



May 2024



French Toast for One

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



What's in Season: May
Cabbage
Kale
Spinach
Strawberries



Featured Produce: Strawberry
Peak Season: Spring & summer
Selection: Pick firm strawberries with a bright red color
How to Prepare: Add slices to a fruit salad, yogurt, or smoothie
Storage: Refrigerate for up to 3 days



National Salad Month

This May we're celebrating National Salad Month! Whether you like your salads savory, hearty, with protein or fruit, our recipes have it all. Visit the Celebrate Your Plate recipe page to find over 20 salad recipes.

CelebrateYourPlate.org

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