

For Immediate Release:
June 22, 2021

Media Contact: Eva Dilmanian
718.599.2591
eva@buzzwordpr.com

Tips for the Perfect Summer Salads with PA Veggies

Philadelphia, PA – Pennsylvania lettuce, cucumbers, tomatoes, carrots, kale, spinach, Swiss chard, beets and broccoli are all in-season in June, which means summer salad season is in full effect. The **Pennsylvania Vegetable Marketing and Research Program** (PVMRP, also known as PA Veggies) is helpfully sharing recipes for flavorful, nutritious salads on its website all summer long. In the newly posted [Master Salad Guide](#), home cooks will find a host of salad-making tips, plus recipes for homemade Honey Vinaigrette and Green Goddess salad dressings. In another post, chef, cookbook author, television personality and Pennsylvania native Maria Liberati offers her recipe for a refreshing [Pennsylvania summer corn salad](#), right in time for Pennsylvania sweet corn to come into season.

“For Pennsylvanians looking to shake up their traditional dinner salads, the PA Veggies blog is a one stop shop for delicious and nutritious salad ideas. We collect the best recipes from local chefs, food bloggers and farmers who know exactly what to do with Pennsylvania’s produce bounty,” said PA Veggies Executive Secretary William Troxell. “On our site, people can find recipes for everything from **rainbow cauliflower salad** to **tomato strawberry salad**. There are salads with flavor combinations to liven up any barbecue, picnic or dinner table.”

With [PA Produce Month](#) coming up in August, PA Veggies provides a host of tips, recipes, guides and resources for finding, buying, preparing and enjoying fresh Pennsylvania produce at <https://www.paveggies.org/>. Consumers can also sign up for e-newsletters for the latest news on events throughout the state and share their recipes and canning, preserving and pickling ideas on social media with the hashtag #paveggies or by tagging @paveggies.

[About the Pennsylvania Vegetable Marketing and Research Program](#)

The Pennsylvania Vegetable Marketing and Research Program is a statewide marketing order established by a grower referendum, governed by a grower board and funded by grower assessments. The Program's sole purpose is to serve the vegetable growers of Pennsylvania by promoting Pennsylvania-grown vegetables and funding practical vegetable production research. Consider liking PA Veggies on Facebook (PAVeggies), following along on Instagram (@PAVeggies), subscribing emails and the YouTube channel, and using #PAVeggies to find and share homegrown PA happiness experiences.

###