

## COVER STORY

# Enjoying Summer's Bounty

From now until the end of September, take advantage of the season's revitalizing produce

**By Bryn Mooth**  
Enquirer contributor

**N**ature has an uncanny way of syncing our appetites with seasonally available produce. Think about the vegetables that thrive in summer's heat: tomatoes, melons, cucumbers. What do they have in common? They're high in water content. They don't need to be cooked. They're refreshing ... and just right for eating this time of year.

On the flip side, consider fall vegetables: dark, leafy greens, winter squashes, potatoes. They're heartier, firmer and require cooking – and they're just what we want when temperatures turn cooler. I love a pile of good mashed potatoes as much as any Midwesterner, but it's hardly what I'm craving here in August.

Now through the end of September is the sweet spot for local summer produce. Farmers' market stands are chock full of ripe tomatoes, sweet corn, peppers, tree fruits, cukes, melons and herbs. Fortunately, these ingredients need minimal preparation and no fuss – a bonus as these end-of-summer days remain hot and sticky. Do your cooking outdoors on the grill, or skip it entirely. And feel free to swap vegetables and herbs to make these recipes your own.



## EASY GRILLED VEGETABLES IN FOIL

This is not a recipe, but rather a method, for preparing summer vegetables on the grill.

Quantities don't matter – prepare as many vegetables as you'd like and consider making more than what you need for dinner, because the leftovers can be repurposed into summer vegetable soup or pasta salad.

Tear off a large sheet of aluminum foil, about 2 feet long and lay it horizontally on the counter. Drizzle a bit of olive oil over the right half; smear it around with your fingers to coat the foil. In a large bowl, toss diced vegetables (any combination you'd like) with a couple tablespoons of olive oil and a generous sprinkle of salt and pepper; transfer the mixture to the oiled half of the foil. Fold the left-hand side of the foil over the right, and crimp the edges all around to seal. Place the foil packet on the grill over medium heat; cook for 15 to 20 minutes. Carefully remove foil packet to a large plate and let cool a few minutes before opening (watch out for escaping hot steam).

Add sprigs of woody herbs like rosemary, oregano or thyme atop the veggies before sealing up the foil packet (remove the stems before serving). Soft herbs like parsley and basil are best added after the vegetables come off the grill. You can't go wrong with a generous sprinkle of Parmesan before serving, either.

### THESE VEGETABLES WORK WELL FOR GRILLING IN FOIL

- » Corn, cut off the cob
- » Diced or sliced zucchini, summer squash, eggplant
- » Mushrooms, cleaned and halved
- » Onion, diced or thinly sliced
- » Garlic, minced
- » Red or green bell pepper, diced or sliced
- » Large cherry tomatoes

### Combinations to try:

- » Zucchini + corn + onion + thyme
- » Cherry tomatoes + zucchini + onion + Italian seasoning + Parmesan
- » Red bell pepper + onion + garlic + jalapeno (to taste) + cumin + oregano