

FRESH FOOD.



August

Iowa Produce

- Apples
- Apricots
- Beans
- Blueberries
- Beets
- Broccoli
- Cabbage
- Cantaloupe
- Carrots
- Cauliflower
- Collard Greens
- Cucumbers
- Eggplant
- Kale
- Kohlrabi
- Leeks
- Okra
- Onion (green)
- Peaches
- Pears
- Peas
- Peppers
- Potatoes
- Radishes
- Raspberries
- Spinach
- Squash
- Sweet Corn
- Sweet Potatoes
- Swiss Chard
- Tomatoes
- Turnips
- Watermelon
- Zucchini

Capitol Complex Farmers Market

Every Tuesday, July through September, 11:00 a.m. - 1:00 p.m.
E. 13th Street between E. Walnut and E. Grand Avenue

Peach Salsa

Ingredients

- 1 pound tomatoes, diced
- 1 bell pepper (4 oz), seeded and finely diced
- 2 jalapeños, seeded and finely diced
- 1 medium onion, finely diced
- 1 ½ pounds peaches, diced
- ½ bunch cilantro, chopped
- 2 tablespoons lime juice
- 1 ½ teaspoons salt
- ¼ teaspoon freshly ground black pepper

Directions

1. Dice the tomatoes and transfer them to a large bowl.
2. Finely dice the seeded bell pepper, seeded jalapeños and onion and transfer to the bowl.
3. Dice the peaches, unpeeled. Transfer to the bowl.
4. Add chopped cilantro, lime juice, salt and pepper. Fold everything together until well mixed and enjoy!



Summer Succotash

Ingredients

- 1 teaspoon extra-virgin olive oil
- 2 cups diced zucchini
- 2 cups raw corn kernels
- 2 tablespoons minced Vidalia onion
- 2 tablespoons low-fat sour cream
- 1 tablespoon mayonnaise
- ¼ teaspoon kosher salt
- 2 large tomatoes, sliced

Directions

1. Heat the oil in a large non-stick pan over medium-high heat until shimmering hot. Sauté the zucchini and corn until just hot, 1-2 minutes. Remove from the pan and toss with the onion.
2. In a small bowl, mix the sour cream, mayonnaise and salt.
3. On a serving platter, layer the tomatoes and the zucchini-corn mixture. Spoon the sour cream sauce on top.

(Source: Nutrition Action)



(Adapted from: Natasha's Kitchen)

(Source: Iowa Department of Agriculture and Land Stewardship)