



Kohlrabi
\$2

Onions
\$5/bunch

SWISS
CHARD
\$5.00/bunch

SUMMER HARVEST EATING GUIDE

WELCOME TO SUMMER EATING

Summer is one of the most abundant seasons in the Hudson Mohawk Region. From juicy berries and sweet corn to vine-ripened tomatoes and crisp cucumbers, local farms are bursting with fresh flavors. Whether you're shopping at a farmers' market, visiting a farm stand, joining a CSA, or picking your own fruits and vegetables, summer is the perfect time to enjoy the best our region has to offer.

Why Eat Seasonally?

Enjoy Fresh, Flavorful Food

Locally grown fruits and vegetables are often harvested at peak ripeness, giving them exceptional flavor, texture, and freshness compared to produce that travels long distances.

Support Local Farms and Farmers Markets

Every purchase from a local farm or farmers market helps support farm families, preserve agricultural land, and strengthen the local food system throughout the Hudson and Mohawk Valleys.

Benefit from Seasonal Nutrition

Freshly harvested produce is packed with vitamins, minerals, and antioxidants. Eating a variety of seasonal foods helps you enjoy a diverse and nutritious diet all summer long.

Strengthen the Local Economy

Buying local keeps food dollars circulating within our communities, supporting farmers, market vendors, local businesses, and rural economies.

Reduce Food Miles

Food grown close to home requires less transportation, reducing fuel use and helping lessen the environmental impact of getting food from farm to table.

What You'll Find in This Guide

This guide is designed to help you make the most of summer's harvest. Inside you'll discover:

- Seasonal produce availability and peak harvest times
- Storage and handling information to keep produce fresh longer
- Simple recipe ideas and seasonal flavor pairings featuring local ingredients
- Resources to help you connect with farms and farmers markets throughout the Hudson Mohawk Region

Let's celebrate summer by eating fresh, eating local, and supporting the farms that make our region thrive.

SUMMER HARVEST CALENDAR

PRODUCE		JUNE	JULY	AUGUST
FRUITS	Strawberries	★	●	
	Blueberries	●	★	★
	Raspberries	●	★	★
	Blackberries		●	★
	Cherries	★	●	
	Peaches		●	★
	Plums			★
	Melons		●	★
VEGETABLES	Beans (Snap)	●	★	★
	Beets	★	★	★
	Broccoli	★	●	●
	Cabbage	★	★	★
	Carrots	●	★	★
	Collard Greens	★	★	★
	Sweet Corn		★	★
	Cucumbers	●	★	★
	Eggplant		★	★
	Garlic (Fresh)	●	★	★
	Fresh Herbs	★	★	★
	Lettuce	★	●	●
	Onions (Green)	●	★	★
	Peas	★	●	
	Potatoes (New)	●	★	★
	Radishes	★	●	●
	Rhubarb	★	●	
	Spinach	★	●	
	Summer Squash	●	★	★
	Swiss Chard	★	★	★
Tomatoes	●	★	★	
Zucchini	●	★	★	

LEGEND

★ **PEAK HARVEST**
Best flavor and abundance

● **AVAILABLE**
Good supply during this time

SEASONAL HIGHLIGHTS

JUNE

☀️ Strawberries, cherries, peas, greens, herbs, spinach, broccoli, rhubarb

JULY

☀️ Blueberries, raspberries, sweet corn, tomatoes, cucumbers, beans, zucchini, garlic, peppers, summer squash

AUGUST

☀️ Peaches, plums, melons, blackberries, blueberries, tomatoes, eggplant, potatoes, sweet corn, beans, cucumbers, zucchini

Harvest dates are approximate and vary by location and weather. Visit local farms and farmers markets for current availability.

WHERE TO FIND FRESH LOCAL FOOD



One of the best parts of summer is the abundance of fresh food available directly from local farms. Whether you're looking for just-picked vegetables, sweet summer berries, or locally raised meats and dairy products, there are many ways to connect with farmers throughout the Hudson Mohawk Region.

