



SEPTEMBER 2021



## Watermelon Summer Salad

Find this recipe and more healthy, low-cost meal ideas at [CelebrateYourPlate.org](http://CelebrateYourPlate.org)



**What's in Season:**

**September**

Cauliflower

Carrots

Pears

Raspberries



**Featured Produce: Cucumbers**

**Peak Season:** Summer

**Selection:** Pick dark green, firm cucumbers

**How to Prepare:** Add sliced cucumber to salads, pasta salads, or sandwiches

**Storage:** Refrigerate cucumbers for up to one week



**New CYP Recipes!**

Celebrate Your Plate recently added 22 new dishes to our recipe library! From snacks, to meals, to salads, there are so many new dishes to try out with your family. Let us know which one is your favorite!