



MAY 2023



Sweet Potato Taco Boats

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What's in Season: May

Cabbage

Kale

Spinach

Strawberries



Featured Produce:

Sweet Potatoes

Peak Season: Fall & winter

Selection: Select firm potatoes with a smooth skin

How to Prepare: Slice and bake as wedges, potato skins, or add to salads

Storage: Store potatoes in a cool, dark place & use within 3-5 weeks



Kitchen 101

Check out Celebrate Your Plate's new series of videos: Kitchen 101! These videos are designed to help keep your kitchen safe, clean, and learn a new skill or two about cooking.