



What Do I Do with All of This Produce?!
Easy Plant-Based Meals Featuring Summer
Fruits and Vegetables

With Robin + Jules, founders of Plant-Based Point &
authors of *Beefless Cakes: Easy Plant-Based Recipes*

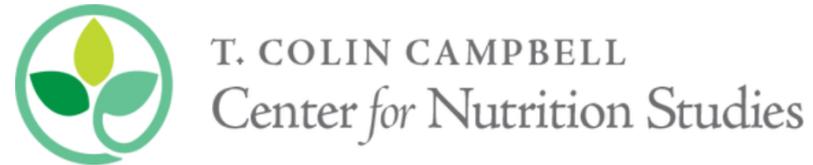
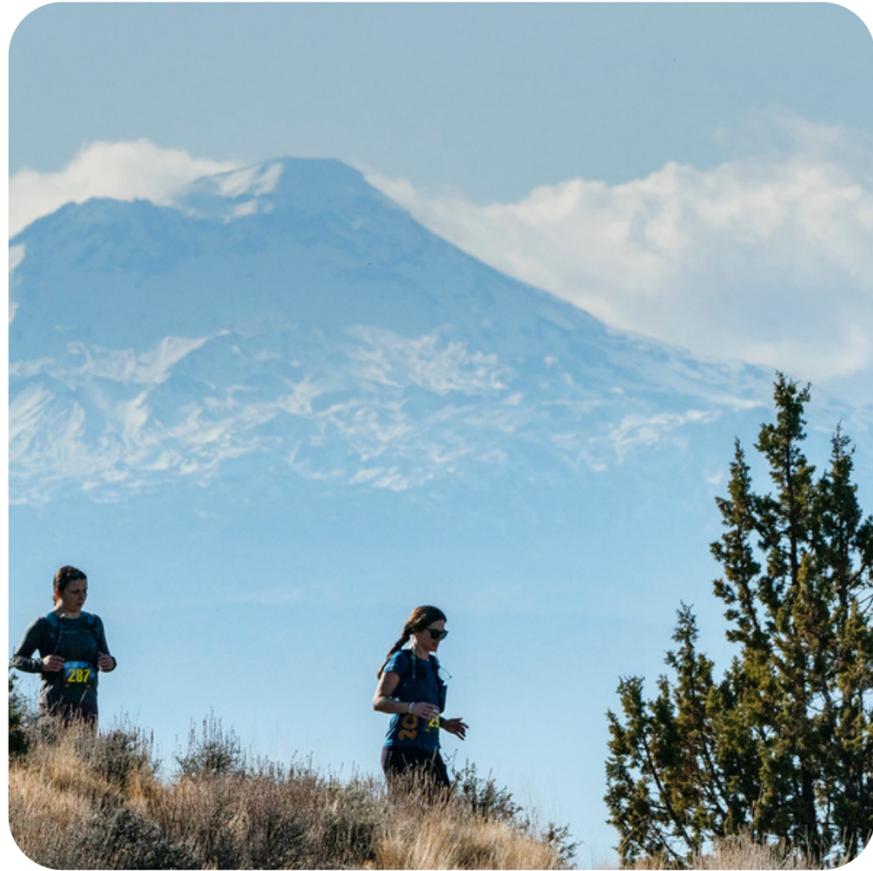
The program will begin soon.



BALTIMORE COUNTY
PUBLIC LIBRARY

Upcoming program:

Thursday, September 15 from 7-8pm
apples & peppers



"I have always believed we should match our plate with our heart. After I had kids I took this idea and put it into action by going plant-based and raising my kids vegan. "

-Robin Coarts, MA, MEd

"I'm vegan because it's the simplest way to protect our health, non-human animals, and the single planet we share."

-Jules Schnedeker, PMP, MA

Let's talk all things:

- Watermelon & Cucumbers
- The Many Benefits of Farmers Markets
- Sample Menus & Money-Saving Tips
- How to Clean, Prepare, Store, and Freeze Produce
- How to Learn More!

grab a pen and
jot down ONE idea you'll try -
then let us know!

goals 

A close-up photograph of a white ceramic bowl filled with sliced cucumbers. The slices are cut into rounds, showing the green skin and the light green, watery interior with visible seeds. The bowl is set against a light blue and white striped background. A red rectangular box is overlaid on the right side of the image, containing white text.

