



**HONEY**  
*ALL SUMMER*

**APRICOTS**  
*JULY & AUGUST*

**STRAWBERRIES**  
*JUNE & JULY*

**TOMATOES**  
*LATE SUMMER*

**SOUR CHERRIES**  
*JULY*

**RHUBARB**  
*JUNE & JULY*

**SPINACH**  
*ALL SUMMER*

**WATERCRESS**  
*ALL SUMMER*

**FAVA BEANS**  
*JUNE*

**KOHLRABI**  
*ALL SUMMER*

HOW TO  
SELECT

Honey will have different flavours, depending on where the bees roam. Varieties include blueberry, lavender and blackberry.

Choose bright-orange fruit with smooth skin. They should feel fairly firm. Avoid hard, green fruit, as it won't ripen.

Berries should be firm, plump and dry, with a vibrant red hue and fresh-looking green caps.

Look for vibrant, heavy heirloom varieties that yield just slightly to pressure.

Look for Montmorency cherries that are deep red, plump and free of wrinkling and blemishes.

Choose stalks that are vibrantly coloured—green, pink or dark red—and crisp-looking, with no spots.

Opt for vibrant, plush, tender green leaves with no yellowing or wilting.

Select watercress with crisp bright-green leaves and no yellowing.

Look for well-formed pods that are free of bruising and bulging.

Look for heavy bulbs with tight purple or green skin and fresh-looking leaves. Smaller bulbs taste sweeter.

NUTRITION

Try honey for a healthier gut; early evidence suggests honey supports the growth of beneficial bacteria and immune health. It may also help lower blood pressure, though the research is still preliminary.

Apricots are a great source of antioxidant vitamins A and C, and they have anti-inflammatory benefits, thanks to phytochemicals (chemicals that occur naturally in plants) such as catechins, salicylic acid and chlorogenic acid.

Vitamin C and folate abound in these berries, as do heart-healthy phytochemicals such as anthocyanins and ellagic acid. They also contain micronutrients called polyphenols that may help ward off dementia.

The lycopene in tomatoes may help protect the skin against UV damage, while early research indicates a tomato-rich diet may be beneficial for people who have exercise-induced asthma.

Snacking on sour cherries may make recovering from your workouts easier (thank you, antioxidants!), and the fruit's high melatonin content may help improve sleep.

Rhubarb has plenty of potassium and calcium, as well as sennosides, which may help keep bowels regular. Early research indicates it could have cholesterol-lowering properties, too.

Half a cup of cooked spinach has five times the vitamin K you need in a day, which helps blood clotting and bone health. It also has glycolipids, compounds that help protect the gut from inflammatory damage.

Crowned the most nutrient-dense in a 2014 study of 47 fruits and veggies, this green packs plenty of calcium, skin-saving beta-carotene, and eye-health-boosting lutein and zeaxanthin into one four-calorie cup.

Fava beans contain 4.3 grams of protein and 3.2 grams of fibre in half a cup. They're also high in folate—which is important if you're planning to get pregnant or if you have celiac or Crohn's disease, which prevent folate from being properly absorbed.

With its high levels of potassium and fibre, kohlrabi is a heart-healthy choice. It's also a great source of vitamin C, delivering about 62 milligrams of the antioxidant in every 100-gram serving.

STORAGE  
TIPS

Honey never goes bad! Keep in a cool, dry spot; if it crystallizes (which is common), place it in a hot water bath.

For best flavour, store ripe apricots on a plate at room temperature. To hasten ripening, keep them in a closed paper bag.

Don't wash or remove caps before storage. Keep in the high-humidity drawer and consume within a few days.

Ripe tomatoes will taste best when stored on a plate at room temperature for a couple of days.

Store them in a plastic bag in the fridge; wash just before use to avoid splitting.

Keep it in the crisper to reduce moisture loss; use within a week.

Store spinach tightly wrapped in a plastic bag, without washing, for up to five days.

Store in a plastic bag for up to five days.

Store beans in an unsealed bag in the fridge for up to a week.

Trim leaves from bulbs. Store leaves in a bag in the fridge; eat within a few days. Bulbs will keep in the fridge for up to two weeks.

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