

june

eat empowered



June marks the beginning of aprium season. You're probably thinking...."Aprrrrrrr- what?" A hybrid of plum and apricot, this seasonal gem contains mega doses of both vitamin A and C, and is a member of the stone fruit family along with cherries, peaches and plums. The Aprium is known for its sweet and tangy taste and consider yourself warned; its juicy goodness is evident by the dripping faces of its eaters. Slice up some Aprium and cherries for a seasonal cobbler or drop some into Champagne for a sweet surprise!

NLT: Need a farmers market how-to guide? [The Fruit Guys](#) website lets you in on all the seasonal must have fruits so you can scour the farmers market stands with purpose. And if you can't make it to the farmers market, read up on tons of listed of fruits so you can finally name that mysterious looking thing staring at you in the produce isle.

Live a Nutritious Life this summer!



Explore our services, recipes, and stay-fit tools:

<http://www.nutritiouslife.com>



Get more Nutritious Life tips everyday:

<http://www.facebook.com/KeriGlassmanNutritiousLife>



Follow me on Twitter:

<http://twitter.com/KeriGlassman>

<http://twitter.com/O2Diet>