



July 2025



Black Bean Burgers

Find this recipe and more healthy, low-cost meal ideas at CelebrateYourPlate.org



What's in Season: July

Bell Peppers

Cantaloupe

Carrots

Okra

Peaches

Tomatoes



Featured Produce: Green Onion

Peak Season: Summer & fall

Selection: Pick stalks with fresh, green tops and slightly white ends

How to Prepare: Use in salads, soups, tacos, or burgers

Storage: Refrigerate in a plastic bag for up to 5 days



National Grilling Month

Need a new way to prepare vegetables? Try throwing them on the grill! This July, practice grill safety by never leaving your grill unattended, keeping children and pets away, and grilling away from your home and away from nearby overhanging branches.

CelebrateYourPlate.org

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