

Seasonal Fruit and Vegetable Tips and Recipes from Stop & Shop

A highlight of the summer is the harvest of seasonal produce. Here are a few favorites along with some tasty ways to use them!



Zucchini and yellow squash

Both vegetables are great sources of vitamin C, which helps support the immune system.

Zucchini is a delicious addition to this [Grilled Veggie Salad with Mint Vinaigrette](#). The mint vinaigrette adds a bold, fresh flavor.

Spiralize zucchini and summer squash to make light, nutrient-packed noodles. Use them as the base for this [Grilled Tofu over Summer Squash Salad](#).



Tomatoes

In addition to containing vitamin C, tomatoes are packed with an antioxidant called lycopene. This compound gives tomatoes their bright red color and helps protect our cells from damage.

This [Grilled Shrimp with Tomatoes and Pesto](#) is a great light dinner for hot summer nights.

Tomatoes are the star of this refreshing [Gazpacho Salad](#).



Melons, such as watermelon, cantaloupe, and honeydew

Melons contain a high percentage of water, making them a tasty way to stay hydrated during the hot summer months.

For a tangy beverage option, try this [Honeydew Mint Smoothie](#).

For the perfect combination of sweet and savory flavors, try these [Grilled Chicken with Watermelon Salsa](#) and [Grilled Cantaloupe with Almonds and Feta](#) recipes.



Stone fruits, such as peaches and nectarines

Peaches and nectarines contain potassium, a mineral that helps support heart health.

Sturdy fruits, like peaches, are perfect for grilling. Try this [Grilled Peaches](#) recipe for a delicious fruit-forward dessert to complete your meal. Grilling fruit adds a nice caramelized flavor that can't be beat!

Juicy sweet nectarines shine in these [Grilled Corn Salad](#) and [Arugula Salad with Grilled Nectarines](#) recipes.



Berries, such as strawberries, blueberries, and blackberries

Berries may come in small packages, but they are loaded with benefits! They contain fiber and antioxidants, as well as vitamins C and K.

Prep this [Chicken, Rice and Blackberry Salad](#) ahead of time for an easy lunch option.

Make [Strawberry Salsa](#) for a unique appetizer for your next summer picnic or BBQ.

This [Grilled Chicken with Strawberries and Balsamic](#) can be on your table in under 20 minutes!

Looking for a new go-to sweet treat? This [Blueberry Pie Foil Packet](#) recipe may just become your favorite!