ripe berries, or freeze washed berries.

## A GOOD SOURCE OF IRON, PROTEIN, CALCIUM!

A 1-1/2-oz serving of this superfood contains more vitamin C than oranges --190% the daily recommend value. Each serving also contains 4g of protein and 30% daily values of iron and 10% the daily value of calcium. This energizing fruit supports eye and bone health!



# EASY WAYS TO ENJOY THIS FRUIT!

## MULBERRY-ORANGE COOLER

In a blender, combine 2 cups of ripe mulberries, 2 cups ice, 1 cup cold water, and 2 peeled oranges. Blend and enjoy this refreshing beverage! Makes 4 servings.



## 5-MINUTE MULBERRY PANCAKES

Warm a greased, griddle-pan over medium-high heat. In a mixing bowl, combine 1 cup flour, 1 TB. sugar, 2 TB. baking powder, and 1/8 tsp. salt. Mix well. Add 1 cup soymilk and 2 TB. vegetable oil. Mix in 1/2 cup of mulberries. Spoon out over the greased, heated griddle pan and cook pancakes until browned on each side. Makes 6-8 servings.





**FALL  
AMERICAN  
CHESTNUT**  
*(Castanea dentata)*

## AMERICAN CHESTNUTS

grow on trees. Their prickly casings begin to split in FALL (September - October). Chestnuts have a bread-like texture and rich flavor. Chestnuts have more carbohydrates than oil.



## QUICKLY COLLECT FALLEN NUTS

Chestnuts should ripen on the tree and be collected after they fall, when the casings are brown and split. Chestnuts can be stored for years in a paper bag, up to a week after roasting in the refrigerator.

## PROTEIN AND FIBER RICH NUTS!

Compared to other nuts (walnuts, hazelnuts, almonds), chestnuts have a low fat content and rich supply of protein. They are also rich in fiber, potassium, and brain-boosting vitamins B2 and E. Chestnuts help reduce cholesterol and stabilize blood sugar!



## EASY WAYS TO ENJOY THIS NUT! PEELING AND ROASTING CHESTNUTS

- Wearing thick gloves, remove the chestnut from its outer prickly casing. Or purchase 1lb. raw chestnuts in the shell.
- Pre-heat oven to 425F.
- Grasp chestnuts firmly between thumb and index finger, and slice across the chestnut's rounded top with a sharp, serrated bread knife.
- Place sliced chestnuts in a small saucepan and cover with water -- simmer, then remove with slotted spoon.
- Transfer to baking sheet. Roast 15 minutes until shells peel back. Place in bowl and cover with towel. Steam for 15 minutes. Peel and enjoy!

