
COOKING FRESH

BY IRENE COSTELLO AND JOAN MACISAAC

SUMMER'S CULINARY SPLENDOR

We wait patiently for this moment. On land and at sea, summer has arrived with all of its bounty. Our gardens and fields explode with color, taste and texture. From pick-your-own berries to native corn and heirloom tomatoes, summer reminds us how great the tastes of seasonal and locally grown foods truly are.

WHAT'S IN SEASON

| JULY | AUGUST | SEPTEMBER |
|----------------|----------------|----------------|
| Arugula | Arugula | Arugula |
| Asian Greens | Beans | Beans |
| Beans | Beets | Beets |
| Beets | Broccoli | Broccoli |
| Broccoli | Cabbage | Cabbage |
| Cabbage | Carrots | Carrots |
| Carrots | Cauliflower | Cauliflower |
| Cauliflower | Chard | Chard |
| Chard | Collard Greens | Collard Greens |
| Collard Greens | Corn | Corn |
| Corn | Cucumbers | Eggplant |
| Cucumbers | Eggplant | Leeks |
| Eggplant | Leeks | Lettuce |
| Lettuce | Onions | Onions |
| Mesclun Mixes | Peppers | Peppers |
| Onions | Potatoes | Potatoes |
| Peas | Radishes | Radishes |
| Peppers | Spinach | Spinach |
| Potatoes | Summer Squash | Tomatoes |
| Radishes | Tomatoes | Winter Squash |
| Spinach | | |
| Summer Squash | Apples | Apples |
| | Blueberries | Cranberries |
| Blueberries | Melons | Nectarines |
| Raspberries | Nectarines | Peaches |
| Strawberries | Peaches | Pears |
| | Raspberries | Raspberries |
| | Strawberries | |

Scorpacciata, *n* : eating a particular ingredient in copious amounts in its period of local perfection.

Photograph: Carole Topalian

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