

How Sweet it is....

September, for most of us, is that time of the year when schools are back in session after a long summer break. It's also the time when the fresh summer fruits are in abundance. Farmer's markets have many seasonal treats just waiting to be discovered. Fruits are at their peak of ripeness and flavors. If only there was a way that we could freeze time and enjoy the summer harvest not just now, but all year long. Just imagine it, chestnuts roasting by the open fire, and in the oven, a bubbling blackberry pie stockpiled with the freshest, juiciest, most flavorful berries from summer. Doesn't that sound delightful?

When I think of dessert, the first thing that crosses my mind is definitely not fruit. But did you know fruit-based treats like pies, crisps, and compotes are very delicious and often lighter than traditional desserts? Just about any type of fruit can be used. What makes it extra sweet is to use seasonal fruit that is bursting with flavors!

So, it begs the question, what fruits are in season? Apples, Asian pears, figs, grapes, melons, nectarines, peaches, pears, persimmons, raspberries, and strawberries.

Fun fruit-filled desserts to enjoy include granitas, popsicles, sorbet, frozen fruit yogurt, and sherbet. Using seasonal fruits not only is a great way to avoid having to use additional sweeteners, but it is also a way to meet your daily recommended intake of two servings of fruit.

Since none of us want to fire up the oven in the heat of summer, you can wash, cut and freeze a bunch of this year's seasonal fruit now and then bake to your heart's content this fall. You can make baked desserts like crisps and crumbles, cobblers, buckles, Brown Betty, pies, tarts, and galettes. If you are anything like me some of these dessert titles are new, so let me give you a quick lesson. Crisps and crumbles involve a fruit mixture covered with a streusel like crumb topping. Buckles

Nutrition Notes by Jeannine

are made by adding fruit to cake batter and topping with a crumble mixture. Brown Betty consists of a fruit or fruit mixture baked between layers of crumbs. Tarts are similar to pies but without the top. And finally, galettes, a freeform pie, are often flat, round and filled with fruit. Here's a great treat to try today:

Strawberry-Basil Popsicles

2 Tablespoons of sugar
½ cup of water
3 stalks of fresh basil
2 cups of coconut water
2 cups of frozen strawberries



To prepare the basil simple syrup, combine sugar and water in a small saucepan. Bring to a low boil and stir until sugar dissolves. Turn off heat and add basil sprigs. Allow to cool for about 10 minutes. Discard basil sprigs and transfer to a jar. Combine ¼ cup basil simple syrup with strawberries and coconut water in a blender and process until smooth. Pour into popsicle molds and freeze. Enjoy!
Recipe from eatfresh.org

Nutrition Education Quarterly Topic:

Best Oils to Cook With

Jeannine Gaillardetz, Dietitian with the Senior Nutrition Program, is providing education for seniors at each of our Dine-In Sites during lunch service.

Here is the **September** schedule:

- September 3rd, 2026 – Pioneer Park
- September 15th, 2026 – South Lake Tahoe