



SUMMER HARVEST

FROM GARDEN TO PLATE

Texas Seasonal Summer Produce

Take a look at what's in season this summer and how it benefits you!



WATERMELON

VITAMIN A & C

Good for hydration and skin



GRAPES

VITAMIN K AND ANTIOXIDANTS

Good for blood circulation and helps fight off sickness



STRAWBERRIES

VITAMIN C & FIBER

Helps heal wounds & digestion

The only fruit with seeds on the outside!



PEACHES

POTASSIUM & VITAMIN A

Strong heart health and better eye sight



APPLES

ANTIOXIDANTS & FIBER

Memory support and provides prebiotics



LETTUCE

VITAMIN K & FOLATE

Supports strong bones & cell growth

Bell peppers grow from flowers and have seeds inside... so, they're actually a FRUIT!



BELL PEPPERS

VITAMIN B6 & FOLATE

Supports brain health, mood, and tiredness



GREEN BEANS

FIBER & MANGANESE

Keeps you feeling full and supports energy production



CARROTS

BETA-CAROTENE

Improves vision & boosts immunity

Beta-Carotene is a plant pigment and gives carrots their orange color!



SWEET CORN

B VITAMINS & MAGNESIUM

Energy boost and muscle support

Pre-biotics feed the good bacteria in your tummy and help keep things moving!

Save a Seed, Grow a Garden!

Next time you eat a bell pepper, save the seeds and follow the steps below to start your own pepper plant.

It's fun, simple, and a great way to turn food scraps into something amazing!



What You'll Need:

- ☐ Any color bell peppers
- ☐ Paper Towel
- ☐ Planting pot or garden
- ☐ Water & Sunshine

Let's get to pepper planting!

1. **Eat & Scoop!** Cut a ripe bell pepper, eat the good stuff, and save the seeds
2. **Dry the seeds:** Lay them on a paper towel for 5-7 days
3. **Plant:** Put seeds ¼ inch deep in soil or in a flower pot
4. **Sunshine & Water:** Give your plant 6-8 hrs/day of sunshine and water it when the soil feels dry or at least every other day.
5. **Watch your food grow!** Sprouts pop up in 1-2 weeks. Pick your peppers when they're baby-sized or you can let them grow big!