



August 2024



Purple Pineapple Fro-Whip

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



What's in Season: August

Corn
Cucumbers
Blueberries
Beets
Lima beans
Peaches



Featured Produce: Pineapple

Peak Season: Spring, summer, and fall

Selection: Pick pineapples with dark leaves and feel heavy

How to Prepare: Add to smoothies, salsas, or slice for a snack

Storage: Refrigerate sliced pineapple for 2 to 3 days



National Farmers Market Week

August 4-10 is National Farmers Market Week which highlights the important role that farmers markets play in their communities. Join in the celebration by visiting a farmers market local to your area!

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