

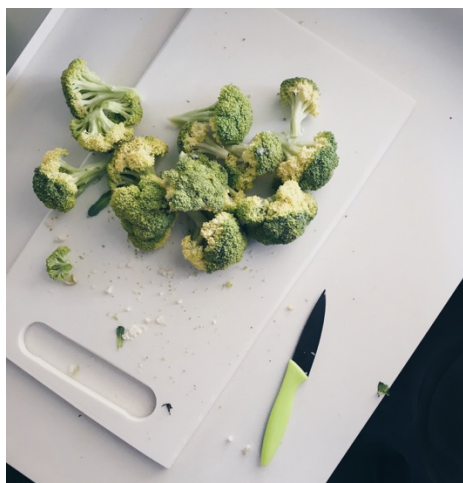


SNAP-Ed

Broccoli Potato Soup

Find this recipe
and more at
CelebrateYourPlate.org

November 2019



Produce Spotlight: Broccoli

Peak Season: Spring & Fall

Ripeness: Look for large, firm, bright or dark-green heads

How to clean: Let broccoli soak in cold water for a few minutes, then place in a strainer and rinse

How to prepare: Broccoli can be boiled, steamed, microwaved, roasted, stir-fried and more

Store: Store broccoli, unwashed, in the crisper section of the refrigerator for 3-5 days

SNAP-Ed Snapshot

SNAP-Ed Program Assistant Bri of Allen County recently taught a group of teens at Lima Senior High School how to make the Celebrate Your Plate Fruit Salsa! Find out more about SNAP-Ed classes close to you!



Shopping Tip

If you're trying to stay on a budget, buy foods in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



<https://fcs.osu.edu/programs/nutrition/snap-ed>