



# CORPUS CHRISTI PRODUCE COMPANY, INC.

## July 2018

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Summer is here and that means fruit trees and berry bushes are bursting with a bountiful harvest. And although most

people want it to, summer doesn't last forever—and these sweet, juicy and healthy fruits will soon be out of peak season. So here is what to buy in July!

### 1. Summer Berries:

Tis the season for splurging on pints and quarts of ripe Strawberries, Blueberries,



Raspberries, and Blackberries. Summer berries can make a wonderfully delicious and nutritious snack all by themselves, or they can be a wonderful addition to any sweet or savory dish. Buy them in bulk while they are in peak season and dehydrate them or turn them in to jams or preserves so you can enjoy them long after their prime season is over.

### 2. Stone Fruits:



A ripe and juicy Peach on a hot summer day is hard to beat. Both the white

and yellow varieties of Peaches are available this time of year. And although your mind may naturally take you to “dessert” when you think of Peaches, don't forget the savory applications for Peaches as well. Toss them in to a salad, fold in to guacamole, or top on to a flatbread or pizza. Nectarines are also an available “stone fruit”. Since they are so similar to a Peach (just a little smaller, firmer, and without the “fuzz”), they work well in your favorite Peach recipes.

### 3. Corn:

What summer BBQ is complete without some Corn on the cob?



You can grill it, boil it, sauté it, pickle it or even cream it. No matter how you like it—Sweet Summer Corn is best when eaten fresh. Once Corn is harvested, its sugars begin converting to starch, making it less sweet, so don't dally once you bring it home.

### 4. Tomatoes

If there is a season everyone raves about, it is juicy, ripe summer Tomatoes, because they are absolutely delicious when in peak season. Try all types of colors and sizes. Plan ahead and turn your summer Tomato stash in to purees, Tomato water or Tomato confit that you can enjoy throughout the year.



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## Recipe of the Month Summer Berry Corn Salsa



#### Ingredients:

- 6 ounces fresh Blueberries
- 1 cup Corn off the cob
- 1/2 cup fresh Strawberries, diced
- 1/3 cup Cilantro (finely minced)
- 3 tbsp. green Jalapeno, seeded and finely chopped
- 1 tsp. Lime zest
- 2-3 tbsp. Lime juice
- Salt and Pepper to taste
- Optional additions: 1 tsp. of favorite hot sauce; 1 tsp. sugar or to taste

#### Directions:

Add all ingredients to a large bowl (except sugar), stir to combine, and taste. Add sugar, salt and or pepper as needed to taste. Serve with chips or just enjoy as a fresh summer salad. Can also be blended into finer salsa with a food processor.

## BUY LOCAL! SUPPORT LOCAL!



## A Tradition of Excellence

We are proud to announce that Corpus Christi Produce Company, Inc. is a BBB Accredited Business.

We work hard to provide the best service and product to our customers, and continue to strive for excellence and to maintain our A+ rating.

It is our pleasure to serve the Coastal Bend and surrounding areas. We appreciate your business and trust.

Let us know how we can help you.

**Corpus Christi  
Produce Company,  
Inc. would like to wish  
you a safe and happy  
Independence Day.**



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