

## SUMMER HARVEST FRUITS

| What's in Season? |  |
|-------------------|--|
| June              |  |
| <i>Early</i>      | Rhubarb, Apples  |
| <i>Mid</i>        | Rhubarb, Strawberries, Apples  |
| <i>Late</i>       | Rhubarb, Strawberries, Apples  |
| July              |  |
| <i>Early</i>      | Rhubarb, Strawberries, Dark Cherries, White Cherries, Sour Cherries, Raspberries & Blueberries, Apples         |
| <i>Mid</i>        | Strawberries, Dark Cherries, White Cherries, Sour Cherries, Raspberries & Blueberries, Apricots, Plums, Apples |
| <i>Late</i>       | Dark Cherries, Sour Cherries, Raspberries & Blueberries, Apricots, Plums, Apples                               |
| August            |  |
| <i>Early</i>      | Apricots, Plums, Italian Plums, Apples   |
| <i>Mid</i>        | Apricots, Plums, Italian Plums, Empress Plums, Nectarines, Peaches, Apples                                     |
| <i>Late</i>       | Plums, Italian Plums, Empress Plums, Nectarines, Peaches, Apples   |
| September         |  |
| <i>Early</i>      | Plums, Italian Plums, Empress Plums, Peaches, Apples, Grapes   |
| <i>Mid</i>        | Plums, Italian Plums, Empress Plums, Peaches, Apples, Grapes   |
| <i>Late</i>       | Plums, Empress Plums, Peaches, Apples, Grapes  |

- Apples

Apples are the official fruit of New York State, which is also the second largest apple producer in the United States. Apples come in thousands of varieties worldwide, but the New York State specializes in the McIntosh, Empire, Red and Golden Delicious, Rome, Idared, Crispin, and Paula Red varieties. Apples are great eaten out of hand, but are also versatile in many recipes depending on the variety purchased. Classic uses include pies and cider. Apples are a great source of fiber. The Finger Lakes Region offers a variety of activities centered on apples ranging from U-pick orchards to festivals area wide in the fall. You can find out more about NYS apples at [www.nyapplecountry.com](http://www.nyapplecountry.com).

- Apricots

Apricots are smaller relatives of the peach. They are often eaten in their dried form, but are also great fresh or canned. Apricots lend themselves well to jams and marmalades, as well as a variety of desserts. Apricots are good sources of beta-carotene (an anti-oxidant), iron and potassium.

- Blueberries

Blueberries are grown in both the high-bush and low-bush varieties. Many farms around the Finger Lakes region offer U-pick blueberries for a fun and nutritional outing. Blueberries are a tasty, sweet treat on their own, or when used in a wide variety of baked goods and desserts. Blueberries make great pies and jams and add a sweet touch to pancakes and salads. Blueberries are a great source of vitamins C and E.

- **Cherries**  
Cherries are grown in both sweet and sour varieties. Sweet cherries are large and heart shaped while sour cherries are smaller, rounder and softer. Sweet cherries are good to eat out of hand or to cook with. Sour cherries are generally too tart to eat, but are very useful for pies and preserves. Cherries are high in antioxidants and melatonin.
- **Grapes**  
The combination of crunchy texture and dry, sweet, tart flavor has made grapes an ever popular between meal snack as well as a refreshing addition to both fruit and vegetable salads. Finger Lakes varieties are available in September and October. Grapes contain beneficial compounds called flavonoids, which are phytonutrients that give the vibrant purple color to grapes, grape juice and red wine; the stronger the color, the higher the concentration of flavonoids.
- **Nectarines**  
Nectarines are a sweet, succulent, firmer relative of the peach. Nectarines are tasty on their own or when used fresh in salads and desserts. Nectarines also make great jams and marmalade and can be canned. Nectarines are high in vitamins A and C.
- **Peaches**  
Peaches, with their sweet, juicy fruit make a wonderful late summer, early fall snack. They also add that perfect touch to everything from cereal and pancakes to cakes and other desserts. Peaches work well in a variety of baked goods, including pies and cobblers as well as making great preserves. Peaches are high in vitamins A and C.
- **Plums**  
Plums, with their smooth, usually purple or indigo-blue skin, are grown in several varieties in the Finger Lakes Region. Plums are tasty eaten fresh out-of-hand and are versatile for use in both sweet and savory preparations. Plums are great in baked goods, jams and preserves, but also for use in main dishes such as duck and pork. Plums are often dried for prunes and are high in vitamin A and potassium.
- **Rhubarb**  
Rhubarb has thick, red celery-like stalks that are very tart in taste. The leaves are not edible, as they contain poisonous oxalic acid. Because of its extreme tartness, rhubarb is usually combined in recipes calling for a large amount of sugar. Rhubarb is great for use in sauces, jams and desserts, where it is often combined with strawberries to make pie. Rhubarb is a good source of vitamin A.
- **Strawberries**  
June is strawberry month in New York State. Many U-pick farms and strawberry festivals in the Finger Lakes Region offer yummy, family fun during this beautiful summer month. Few things can beat the taste of a freshly picked strawberry with its sweet juiciness. If there are any strawberries that aren't eaten on the trip home, they are great for use in jams, preserves and sauces. Strawberries also can add that perfect touch to salads, cakes, muffins, ice cream and yogurt. Strawberries are great sources of vitamin C.

- Raspberries

Raspberries have an intense flavor and robust color that make them irresistible when purchased fresh. Raspberries are wonderful eaten with just a little sugar in the form of cream added, or when added to a variety of desserts. Raspberries make great sauces and jams. Raspberries are good sources of iron, potassium and vitamin C.

- Wine Grapes

When the grapes are used for winemaking, it is also known as viticulture. Viticulture is the science, production and study of grapes which deals with the series of events that occur in the vineyard. The Finger Lakes area is New York's largest wine producing region. Numerous wineries and vineyards are centered around [Seneca](#) and [Canandaigua Lakes](#). Because of the lakes' great depth, they provide a lake effect to the lush vineyards that flank their shores. Retaining residual summer warmth in the winter, and winter's cold in the spring, the grapes are protected from disastrous spring frost during grape formation, and early frost before the harvest.