Farmers Markets

Farmers markets bring together local farmers and food producers in one convenient location. Markets offer a wide variety of seasonal fruits and vegetables, baked goods, meats, dairy products, maple products, flowers, and more. Shopping at a farmers market allows you to meet the people who grow your food and learn how it was produced.

Farm Stands

Farm stands offer fresh products right at the source. Many farms operate roadside stands stocked daily with seasonal produce, eggs, meats, flowers, and specialty products. Shopping directly from a farm is a great way to experience the local agricultural community and enjoy the freshest food possible.

U-Pick Farms

Looking for a fun summer outing? U-pick farms allow visitors to harvest their own fruits and vegetables while enjoying time outdoors. Popular U-pick crops include strawberries, blueberries, raspberries, cherries, peaches, and a variety of vegetables. It's a memorable way to connect with local agriculture and enjoy produce at its peak freshness.

Community Supported Agriculture (CSA)

CSA programs connect consumers directly with local farms through a seasonal membership. Members typically receive a weekly share of fresh produce throughout the growing season and may also have options for fruits, eggs, flowers, meats, or other farm products. Joining a CSA helps support local farmers while providing a regular supply of seasonal food for your household.

FEATURED SUMMER FRUITS

Summer in the Hudson Mohawk Region brings an abundance of fresh, flavorful fruits. Whether picked up at a farmers market, purchased from a farm stand, or harvested at a U-pick farm, these seasonal favorites are at their best during the summer months.

Strawberries



- In Season: June to early July
- How to Select: Look for bright red berries with fresh green caps. Choose berries that are fully colored and free from bruising or mold.
- Storage Tips: Store unwashed berries in the refrigerator and wash just before eating. Use within 2–3 days for best quality.

Blackberries



- In Season: July through August
- How to Select: Choose berries that are deep black, shiny, and plump. Avoid red or hard berries, which may not be fully ripe.
- Storage Tips: Refrigerate and use within a few days. Wash gently before serving.

Blueberries



- In Season: July through August
- How to Select: Choose firm, plump berries with a deep blue color and silvery bloom. Avoid soft or shriveled berries.
- Storage Tips: Refrigerate unwashed blueberries in a covered container. Wash before serving.

Cherries



- In Season: June through July
- How to Select: Look for firm, glossy cherries with green stems attached. Avoid soft spots or shriveled fruit.
- Storage Tips: Store unwashed cherries in the refrigerator and rinse before eating.

Raspberries



- In Season: July through September
- How to Select: Look for brightly colored berries that are firm and dry. Avoid berries that appear crushed or moldy.
- Storage Tips: Store in the refrigerator and use within 1–2 days. Wash gently just before eating.

Peaches



- In Season: Late July through September
- How to Select: Choose peaches that give slightly when gently pressed and have a sweet aroma. Avoid fruit with bruises or green undertones.
- Storage Tips: Ripen at room temperature. Once ripe, refrigerate and use within several days.

Enjoy Summer's Sweetest Harvest

Fresh local fruit offers incredible flavor, nutrition, and versatility. Visit local farms, farm stands, farmers markets, and U-pick operations throughout the Hudson Mohawk Region to enjoy these seasonal favorites at their peak.

FEATURED SUMMER VEGETABLES

Summer gardens and farms throughout the Hudson Mohawk Region are filled with colorful, nutritious vegetables at their peak flavor. From sweet corn and juicy tomatoes to crisp cucumbers and tender squash, summer vegetables make it easy to enjoy fresh, local meals all season long.

Sweet Corn



- In Season: July through September
- How to Select: Look for bright green husks that fit tightly around the ear. The silk should be slightly sticky and golden-brown.
- Storage Tips: Keep refrigerated and use as soon as possible for the sweetest flavor.

Tomatoes



- In Season: July through September
- How to Select: Choose tomatoes that are firm, richly colored, and fragrant. They should feel heavy for their size.
- Storage Tips: Store at room temperature until fully ripe. Avoid refrigeration whenever possible to preserve flavor.

