



September 2018



Produce Spotlight: Cauliflower

Peak Season: September-November

Ripeness: look for heads that are white or creamy white that are compact and feel heavy.

How to clean: rinse under cold water.

How to prepare: using a knife, cut cauliflower head into bit-size florets.

Store: place head in a loosely sealed plastic bag, with a paper towel to absorb any excess moisture for 4-7 days



SNAP-Ed Snapshot

During a Cooking Matters class in Wayne County, Program Coordinator Darcy and Program Assistant Sara instructed participants through 6 weeks of classes. Participants shared that they learned how to plan meals that included all 5 food groups and select groceries in a smarter way!



Kitchen Tip

Clean it before you eat it! Rinse fruits and veggies well with cool running water- no need for soap or cleaners. Keep lettuce and other leafy greens fresh by waiting to wash them until you're ready to use them!