



April 2025



## Berry Frozen Yogurt Bark

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



### What's in Season: April

Asparagus

Rhubarb



### Featured Produce: Blueberries

**Peak Season:** Summer

**Selection:** Pick firm, plump, dry blueberries with a dusty blue color

**How to Prepare:** Add to salads, smoothies, baked goods, or yogurt

**Storage:** Refrigerate for 10-14 days



### National Garden Month

This April, consider starting a garden for National Garden Month! Whether you grow herbs on your windowsill or participate in a community garden, growing plants is a fun way to create a unique green space.

[CelebrateYourPlate.org](https://CelebrateYourPlate.org)

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