



June 2024



Savory Breakfast Grain Bowl

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



What's in Season: June

Blueberries

Cherries

Lettuce

Raspberries

Strawberries

Summer squash



Featured Produce: Spinach

Peak Season: Spring & fall

Selection: Pick crispy, green bunches with no insect damage

How to Prepare: Add to salads, soups, wraps, or smoothies

Storage: Refrigerate in a plastic bag for 3-5 days



National Fresh Fruit & Vegetables Month

This summer learn what fresh produce is local to your area by visiting a nearby farmer's market or produce stand! Seasonal produce not only tastes great but is also a great way to support the farmers in your community.

CelebrateYourPlate.org

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