

Watermelon and Berry Salad

Watermelons, strawberries, blueberries, raspberries and blackberries make this sweet and zesty dish a summer staple!

Blueberry Popsicles

Blueberry popsicles made with honey and yogurt are the perfect treat to keep you cool during hot summer days.

Blueberry Kale Salad

Sit down for a sweet and flavorful summer salad.

Watermelon Gazpacho

Enjoy this soup on a hot summer day.

Salad in a Wrap

Step away from the tortillas and enjoy a light lettuce wrap.

Lima Bean Summer Salsa

Ditch the jar and enjoy your own homemade salsa.

Watermelon Strawberry Sorbet

Invite the kids into the kitchen to help make this cool dessert with you.

Spinach Apple Salad

A really healthy salad recipe including it's own homemade salad dressing.

Coleslaw with a Twist

A fast and easy summer dish that is great for topping meat and fish.

Lima Bean Hummus

No more store bought hummus. Make your own with Delaware grown lima beans.