Cucumbers



- In Season: June through September
- How to Select: Look for firm cucumbers with smooth, bright skin and no soft spots.
- Storage Tips: Store in the refrigerator crisper drawer and use within a week.

Peppers



- In Season: July through September
- How to Select: Choose peppers that are firm, glossy, and free from wrinkles or soft spots.
- Storage Tips: Store in the refrigerator and use within one to two weeks.

Squash & Zucchini



- In Season: June through September
- How to Select: Choose small to medium-sized squash with smooth, shiny skin and no blemishes.
- Storage Tips: Store unwashed in the refrigerator and use within several days.

Green Beans



- In Season: July through September
- How to Select: Look for crisp, brightly colored beans that snap easily when bent
- Storage Tips: Refrigerate in a perforated bag and use within a week.

Lettuce & Salad Greens



- In Season: May through August
- How to Select: Choose leaves that are crisp, brightly colored, and free from wilting.
- Storage Tips: Store in the refrigerator and keep dry until ready to use.

Fresh Herbs



- In Season: June through September
- How to Select: Look for vibrant green leaves with a strong aroma and no signs of yellowing.
- Storage Tips: Store in the refrigerator wrapped in a damp paper towel or place stems in a glass of water.

Make the Most of Summer's Harvest

Summer vegetables are versatile, nutritious, and full of flavor. Visit local farmers markets, farm stands, U-pick farms, and CSA programs throughout the Hudson Mohawk Region to enjoy the freshest produce available while supporting local farms and agriculture.

QUICK & FRESH SEASONAL RECIPES

Tomato Cucumber Salad

Ingredients

- 2 large cucumbers, peeled and chopped
- 4 large tomatoes, chopped
- ¼ cup olive oil
- 2 tablespoons balsamic vinegar
- ½ teaspoon salt
- ¼ teaspoon ground pepper



Directions

1. In a large bowl, toss together the cucumber, tomatoes, vinegar, salt, and several grinds of pepper. Chill in the refrigerator for 10 minutes.
2. Transfer to a serving bowl, leaving any excess juices behind. Drizzle with the olive oil and sprinkle with flaky sea salt, season to taste, and serve.

Grilled Vegetables

Ingredients

- 2 portabello mushrooms
- 1 eggplant
- 1 zucchini
- 1 yellow squash
- 1 red onion
- 1 red bell pepper
- 2 tablespoons extra virgin olive oil
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper



Directions

1. Prepare the grill and preheat to medium heat, 350°F to 450°F.
2. Trim the ends of the eggplant, zucchini, yellow squash and onion and cut into ½" to ¾" slices. Seed the red bell pepper and cut into quarters.
3. Drizzle the vegetables with olive oil and sprinkle evenly with salt and pepper.
4. Grill the vegetables with the lid closed until tender and lightly charred all over, about 8 to 10 minutes for the bell peppers, onion, and mushrooms; 5-7 minutes for the yellow squash, zucchini, and eggplant.
5. Serve warm or at room temperature.

Seasonal Flavor Pairings

- **Berries + Yogurt.** A nutritious combination for breakfast, snacks, smoothies, and parfaits.
- **Tomatoes + Basil.** A classic summer pairing that shines in salads, sandwiches, and pasta dishes.
- **Corn + Peppers.** Sweet corn and colorful peppers create a flavorful combination for salads, grilling, and salsas.
- **Peaches + Honey.** Enhance the natural sweetness of ripe peaches with a drizzle of local honey for a simple summer treat.



Connecting You to Fresh, Local Food

Harvest Connection is your guide to discovering farms, farmers markets, farm stands, and seasonal agricultural experiences throughout New York's Hudson Mohawk Region. Our mission is to connect consumers with local farmers, encourage seasonal eating, and support the farms that strengthen our communities and local economy. Whether you're searching for fresh-picked produce, locally raised meats, homemade baked goods, or family-friendly farm adventures, Harvest Connection helps you find and enjoy the best local food the region has to offer. Learn more, find local farms, and explore seasonal guides at:

HARVESTCONNECTION-NY.COM

Eat Fresh. Eat Local. Celebrate Summer.
