



August 2025



Fruit Fusion Lemonade

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



What's in Season: August

Corn
Cucumbers
Blueberries
Beets
Lima beans
Peaches

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, smoothie, or drinks

Storage: Refrigerate for up to 3 days

National Farmers Market Week

August 3-9 is National Farmers Market Week which highlights the important role that farmers markets play in their communities. Join in the celebration by visiting a farmers market local to your area!

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