

# Catherine's Clinic

Naturopathic Family Practice



## Summer Menu

Eating fresh, local, and in-season foods is easy during the Summer with so many fruit and vegetables available in season. What's more, most of them are at their cheapest during the summer months. It is important to keep well hydrated. Depending on your daily routine, you should be drinking at least 8 cups of water per day. Fruits like watermelon are excellent for keeping hydrated and they also give burst of energy and valuable vitamins and nutrients your body can use when is hot.

### FRUITS

*Avocado, Blackberries, Blue Berries, Cherries, Grapes, Watermelon, Rockmelon, Honeydew melon, Nectarines, Oranges, Peaches, Plums, Raspberries, Strawberries, Tomatoes*

### VEGETABLES

*Asparagus, Beetroot, Cabbage, Capsicum, Carrots, Celery, Chillies, Cucumbers, Eggplant, Lettuce, Pumpkin, Rhubarb, Snow peas, Sweet corn, Zucchini*

### Watermelons

Composed of about 90 percent water, sweet watermelons are an easy way to stay hydrated during the hot summer months. They are also filled with nutrients, including vitamin A, B6, and C. In addition, watermelons, like most melons, are rich in antioxidants such as Lycopene and Citrulline. Researchers have also recently found that watermelon has "Viagra-like" properties, helping to relax blood vessels and even increase libido. Blended watermelon makes a refreshing drink, served plain or with a kick.

### Tomatoes

Vine-ripened tomatoes plucked straight from the plant, is arguably the ultimate summertime treat. And full of vitamin C, beta carotene, and Lycopene, tomatoes are nutritional powerhouses. Their versatility makes them easy to incorporate into many meals, and because they're so prolific during the summer, farm fresh fruits are usually well-priced.

### Berries

Berries are at their sweetest and juiciest during the warm summer months, and because there are so many varieties out there, you'll never run out of options and tastes. Strawberries, blueberries, raspberries, gooseberries, blackberries ... the list goes on. All berries are low in calories, high in vitamin C (with strawberries being the highest), and a good source of antioxidants and fibre.

### Squash

Summer squash, including zucchini, crookneck, and patty pan (roundish ones) are high in manganese and vitamin C, and a good source of many other nutrients, including vitamin A and B. They're low in calories and since most squash plants produce more bounty than one person can handle, they can be easy to come by in garden-friendly neighbourhoods. At my local farmer's market, I was able to pick up four small squash for one dollar—not bad! Perfect in Zucchini Lasagna.

*With health and good wishes,*

*Catherine*

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