



APRIL 2023



# Avocado Chicken Salad

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