



Great Grain Salad

Find this recipe and more at CelebrateYourPlate.org

June 2018



Produce Spotlight: Beets

Peak Season: June-October

Beets add tons of flavor to our Great Grain Salad and they also add many antioxidants! Beets are high in fiber and very versatile when it comes to cooking. They can be prepared by steaming, pickling, juicing, boiling, or (our favorite) eating them on a salad!



SNAP-Ed Snapshot

A SNAP-Ed series on whole grains in Franklin County, Ohio, led by Program Coordinator Danielle, was very successful. The majority of participants in the series committed to making half their grains whole!



Shopping Tip

Celebrate the season with fresh foods! Use fresh vegetables and fruits that are in season. They're easy to get, have more flavor, and usually cost less. Your local farmer's market is a great source for seasonal produce!