How does shopping at the local
farmer's market help with
plant-based eating?

1

Shop local, support local farmers

2

Freshest food, in season

3

Know your foods, be informed

4

Save money

5

Community support!

**most farmers markets
accept SNAP/EBT**



What's in season in August?

apples, basil, blueberries, cucumbers, green beans, mint, mushrooms, tomatoes, watermelon...





<https://www.seasonalfoodguide.org>

 Maryland 

 Late July 

 Any Produce 

Produce Available in Maryland in Late July



PLANT-BASED POINT

Why should I wait to wash produce?



Do I need to wash organic produce?



**A watermelon is
90% water!**
(stay hydrated my friends)

Watermelon

hydration
antioxidants
vitamin c
good for blood pressure
lycopene = heart disease
free radicals =
digestion

Watermelon: How to prepare, clean, and store

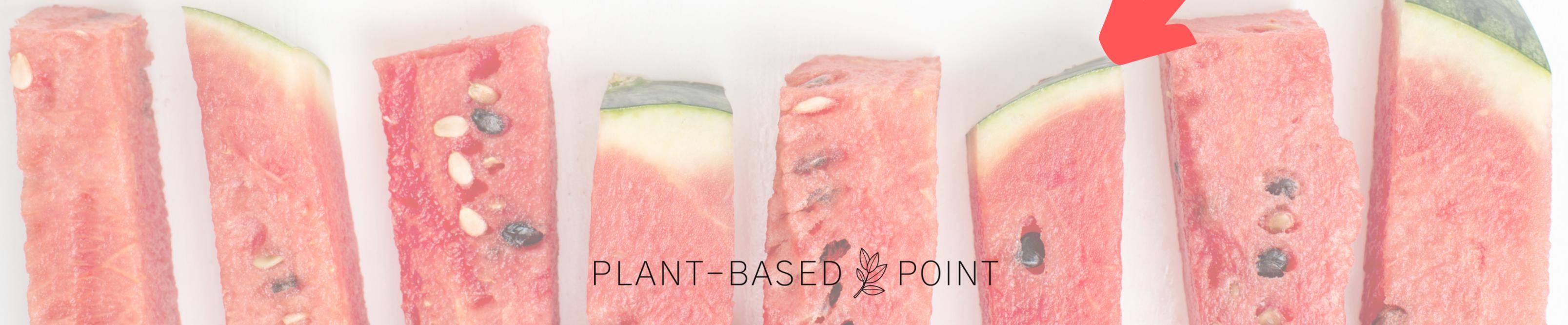
a simple rinse with some friction

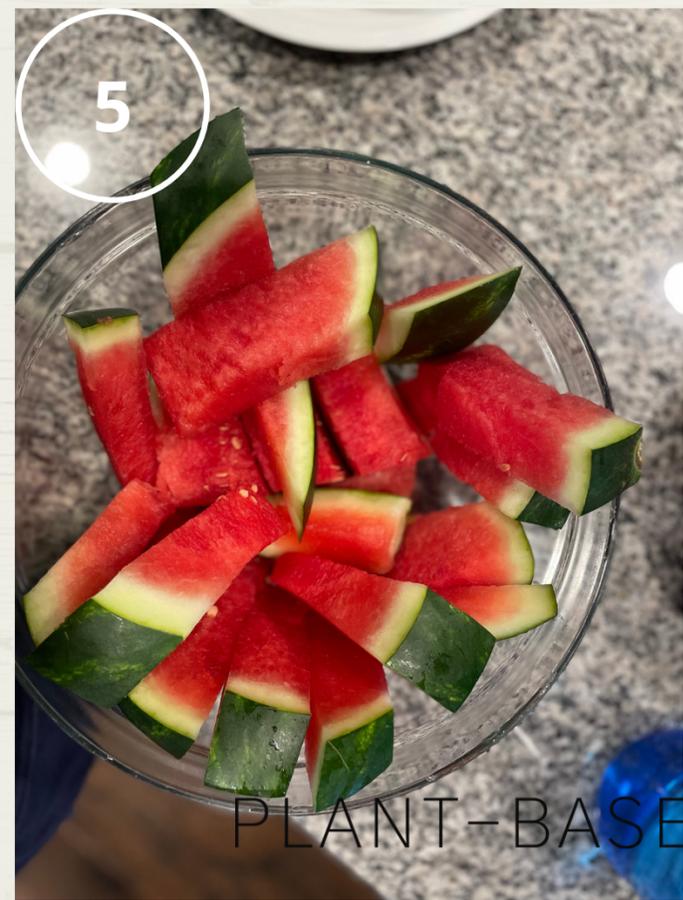
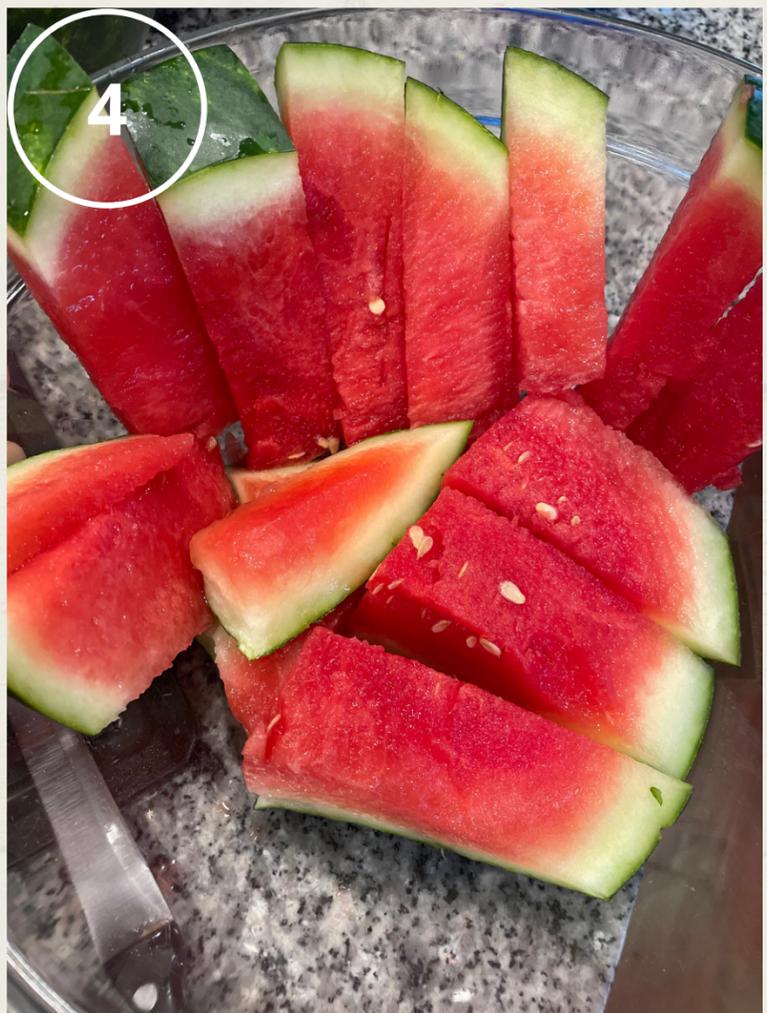
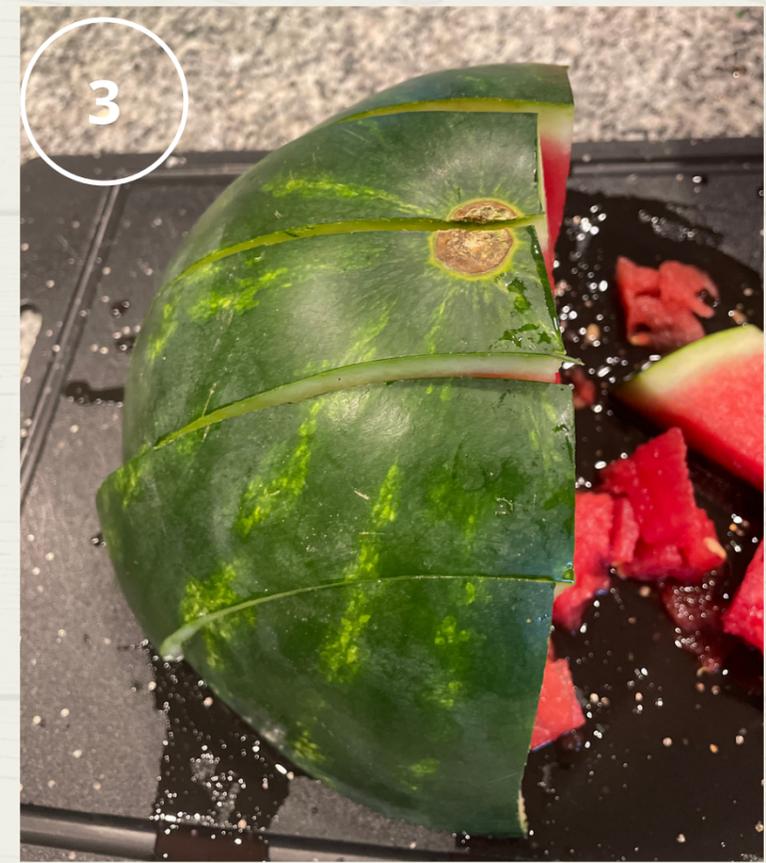
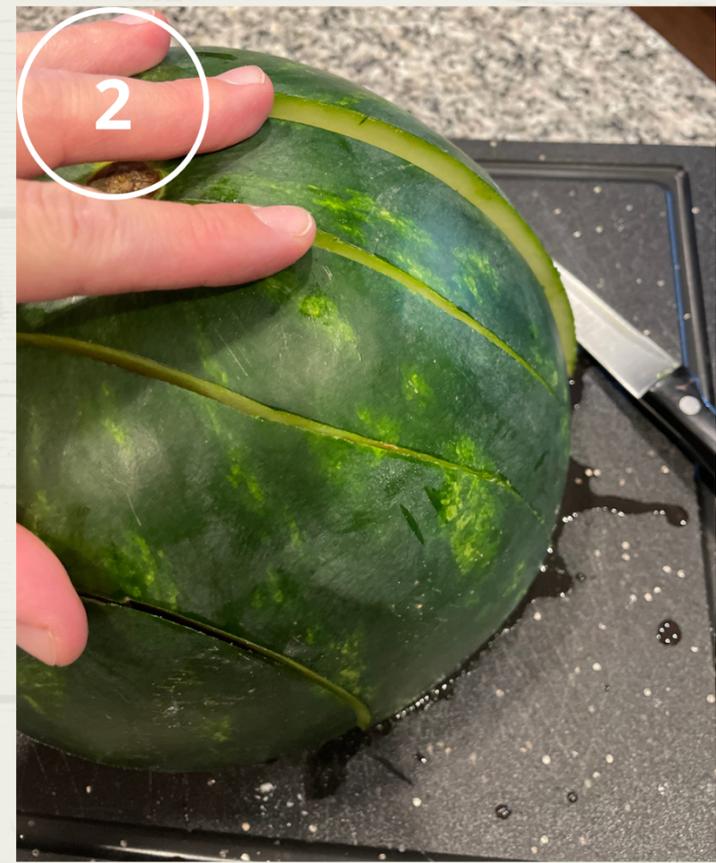
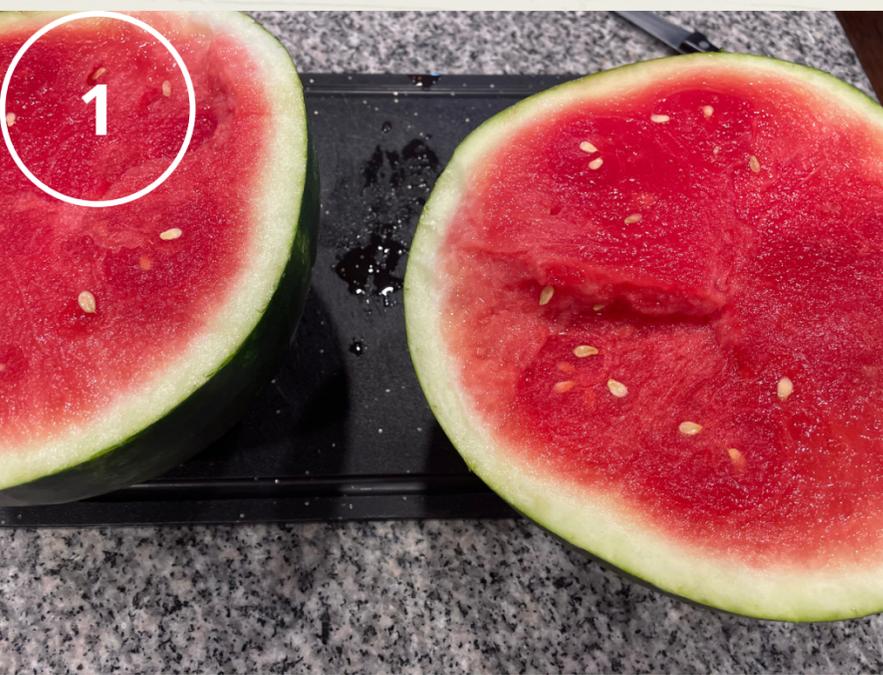
cut in half, flat side down, cut into 'fries'

