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# COOKING FRESH

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*In May shop for local stone fruit such as apricots, peaches, and some nectarines, followed by plums. You'll also see artichokes and the late spring crop of Arizona sweet onions. Summer truly begins with squash, cucumbers, beans, and other warm-weather veggies followed by tomatoes, corn, and lots of summer basil. As the heat of summer intensifies, only the heartiest fruits and vegetables (such as the ever-prolific zucchini and melons) will flourish. In August and September, the new planting cycle begins along with the harvest of end-of-summer vegetables such as winter squash. Be sure to inhale the heady green smoke of roasting chiles, and then freeze enough to last for the upcoming year. For native foods, look for ripe saguaro fruit in June and July. Harvest honey brown mesquite beans before the summer rains. Celebrate San Juan's day (June 24) as the traditional start of the summer planting season. Pick wild greens after the arrival of the monsoon in July.*

## NOW IN SEASON

Apples  
Apricots  
Artichokes  
Basil  
Black-eyed peas  
Chiles  
Corn  
Cucumbers  
Eggplant  
Figs  
Garlic  
Grapes  
Green Beans  
Leeks  
Melons (Cantaloupe, Honeydew, etc.)  
Nectarines  
Okra  
Onions (Arizona Sweet)  
Peaches  
Peppers  
Pinto Beans  
Plums  
Potatoes  
Rosemary  
Summer Squash  
Tomatoes  
Watermelon  
Winter Squash  
Zucchini

## POSSIBILITIES

### PEACH SALSA

2 large peaches  
1 small jicama, peeled  
Mint leaves  
Chives  
1 tablespoon champagne vinegar  
1 tablespoon walnut oil  
1 green jalapeno pepper  
1 red jalapeno pepper  
1 yellow jalapeno pepper  
Juice of one lime  
Salt and black pepper

Peel peaches and cut into small chunks. Julienne jicama into small matchsticks. Roll mint leaves and cut into a chiffonade to make one teaspoonful. Mince chives to make one tablespoonful. Slice jalapenos very thinly (e.g., with a Kyocera ceramic slicer.)

In a small bowl, add all ingredients. Stir together and adjust seasonings.

*Recipe courtesy of Julie Wood, Kitchen Classics, 4041 East Thomas Road, Phoenix; (602) 954-8141. Julie will teach a class on Peach Festival Food at Kitchen Classics on Saturday, May 20.*

