



APRIL 2023



Avocado Chicken Salad

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



What's in Season: April

Asparagus

Rhubarb



Featured Produce: Avocados

Peak Season: Spring & summer

Selection: Choose firm avocados that slightly give when pressed

How to Prepare: Use as a spread on a sandwich or toast, or add to a salad or dip

Storage: Store at room temperature or refrigerated for up to two weeks



National Gardening Month

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