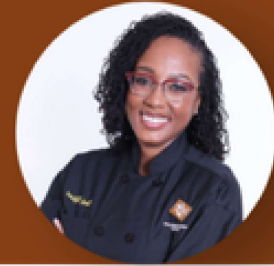




THECUTTINGBOARD
ACADEMY

The Monthly Dose



Tiffani's Food For Thought

August 2026

Hey, Hey Food Nerds.

It is August and summer is showing off in the best way. I have been spending as much time outside as possible. The garden is thriving, golf has been calling my name again, and volleyball continues to keep me active and give me life! After a year with plenty of ups and downs, these warm days have reminded me that joy still finds its way in. Sometimes it is as simple as a perfectly ripe tomato that tastes like sunshine. Or that corn on the cob that's so perfectly sweet, it makes you pause and hope summer would stay a little longer.



And while we're *trying* to celebrate all this goodness, I also want to acknowledge the recent ***Cyclospora* outbreak linked to certain imported produce**. Here's are some simple tips (courtesy of the FDA) for us to stay mindful:

1. **Prioritize thoroughly cooking your produce when you can.**
2. **Wash everything thoroughly with clean, running water - even before you peel it.**
3. **And speaking of peeling, remove this outer layers of fruits and veggies.**

This month, we are diving into the science behind why summer produce tastes so incredible right now. Tomatoes, peppers, corn, and melons are all at their peak. There is real biology happening that makes them sweeter, juicier, and more flavorful than any other time of year.

4. **Be cautious of pre-cut, pre-washed, bagged produce.**
5. **Avoid cross contamination by keeping countertops and kitchen tools clean and sanitized.**
6. **Wash your hands!**

Don't forget, you can ***Ask a Food Nerd*** if you have any questions about this topic or anything related to food. Staying safe and informed doesn't have to take away from the magic of summer it helps us enjoy it even more.
Let's get into it.

~ Chef Tiffani

Peak Summer Produce Chemistry

Why Tomatoes, Peppers, Corn, and Melons Taste Sweeter Right Now

Summer is not just a season. It is a biological accelerator. Longer days, warm nights, and steady sunlight create the perfect conditions for fruits and vegetables to reach their highest flavor and nutrient levels. When you bite into an August tomato or slice open a fragrant melon, you are tasting weeks of quiet changes happening inside the plant.

Tomatoes

Tomatoes respond directly to sunlight. As daylight increases, tomatoes convert that sunlight into glucose. This natural sugar builds inside the fruit and creates the sweetness we love. Tomatoes also contain hundreds of aromatic compounds that shape their flavor and smell. Many of these peak in late summer, which is why August tomatoes taste so intense.

Warm nights soften the tomato's cell walls and create that juicy, tender texture that makes them perfect for salads and fresh eating.

Peppers

Peppers love heat. Sweet peppers accumulate natural sugars as they mature and warm temperatures speed that process up. Hot peppers respond to heat and drought by producing more capsaicin, the compound that gives them their kick. This is why late summer peppers taste richer and more aromatic than early season peppers.

Corn

Corn is one of the most time sensitive summer ingredients. At peak season, corn plants are loaded with sucrose, which gives kernels their crisp, milky sweetness. Once corn is picked, those sugars begin converting to starch. The longer it sits, the more sweetness you lose. That is why same day corn tastes so incredible.

Melons

Melons thrive in hot, dry conditions. As they grow, they pull in water and concentrate natural sugars in their flesh. They also produce esters, the aromatic compounds that give melons their floral scent. These peak in late summer, which is why a ripe melon can perfume your whole kitchen.

A good melon feels heavy for its size and has a slightly sweet smell at the stem end. That weight is water and sugar. That smell is chemistry telling you it is ready.

Sources: [UCANR](#), [University of Minnesota Extension](#)

Upcoming Events

- August 24, 2026 at 1130 am- [Food Coaching Session with Silver Connections, LLC](#)
- August 26, 2026 at 5:30 pm - [The Culinary Wellness Experience with PNC Fairfax Connections](#)
- September 21, 2026 at 1130 am- [Food Coaching Session with Silver Connections, LLC](#)

[Sign-Up Here](#)

Community Spotlight:

Honoring Our Work in the Community

This month, we are celebrating a few special honors that highlight the work happening both inside and outside The Cutting Board Academy. Tiffani was recently recognized by the Christian Business League of Cleveland with the Master Mover award. This honor is given to leaders who are making a meaningful impact in their communities through service, education, and dedication. You can learn more about the Christian Business League of Cleveland at the link below.

