



SNAP-Ed

## Seasonal Salad

Find this recipe and more at [CelebrateYourPlate.org](http://CelebrateYourPlate.org)

## September 2019



### Produce Spotlight: Spinach

**Peak Season:** March - June

**Ripeness:** look for bright green leaves with a fresh smell and no yellowing or wilting

**How to clean:** submerge in cold water and swirl to remove dirt and other debris

**How to prepare:** saute spinach on the stove top with olive oil and salt and pepper: keep in mind spinach will “cook down” to  $\frac{1}{4}$  of its original size

**Store:** you can store spinach in the refrigerator for up to four days



### SNAP-Ed Snapshot

In Pickaway County, SNAP-Ed Program Assistant Carrie made friendly bugs out of fruits and vegetables with campers at the Pickaway County YMCA. Campers learned the importance of fruits and vegetables as part of a healthy diet and had lots of fun! For more information on SNAP-Ed classes in your county, call your local OSU Extension office or visit

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



### Kitchen Tip

Always put cooked food on a clean, dry plate. Don't reuse any plates you had raw ingredients on, especially meat and unwashed vegetables. Learn more at:

[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)