

# Summer supermarket star

The warmest months are packed with opportunities for eating delicious, nutritious fruits and veggies. Use this list when you grocery shop to help you find the best of the summer bounty.



Apples



Apricots



Bananas



Beets



Bell peppers



Blackberries



Blueberries



Cantaloupe



Carrots



Celery



Cherries



Corn



Cucumbers



Eggplant



Garlic



Green beans



Honeydew



Lemon



Lima beans



Limes



Mangoes



Okra



Peaches



Plums



Raspberries



Strawberries



Summer squash



Tomatillos



Tomatoes



Watermelon

