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Home » [Entertaining](#) » [The Summer Pantry](#)



**Summer**

- [The Summer Pantry](#)
- [The Inside Scoop on Farmer's Markets](#)
- [Summer Food Safety](#)

**Party Ideas**

- [Berry Berry Nice](#)
- [Cool Treats](#)
- [Afternoon Tea](#)

**Tips**

- [Pie Crust Tips](#)
- [Going to the Plate: Food Presentation Tips](#)
- [Creating a Tasting Menu at Home](#)

**Food Unwrapped**

**Saturated Fats**

Saturated fats are mostly found in animal products such as meat and butter, and certain oils...

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This month you could win a copy of *David Rocco's Dolce Vita* CD.

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**I Do...Let's Eat!**

Wedding planning wouldn't be complete without the food!



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- [The Spring Pantry](#)

## The Summer Pantry

by Jessica McLaughlin

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There's no shortage of fresh ingredients in the Summer. Create meals with these delicious fruits and veggies while they're at their peak.

**Fresh Fare – Fruits**

A colourful array of berries, melons and more.

- Apples
- Apricots
- Blackberries
- Blueberries
- Cherries
- Currants
- Figs
- Grapes
- Melons
- Peaches
- Pears
- Plums
- Raspberries
- Strawberries

**Try these fresh summer ingredients today:**

- [Apple Sauce](#)
- [Vanilla Roasted Apricots](#)
- [Blackberry Smoothie](#)
- [Blueberry Slushie](#)
- [Crispy Cherry Blossom](#)
- [Pear and Currant Jam Strudel](#)
- [Walnut, Fig and Brie Tart with Pear Sauce](#)
- [Grape Chutney](#)
- [Melon Cooler](#)
- [Peach Bellini Floats](#)
- [Upside Down Plum Cake](#)
- [Quick Raspberry Mousse](#)
- [Strawberry Melon Soup with Mint](#)

**Fresh Fare – Vegetables**

Complement your meals with some of these seasonal veggies.

- Artichoke
- Broccoli
- Cauliflower
- Celery
- Corn
- Cucumber
- Fennel
- String beans
- Tomatoes
- Zucchini

**Try these fresh summer ingredients today:**

- [Tender Artichoke Hearts](#)
- [Broccoli Pasta](#)
- [Roasted Cauliflower with Almonds](#)
- [Pear and Celery Soup](#)
- [Smoked Corn on the Cob](#)
- [Cucumber Mint Raita](#)
- [Watermelon and Fennel Salad](#)
- [Yellow Bean Salad](#)
- [Tomato Basil Omelet](#)
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**SUPERstar CHEF CHALLENGE 3**

**10 Chefs, 6 Challenges**



**Who will win?**

