

e-Thoughts — Summer eating is the best!

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Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

I love summer foods. I live in New Jersey — the Garden State — so that's part of it. We get absolutely amazing tomatoes, corn, peaches, blueberries and other fruits and veggies grown in state during the summer months. And — say what you will about my state — these New Jersey specialties are fabulous.

Now I won't deny that I also love hot dogs, hamburgers, steak or chicken from the grill. Just smelling those cooking makes me run to the dinner table.

But all the fresh produce really seals the deal. There are chilled soups made with vegetables, grilled vegetables and endless salad options. The pièce de résistance is definitely a dessert tart made of fresh raspberries, blueberries, strawberries or peaches.

So much for my diet, right? Well, yes and no. Luckily, lots of these yummys are also low in calories. And they're healthy too.

So now that it's August, you can bet I'll be attending many farmer's markets and buying from lots of fruit stands. It's one of the real perks of summer!