



February 2025



Tofu and Broccoli Takeout

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



What's in Season: February

Horseradish
Mushrooms
Bean Sprouts

Featured Produce: Broccoli

Peak Season: Spring & fall

Selection: For fresh broccoli, choose odorless heads with bluish-green florets

How to Prepare: Add to pasta, salads, soups, and stir-fries

Storage: Refrigerate broccoli and use within 3-5 days

February is Canned Food Month!

We love canned foods because they keep the same nutrients as their fresh counterparts and can often cost less and last longer on your shelf. Find recipes using canned foods on the Celebrate Your Plate recipe page!

CelebrateYourPlate.org

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