

June Nutrition Newsletter



There's something special about this time of year—the markets are vibrant, gardens are blooming, and meals just seem to taste better. That's the magic of seasonal eating. June kicks off the heart of the growing season, bringing with it a colorful array of fruits and vegetables that are as nourishing as they are delicious.

As your JSY Educators, we believe that eating well should be accessible, affordable, and—most importantly—enjoyable. That's why we are excited to share not just what's in season, but how you can make the most of it, whether you're shopping at a farmers' market, picking up a pantry box, or tending a few plants in your backyard.

What Makes Seasonal Eating So Powerful?

Eating seasonally means you're getting produce at its peak—in flavor, freshness, and nutrition. Foods that are harvested close to home don't have to travel far, so they often retain more vitamins and minerals. Plus, seasonal produce tends to be more affordable, especially when it's abundant.

Making the Most of Local Markets

If you have access to a farmers' market, it's more than just a shopping trip—it's an opportunity to connect with your community and learn directly from the people who grow your food. Even if you're on a budget, you can find great deals, especially on slightly imperfect produce or near the end of the day.

Recipe Highlight: Cucumber Tomato Salad

This month's featured recipe is a perfect example of how simple, seasonal ingredients can come together to create something refreshing and satisfying. With just a few basic ingredients, you can whip up a salad that's ideal for a light lunch, a picnic side, or even a no-cook dinner on a hot day.

Eating Fresh, Living Well

Choosing local, seasonal food isn't about perfection—it's about finding joy in what's growing around you and making the most of what's available. Whether you're slicing up cucumbers from the pantry or chatting with a farmer about their tomato crop, every little step toward fresh, wholesome food is something to celebrate.

From our team to your table, happy eating—and happy summer!

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