[Christian Business League of Cleveland](#)



~~~~~  
Tiffani and her husband David were also selected for this year's **Who's Who in Black Cleveland**. This recognition celebrates professionals and community members who are shaping the future of Cleveland through leadership, innovation, and service.

The event will take place on **August 31**, and we are proud to see their work honored in such a meaningful way.

BE SEEN.  
BE CELEBRATED.  
BE INCLUDED.

POWERED BY REAL TIMES MEDIA

# WHO'S WHO <sup>IN</sup> BLACK

---

CLEVELAND

2026  
CORPORATE  
BRASS

TIFFANI  
SUTTON-TAYLOR

📅 August 31, 2026  
📍 Intercontinental Hotel  
🕒 6pm - 8pm



Tickets Available at  
[www.whoswhoinblack.com](http://www.whoswhoinblack.com)

BE SEEN.  
BE CELEBRATED.  
BE INCLUDED.

POWERED BY REAL TIMES MEDIA

# WHO'S WHO <sup>IN</sup> BLACK

---

CLEVELAND

2026  
CORPORATE  
BRASS

DAVID L.  
TAYLOR

📅 August 31, 2026  
📍 Intercontinental Hotel  
🕒 6pm - 8pm



Tickets Available at  
[www.whoswhoinblack.com](http://www.whoswhoinblack.com)

---

## Recipe of The Month



## Succotash

Serves: 6-8 servings



| Ingredients                                | Amounts          |
|--------------------------------------------|------------------|
| Lima Beans, cooked, from fresh or frozen   | 2 cups           |
| Yellow Onion Small Diced                   | 1 cup            |
| Fresh Thyme Sprigs Minced (or dried thyme) | 1 Tbsp (1 ½ tsp) |
| Garlic Cloves, Minced                      | 1 each           |
| Bacon slices (optional), chopped           | 4 each           |
| Corn kernels, Canned, fresh or frozen      | 2 cups           |
| Cherry Tomatoes Sliced                     | 1 cup            |
| Bell Pepper, Red, diced                    | ¼ cup            |
| Salt and Pepper                            | To taste         |
| Creole seasoning (optional)                | 1 tsp            |
| Water                                      | 2-3 cups         |

### Procedures:

1. Place lima beans and 2-3 cups of water in a medium sized saucepan; or cook according to package instructions.
2. In a large pan cook chopped bacon until crispy and fat renders out; remove bacon pieces from pan; add onions and garlic on continue cooking over medium heat for 3 minutes; add corn, bell peppers, and beans and continue cooking for another 10 minutes.
3. Add seasonings, thyme and cherry tomatoes and mix together and serve warm.

## Celebrating 15 Years!

Since 2011, The Cutting Board Academy has been turning kitchens into classrooms and everyday meals into moments of discovery. What began as a simple idea to help people understand their food has grown into fifteen years of food literacy, flavor science, and community connection.

We have taught thousands of learners how to read their ingredients, trust their senses, and understand the why behind what happens on the cutting board. From family cooking nights to nutrition coaching to hands on workshops, our mission has always been to make food literacy accessible, practical, and empowering.

Fifteen years later, we are still growing. We are expanding our programs, deepening our partnerships, and continuing to bring food education to families, schools, and organizations across the region.

If your school, organization, or community group would like to host a TCBA workshop, visit [cuttingboardacademy.org](http://cuttingboardacademy.org) or email [info@cuttingboardacademy.org](mailto:info@cuttingboardacademy.org).

---

## Donate And Support Food Education



We are on a mission to make an even greater community impact in 2026. All year, we have been working to bring food and nutrition education to classrooms, community groups, and grassroots organizations that want to learn more about the foods we eat and how they shape our health. This work is growing, and we are committed to reaching even more learners as the year continues.

Your support helps us make that possible. Every contribution provides real supplies for partners who need them and helps us deliver hands on food literacy programming where it makes the biggest difference. Every dollar counts. If you are able, please donate today and help us continue this important work.

[Donate Today](#)

---



## Meet Tiffani



Tiffani Sutton is the Founder and Executive Director of The Cutting Board Academy, an organization that focuses on educating children, families, and communities on the importance of understanding Food and Nutrition. As an accomplished food scientist, engineer, and chef, it is her desire to share her wealth of knowledge.

For more information on The Cutting Board Academy and how we can be of service to your organization, please contact Tiffani at

**[Tiffani@cuttingboardacademy.org](mailto:Tiffani@cuttingboardacademy.org)**  
or call **216.282.5422**.

---

## Follow Us



[View email in browser](#)

[update your preferences](#) or [unsubscribe](#)