freeze for 3-6 months, cut into cubes or use a melon baller -- good for smoothies in the winter



Tip:
juice your rinds, add to smoothies, candy, or pickle!





What flavor pairs well with watermelon?

lemon, lime

cinnamon

basil



What fruit pairs well with watermelon?

pineapple

berries

coconut



Watermelon Rinds:

**Vit C, B6, and A
Fiber**

**Trim away any fruit and green skin,
use only the white part of the rind**



Tired of eating plain?

BREAKFAST

- watermelon breakfast pizza! (sub non dairy Greek yogurt) -
- turn the rinds into jam!-

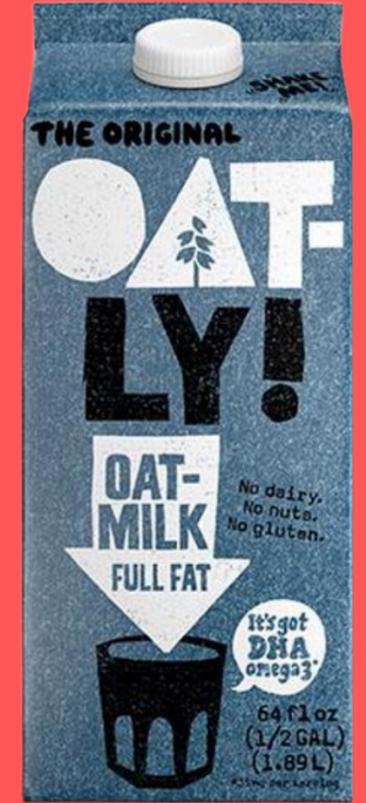
LUNCH

- use it in gazpacho - great make-ahead option! -
- spice it up! Try adding chili pepper, cinnamon or rosemary (great for cocktails!) -

DINNER

- grill it and top with avocado salsa -
- make ice cream! (use coconut cream + non dairy sweetened condensed milk)





raw cucumbers are 95% water!



**protein, fiber, vitamin K, C, A
magnesium, antioxidants
hydration**



**The peels contains lots of nutrition...
and a natural wax coating**

**stores will add their own wax coating to keep the produce, this coating will hang
on to germs, bacteria, etc.**



**Best bet is to shop organic and give them a good scrub,
you don't want to pass up on the nutrients in the peels!**