

# SUMMER SEASONAL FRUITS



Greatist

## KEY | THE TASTIEST WAYS TO ENJOY YOUR PRODUCE



<p><b>APRICOTS</b></p> <p>High in fiber, potassium, copper</p>	<p><b>BLACKBERRIES</b></p> <p>High in antioxidants, fiber, manganese</p>	<p><b>BLUEBERRIES</b></p> <p>High in fiber, vitamin C, antioxidants</p>	<p><b>BOYSENBERRIES</b></p> <p>High in fiber, folate, potassium</p>
<p><b>CANTALOUPE</b></p> <p>High in potassium, vitamins A and C</p>	<p><b>CHERRIES</b></p> <p>High in fiber, vitamins A and C</p>	<p><b>FIGS</b></p> <p>High in fiber, potassium, calcium</p>	<p><b>GRAPEFRUIT</b></p> <p>High in fiber, vitamins A and C</p>
<p><b>GRAPES</b></p> <p>High in antioxidants, beta-carotene</p>	<p><b>KEY LIMES</b></p> <p>High in vitamin C, folate, potassium</p>	<p><b>NECTARINES</b></p> <p>High in calcium, magnesium, beta-carotene</p>	<p><b>PASSION FRUIT</b></p> <p>High in fiber, folate, iron</p>
<p><b>PEACHES</b></p> <p>High in potassium, vitamins A and C</p>	<p><b>PLUMS</b></p> <p>High in vitamins C and K</p>	<p><b>RASPBERRIES</b></p> <p>High in vitamin C, fiber, manganese</p>	<p><b>STRAWBERRIES</b></p> <p>High in vitamin C, manganese, fiber</p>
<p><b>TOMATOES</b></p> <p>High in potassium, vitamin C, lycopene</p>	<p><b>WATERMELONS</b></p> <p>High in potassium, lycopene, vitamins A and C</p>	<p>In Partnership With </p>	